



Return to Play Guidelines for Spring Basketball Clinics

February 2021

Purpose of Guidelines

Instead of a traditional team sports season, Spirit League will host a series of basketball clinics on Saturdays for the months of April, May and June, 2021 (8-sessions). Each clinic would last one hour and focus on teaching individual basketball skills with drills and developing the confidence of each athlete on the court.

In light of the COVID-19 environment, Spirit League has developed Return to Play Guidelines in response to State and local recommendations. These Guidelines have been compiled from resources and guidance from the *California Outdoor and Indoor Youth and Recreational Adult Sports* (December 14, 2020), the *U.S. Centers for Disease Control and Prevention (CDC)*, the *World Health Organization (WHO)*, and the *National Council of Youth Sports*, among others. Please understand that Spirit League, nor anyone, can guarantee the prevention of illness or injury during athletic participation.

Protective measures to minimize the spread of COVID-19 are continually changing. Spirit League will continue to update these Guidelines to provide additional best practices as information is further developed around COVID-19 mitigation.

These Return to Play Guidelines are organized according to the party responsible for implementing the mitigation measures including Spirit League staff, volunteers, athletes and parents.

Questions? Contact Melanie Smith, Executive Director and COVID-19 Mitigation Manager, at melanie@spiritleague.org or 714-417-9553, ext. 700

Spirit League Staff: Includes administrative and athletic staff.

- **Temperature Checks and Health Questionnaire:** When initially reporting to the courts, all Spirit League staff should have their temperature checked and answer a health questionnaire relating to their exposure to COVID-19 and/or potential symptoms of COVID-19. These symptoms include coughing, respiratory distress and a temperature of 100.4 degrees or higher. If their temperature is above 100.4 degrees or if they are exhibiting related symptoms, they will be sent home to self-isolate. Spirit League staff should not return until they have met the CDC's criteria for when to discontinue self-isolation.
- **Face Coverings:** Spirit League staff should wear face coverings (face mask or shield) for the duration of League activities. The only exception is when Spirit League staff is distanced six feet or more from other individuals and athletes are not present (i.e., staff is setting up the courts and distanced a minimum of six feet from others). Individuals with special needs benefit greatly from

being able to see the full face of those providing instruction. As such, Spirit League staff will strive to wear transparent face coverings (masks and/or shields), when possible.

- **Sickness or Exposure:** Spirit League staff should not report to the courts if they have 1) been exposed to, or provided care for, an individual exhibiting symptoms of COVID-19 (i.e., coughing, respiratory distress, fever of 100.4 degrees or higher) within the prior 14 days, or 2) experienced symptoms of, or been diagnosed with, COVID-19 themselves in the 14 days before game day.
- **At Risk Individuals:** Any individual, including Spirit League staff, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Spirit League activities with permission from a medical professional.
- **Greetings:** Spirit League staff should not physically greet athletes or parent/guardian (verbal acknowledgment is expected).
- **Personal Contact:** At Spirit League, verbal instruction is often replaced by demonstration. Occasionally, a demonstration by Spirit League staff may require contact with athletes for redirection, to adjust positioning, or to maintain the safety of an athlete. Contact with athletes should be minimized to the extent feasible.
- **Entrances/Exits:** Spirit League will post signs to identify separate entrance and exit points, when available.
- **Signage:** Spirit League will post signage at entrance points relating to staying home when you are sick (per CDC resources)

Volunteers: Spirit League staff is anticipated to lead athletes for the Basketball Clinic Series. However, we anticipate having multiple rotation stations within each small group of athletes; thus, a small number of volunteers are anticipated. In those instances when an athlete requires assistance to participate, the parent of the athlete may assist their child during League activities, to ensure safety of their athlete. If a parent elects to privately fund a Behavioralist to assist their athlete, the following will also apply.

- **Face Coverings:** All volunteers should wear face coverings (face mask or shield) for the duration of League activities.
- **Sickness or Exposure:** Volunteers should not report to the courts if they have 1) been exposed to, or provided care for, an individual exhibiting symptoms of COVID-19 (i.e., coughing, respiratory distress, fever of 100.4 degrees or higher) within the prior 14 days, or 2) experienced symptoms of, or been diagnosed with, COVID-19 themselves in the 14 days before game day. Volunteers shall not return until they have met the CDC's criteria for when to discontinue self-isolation.

