

Youth Basketball Program during COVID-19 at the Johnston Recreation Department

Program Structure

With current restrictions, we are looking at a Recreation Youth Basketball Program that will be focused on skills and drills as well as “in-team” games. This being said, please note that our program structure will be dependent upon Town, State/RIDOH, and CDC guidelines.

Unlike the 2019 season, we will not be having player evaluations due to the increased exposure associated with the process. The Recreation Department staff will be responsible for creating teams (past player evaluations will be referenced and teams will be balanced with players of different ages and experience within the division).

Teams will be comprised of no more than 15 people (including coaches). These teams will remain consistent throughout the season as it is important to create “stable groups” and reduce the number of contacts for each person.

All teams will meet once a week. Sessions will be spent on skills and drills and in-team games. An in-team game is when a game is played only amongst the players of a given team. Prior to each game, coaches will make 2 different teams from the players in attendance (players will be receiving reversible jerseys rather than t-shirts this year to help avoid any confusion among players). Coaches will change up these mini teams for each game. Coaches will also act as the referees for these in-team games (This will allow us to avoid bringing in various, outside individuals to the “stable group” to referee).

The State of RI has recommended that *weekly* COVID-19 testing be done for teams or “stable pods” (both players and coaches) who play games against different teams/”stable pods”. This being said, we have decided to only play games within teams/”stable pods”.

Any changes and important information will be posted to our website (johnstonrec.com) as well as on our Facebook page. Emails will also be sent with all updates.

Entering and Exiting the Facility Information

We will only be using Court #1 and Court #3 during the program. Court #2 will serve as a “buffer” area between the two teams. Each individual team will be assigned to a court for each practice/game. There will be limited seating for parents on Court #2 which will be 14 feet from Courts #1 and #3. Parents/guardians in this area will also be separated further based on what court their respective child is on.

To limit congestion in parking areas, anyone who has a practice/game on Court 1 will park in the front/side parking lot of the Recreation Center. They will enter through the main lobby and, upon leaving the gym, they will exit through the doors at the back of Court #1. Anyone who has a practice/game on Court 3 will park in the rear parking lot (around the building). They will enter through the main lobby and upon leaving the gym, they will exit through the door at the back of Court #3.

The arrival time for each team will be staggered by intervals of 15 minutes. The goal of staggering the start of each teams practice is to minimize the possibility of teams crossing paths and allow time for sanitizing equipment in-between teams.

Parents, players, and coaches are asked to *arrive on time and depart immediately* following the conclusion of the team’s session. *Please note:* teams will rotate through each of the time slots as well as the court.

Screening Information

Upon arrival to the Johnston Indoor Recreation Center, each parent/guardian must *turn in a completed self-attestation form* (form can be seen on page #8) for their child. We will also be collecting completed forms from all spectators, volunteer coaches, and staff members. These NEED to be done in advance to stop congestion at the entrance so as to avoid health risks and in order to start the sessions on time.

This form includes an area for a temperature reading to be recorded. A member of the Recreation Department Staff will be at the check-in table in the main lobby of the building in order to collect forms. **No individual will be allowed to enter the Johnston Indoor Recreation Center without a completed form.**

If a child, coach, spectator, or staff member has a fever or symptoms (that cannot be explained by allergies or another non-infectious cause such as asthma), they will not be permitted to stay at the gym.

In accordance with CDC guidelines, a fever is a temperature reading of 100.4°F (38.0°C) or above. CDC symptom guidance includes: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and/or diarrhea.

Symptomatic children/spectators/coaches/staff members will not be permitted to return to youth basketball until they have completed the clearance protocol as outlined in the COVID-19 Child Illness Policy which can be seen on pages #5-9. Anyone who is feeling ill should not attend basketball, in any capacity.

Additional Spectator Information

Only 2 spectators per child may be in attendance. All spectators will be asked to sit in a designated area of Court #2. This area will be 14 feet from the other two courts in use. Spectators from different households will be asked to sit 6 feet apart from each other.

Please do not drop your children off at basketball. We request that at least one parent/guardian stay at the gym (or in their cars) until the session is over.

