

KPBSD BASKETBALL CHEER COVID-19 MITIGATION PROTOCOL

SOLDOTNA HIGH SCHOOL

OBJECTIVE

To provide our student athletes the opportunity to participate in the sport of cheerleading in a healthy and safe manner.

POINTS OF EMPHASIS

- Schools must be prepared for periodic closures and the possibility of some athletes or teams having to quarantine for up to two weeks.
- Individuals cannot test out of quarantine.
- If there is a positive test, school will work with public health officials and communicate with students and families.
- Adherence to the mitigation plan is crucial. Basketball events will not be allowed to take place if protocols cannot be followed.

PRACTICE:

Screening

All health screening must follow KPBSD and ASAA guidelines which includes but is not limited to temperature checks, exposure questions, and attendance records.

- Coaches/volunteers/athletes need to complete the KPBSD COVID-19 waiver prior to participating in basketball.
- All participants and coaches **MUST** be masked up with appropriate face covering while arriving, during, and after practice.

Designated Event Monitor

There will be a designated individual on site responsible for monitoring and following all social distancing, hygiene, staffing/operations (including participant screening), and cleaning and disinfecting protocols as outlined in this mitigation plan. The designated event monitor may be a KPBSD employee, coach, or volunteer who is familiar with the requirements under this plan.

Facilities (Soldotna High School Commons)

- All athletes must have a signed waiver on file prior to participation in a session
- All athletes and coaches must go through a screening process before entering the facility at the start of every session.
 - A coach will oversee the screening process (each practice group will have a designated coach).
 - The screening will occur at the main doors of Soldotna High School.



- Athletes will be instructed to practice social distancing as they wait to be screened at the back-gym entrance.
- The screening process will include:
 - A temperature check for all participants including coaches
 - A record of the participant's name and contact information and confirmation of waiver on file
 - Response to five screening questions
 - Any failure of temperature or questions will result in the coach or athlete being sent home
- Coach is responsible for operating the sound system.
- Coach is responsible for sanitizing all equipment and touch points.
- All facilities will have clearly marked entrances/exits, which will be limited to maintain accuracy of attendance and social distancing policies.
- No parents or outside community members will be permitted in practice sessions.
- No locker rooms will be used. Athletes must come prepared to participate.
- All athletes must sanitize their hands upon entering and exiting the facility (hand sanitizer will be provided).
- All athletes and coaches will wear facemasks throughout the entirety of the session.
- These procedures will be clearly communicated to coaches and student-athletes.

Participant Expectations

- All participants and coaches must wear a mask at all times while in the KPBSD facility.
- Athletes will be allowed to use the restroom facilities on an individual basis
 - Coaches will monitor restroom activity and allow no more than one athlete in at a time
 - Upon re-entering the Commons, athletes will be asked to use hand sanitizer
- All athletes must come wearing appropriate workout clothing (sleeves are required) and a face mask.
 - Athletes will not be allowed to use the locker room for the purpose of changing clothes or showering.
- Equipment may be shared (i.e. mats); however, every 14 minutes the equipment must be disinfected or replaced with a disinfected item.
 - Participants must also disinfect their hands.
 - Prior to sharing equipment, instructions will be given to athletes to NOT touch their face and proper hygiene practices will be provided and modeled.
- Athletes will be reminded to not touch their face.
- Athletes will be encouraged to return home immediately following each session in order to wash clothes and shower.



- Athletes must notify school officials or coaches if they are involved in a non-school program in an activity offered by ASAA. Participants failing to do so will be ruled as ineligible for a period of time not exceed one month. The ASAA Executive Director will make the determination on the length of ineligibility.

Equipment

- All surfaces and equipment will be cleaned prior to the start of practice.
- All equipment must be cleaned with appropriate cleansing and disinfectant after each use.
- All equipment must be exchanged every 14 minutes (mats) for a fresh clean set of equipment or the existing equipment must be sanitized every 14 minutes.
- All coaches/athletes will sanitize their hands during the equipment change or every 14 minutes.
- The equipment must be cleaned at the end of practice and stored accordingly.
- All athletes will provide their own water and container.