Spectators

- **Limits on Courts:** Only spectators from the same household may accompany each to the athlete to the courts.
- **Temperature:** Spirit League staff will take the temperature of each spectator upon entering the court. Spectators with a temperature of 100.4 degrees or higher will not be permitted to enter the court area or participate in Spirit League activities until CDC criteria is met and evidence provided to Spirit League.
- **Sickness or Exposure:** Spectators should not enter the courts if they have 1) been exposed to, or provided care for, an individual exhibiting symptoms of COVID-19 (i.e., coughing, respiratory distress, fever of 100.4 degrees or higher) within the prior 14 days, 2) experienced symptoms of, or been diagnosed with COVID-19, in the 14 days before game day. Spectators should not return until they have met the CDC's criteria for when to discontinue self-isolation.
- **Groupings:** Spectators should bring his/her own chair/ground covering and maintain a distance of six-feet from other spectators. Spectators should also be distanced at least six-feet from the court where the cohorts are practicing.
- **Face Coverings:** Face coverings for spectators are required (except for individuals under two years of age).
- **At Risk Individuals:** Any individual, including parents/guardians, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Spirit League activities without permission from a medical professional.

Athletes

- **Cohorts:** Athletes will be grouped by age/ability into cohorts of no more than twelve athletes per court. Cohorts will be maintained for the duration of the Clinic Series.
- **Temperature:** Spirit League staff will take the temperature of each athlete upon entering the court. Athletes with a temperature of 100.4 degrees or higher will not be permitted to enter the courts or participate in Spirit League activities until CDC criteria is met and evidence provided to Spirit League.
- **Distancing:** Within each cohort, athletes will be guided to maintain a six-foot distance from each other. Spirit League staff will use various methods including ground markings, cones and/or colored discs to guide athletes into maintaining their position.
- **Equipment:** To minimize shared equipment, each athlete shall use their own basketball each session. (Basketballs may be provided by the League or athlete can provide their own.) For

passing drills, basketballs shared between athlete to athlete should be avoided by limiting passing drills between staff member/athlete or volunteer/athlete, to the extent feasible. Basketballs will be disinfected between sessions.

- **Sickness or Exposure:** Athletes should not report to the courts if they have 1) been exposed to, or provided care for, an individual exhibiting symptoms of COVID-19 (i.e., coughing, respiratory distress, fever of 100.4 degrees or higher) within the prior 14 days, or 2) experienced symptoms of, or been diagnosed with, COVID-19 themselves in the 14 days before game day. Athletes should not return until they have met the CDC's criteria for when to discontinue self-isolation.
- **Face Coverings:** Athletes should wear face coverings, as tolerated, for the duration of the League activity.
- **Reporting to the Courts:** Athletes should report to the court with clean hands and clothing.
- **At Risk Individuals:** Any individual, including athletes, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Spirit League activities with permission from a medical professional.
- **Exhibiting Signs:** If athletes are exhibiting symptoms of COVID-19 at Spirit League activities, they will be asked to leave the League activity immediately and go home to self-isolate. Athletes should not return until they have met the CDC's criteria for when to discontinue self-isolation.

General Guidelines for All

Washing Hands

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.

Face Coverings

- You could spread COVID-19 to others even if you do not feel sick.
- Face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The face covering is meant to protect other people in case you are infected.

- Continue to keep six feet between yourself and others. The face covering is not a substitute for social distancing.

Cover Coughs and Sneezes

- If you are in a private setting and do not have on your face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash immediately.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

Social Distancing

- All athletes and parents should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas. For situations when athletes are engaging in the sports activity, see information above regarding Spirit League staff and athletes for more information.
- Avoid close contact with people who are sick.
- Stay home as much as possible.

Self-monitoring and Quarantine

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each Spirit League activity. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any Spirit League activity until cleared by a medical professional.

Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue

- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Notify Health Officials and Close Contacts

- In accordance with State and local privacy and confidentiality laws and regulations and Orange County notification requirements, Spirit League should notify local health officials, Spirit League staff and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.