Face Coverings

- All staff, coaches, participants, and spectators will be required to wear a face covering.
 - Exceptions exist for children younger than the age of two and for those who cannot wear a face covering as a result of a health or developmental reason.
- Participants during Practices: will be required to wear a face covering for the entirety of the session.
 - *Exception*: they are able to maintain a continuous 6 foot (or more) distance from all members of their team.
 - Players will be encouraged to keep a distance (6 ft.) between themselves and others on their team. If a drill is being done in which children are nearer to one another, children will be asked to spread apart as soon as the drill ends.
- Participants during Games: Players will be required to wear a face covering for the entirety of the game.
 - *Exception*: During sub marks/mask breaks, water breaks, timeouts, and halftime, players may remove their face coverings if they are able to maintain a continuous 6+ foot distance from all members of their team.
 - *Accommodations*: Any player with asthma who cannot keep their mask on for an extended period of time will be able to sub out when needed (the asthmatic player will not have to sub in/out in accordance with the substitution rules) and separate themselves 6+ feet from all team members and take a mask break.

- Coaches during Practices and Games: will be required to wear a face covering for the entirety of the session.
 - *Exception:* they are able to maintain a continuous 6+ foot distance from all members of their team.
- Recreation Department Staff Members during Practices and Games: will be required to wear a face covering for the entirety of the session.
 - *Exception:* they are able to maintain a distance of 14+ feet from any other individual.
- Spectators during Practices and Games: Spectators will be required to wear a face covering for the entirety of the session.
 - *Exception:* they are able to maintain a continuous 14+ foot perimeter from the perimeter of play and a continuous 6+ foot distance between members of any other household. Note: Given the size of the facility and the number of people involved, this will be very unlikely so the default is to wear a mask/face covering at all times.
 - Exceptions also exist for children younger than the age of two and for those who cannot wear a face covering as a result of a health or developmental reason.

Equipment

Players are to wear closed-toe shoes that are suitable for basketball (forward and lateral type movements as well as jumping).

Basketballs – We ask that if possible, your child come to practice with their own basketball (please be sure to write their name on it). If your child does not have a basketball, we will provide them with one for the practice. After each practice, basketballs will be sanitized.

Basketball Sizes by Grade (in inches)

- 1st and 2nd Grade Boys → 27
- 3rd and 4th Grade Boys → 28.5
- 5th and 6th Grade Boys → 28.5
- 7th – 9th Graders boys: 29.5 (regulation)
- All Girls → 28.5

Other Information

- High fiving, hugging, etc. are not permitted for health and safety reasons at this time.
- Please send your child to practice with a water (please be sure to write their name on it). Children will not be allowed to share drinks. Please note that the water fountain will not be available.
 - Water bottles will be separated – belongings of different children will be spaced out.
- Hand Hygiene – We will have hand sanitizer available at the courts. Players, coaches, and staff will all be required to wash their hands with hand sanitizer at the start of and end of sessions.
- If your child has an inhaler or an epi-pen, please be sure to bring them to all sessions.
- Bathrooms and the water fountain will not be available so please plan accordingly.

Johnston Indoor Recreation Center Rules

- Gum, tobacco, glass containers, or coolers are not allowed.
- Only non-marking athletic footwear is allowed on the courts. It is suggested that sneakers to be worn on the court are carried into the building.
- Pets are not allowed. Service animals with the proper paperwork are permitted.
- Spitting on the floor is not permitted.
- Profanity on printed clothing is not tolerated. Anyone using inappropriate language or behaving offensively will be asked to leave the facility.

- Smoking (cigarettes, electronic, vape, etc.) is not allowed at the JIRC (gym and on property).
- Individuals under the influence of alcohol, illegal substances or found bringing it into the facility will be asked to leave. The Johnston Police Department may be contacted if violations occur.
- Bicycles, scooters, skates, or skateboards are not allowed.

Johnston Recreation Department
COVID-19 Illness Policy for Youth Basketball
(updated 1/21/2021)

COVID-19 Illness Policy:

Any person(s) exhibiting any sign(s) and/or symptom(s) of COVID-19, as set forth in CDC guidance, when they develop over a period of hours to days and cannot be explained by allergies or other noninfectious disease should not attend or gain access to a group program, per RIDOH document 216-RICR-50-15-7.