Practice

- Coaches will set the expectations with the participants to include but not limited to screening, sanitizing, entry and exit of the facility.
- Skill groups (JV/V) will be limited to 14 athletes. JV and V pods will practice separately.
- Participants and coaches must sanitize hands before and after practice.
- All coaches/participants will sanitize their hands during the equipment change or every 14 minutes.
- All participants and coaches must be masked up with appropriate face covering at all times while in KPBSD facility.
 - Masks will not be worn while tumbling and stunting.
 - At this time, tumbling can only be practiced. It cannot be performed at events. Stunting is not allowed to be practiced or performed at events (this may change at a later date).
- All participants and coaches must maintain social distancing of at least six feet when not exercising.
- All participants and coaches will refrain from hugs, handshakes, high-fives, fist bumps, and other forms of individual or group celebrations that require physical contact.
- Only persons who are participating in the activity will be allowed in the Commons area. No parents, siblings or other persons may be in the school.
- At the end of practice, all touch points must be cleaned by sponsor/coach to include, but not limited to:
 - Equipment
 - Door handles
 - Push bars on doors.



EVENTS:

Screening

All health screening must follow KPBSD and ASAA guidelines which includes but is not limited to temperature checks, exposure questions, and attendance records.

- Coaches/volunteers/athletes need to complete the KPBSD COVID-19 screener prior to participating in each game.
- All participants and spectators must complete the KPBSD COVID-19 waiver upon entering the facility.
- Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported should not be allowed to participate, should self-quarantine, and contact their primary care provider or other healthcare professional.
- Visiting teams must screen their participants prior to arriving to the host venue. The screener sheet must be submitted to the designated event monitor.

Designated Event Monitor

There will be a designated individual on site responsible for monitoring and following all social distancing, hygiene, staffing/operations (including participant screening), and cleaning and disinfecting protocols as outlined in this mitigation plan. The designated event monitor may be a KPBSD employee, coach, or volunteer who is familiar with the requirements under this plan.

Follow all practice protocols with the addition of:

- There will be a minimum of 15 minutes between the end of one event and the beginning of individuals arriving/warming up for the next event.
- Each team is responsible for bringing their own towels, hand sanitizer, and medical kits.
- All surfaces and equipment will be cleaned prior to the start game.
- All equipment must be cleaned with appropriate cleansing and disinfectant after each use.
- The equipment must be cleaned at the end of the game and stored accordingly.
- Each athlete will be provided with 2 guests for spectators for each game.
 - **Spectators will only be permitted if approved by KPBSD officials.**
- Bleacher seating will be marked and restricted such that there is six feet of physical distancing and every other row is unoccupied.
- Bench areas will be socially distanced and limited to essential personnel (coaches, participating players, 1 manager, 1 team physician).
 - There will be a minimum of 12-feet of separation between participants and spectators.



- Face coverings are required of all participants, coaches, officials, game workers, and spectators. This includes athletes actively cheering.
 - Masks will not be worn while tumbling and stunting.
 - At this time, tumbling can only be practiced. It cannot be performed at events. Stunting is not allowed to be practiced or performed at events (this may change at a later date).
- There will be no throwing of spirit items into the crowd.
- Participants must be distanced at least 10 feet from spectators and the competing basketball teams. This spacing will be clearly and visually marked.
- There will be no challenge cheering of other cheer teams.
- No concessions will be allowed. This is meant to decrease the amount of hand-to-face contact.
- No food or drink will be allowed in the facility. This does not include water that athletes bring.
 - Individual athletes must bring their own water bottle that is labeled and filled. There will be no sharing of water bottles.
- Avoid all non-sport related contact – i.e. high fives, fist/elbow bumps, group celebrations, huddles, etc.
- Signage will be present throughout the building informing participants, coaches, game workers, officials, and spectators of entry and exit points and mitigation policies.

Travel Request

- SOHI basketball cheer is requesting to travel to events with family. Participants would only travel with their family or a family of a member within their practice pod.
- Permission slips and travel waivers will be collected before each away event.