Child, Staff, Coach, and Visitor Illness Detected at Arrival:

The Johnston Recreation Department Youth Basketball Program will **collect** completed self-attestation forms for all staff members, coaches, and participants at the time of arrival at the Johnston Indoor Recreation Center. The self-attestation form will include a temperature recording (self-attestation form can be seen on page 8). Should a child, staff, and/or coach be observed upon arrival to have any sign(s) and/or symptom(s) of COVID-19, as set forth in CDC guidance, they will not be allowed to participate in the program.

- CDC symptom guidance includes: fever (temperature reading of 100.4°F or higher) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and/or diarrhea.

Child, Staff, and Visitor Illness Detected at While at Youth Basketball:

- If any player, coach, or staff member is observed at any time during the basketball session to have developed any sign(s) and/or symptom(s) of COVID-19, as set forth in the CDC guidance, they will immediately be sent home.
- The individual will be required to leave the gymnasium immediately.
 - We have asked that one parent/guardian/emergency contact for each child remain at the gymnasium (either on Court #2 or in their vehicle in the parking lot) for the entirety of the session and be available to leave with a sick child immediately.
- An individual, or an individual's parent/guardian, must schedule a COVID-19 test within 48 hours and notify Johnston Recreation of the test results.
 - The Johnston Recreation Department will report all positive cases to the Rhode Island Department of Health.
- Should a child, coach, or staff member be observed to require medical attention per CDC guidelines, 911 will be called as well as the parent/guardian/emergency contact.
 - Emergency medical attention will be triggered upon any of the following emergency warning signs: difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face.

Clearance Protocol:

According to the RIDOH, the individual's symptoms indicate whether there is a probable case of COVID-19. The RIDOH's chart of symptoms and probable case can be seen on page 7 of this document. A symptomatic child/coach/staff will not be permitted to return to youth basketball until the following requirements are met.

- *If an individual has symptoms of COVID-19 but does not meet the CDC definition of a probable case...*
 - The individual will be sent home (no quarantine recommended for close contacts). It is advised that the symptomatic individual seek medical advice and get a COVID-19 test if recommended by their health care provider.
 - An individual may return to youth basketball if after being sent home as long as the individual or child's parent/guardian has completed the Self-Attestation Form for Returning to Youth Basketball (form can be seen on page 9) and one of the three scenarios occurred.

- a) The individual was not tested but has been fever free for 24 hours without fever-reducing medications and symptoms have improved (back to usual health).
 - b) Individual tested negative for COVID-19 (PCR test), has been fever free for 24 hours without the use of fever-reducing medication and symptoms have improved (back to usual health).
 - c) Individual tested positive for COVID-19 (PCR or Antigen test) and has since met RIDOH guidelines for ending isolation.
- *If an individual has symptoms of COVID-19 that meet the CDC definition of a probable case...*
 - The individual will be sent home (quarantine recommended for household contacts of a pending the probable case COVID-19 test result). It is advised that the symptomatic individual seek medical advice and obtain a COVID-19 diagnostic test.
 - Quarantine of additional close contacts pending probable case test results may be advised by RIDOH. RIDOH may also recommend testing for others in certain situations.
 - An individual may return to youth basketball if after being sent home as long as the individual or child's parent/guardian has completed the Self-Attestation Form for Returning to Youth Basketball (form can be seen on page 9), provides a copy of the COVID-19 test results, and one of the two scenarios occurred:
 - a) The individual tested negative for COVID-19 (with a PCR test), has been fever free for 24 hours without the use of fever-reducing medication and symptoms have improved (back to usual health).
 - b) The individual tested positive for COVID-19 (with a PCR or Antigen test) and has since met CDC/RIDOH criteria for ending isolation.
- *If an individual tests positive for COVID-19 (PCR or Antigen test) regardless if they are symptomatic or asymptomatic...*
 - An individual may return to youth basketball after testing positive for COVID-19 once the individual or child's parent/guardian has completed the Self-Attestation Form for Returning to Youth Basketball (form can be seen on page 9), provides a copy of the COVID-19 test results, and has met the two requirements below:
 - a) The individual must isolate for 10 days (20 days if severely immunocompromised) from symptom onset or 10 days (20 days if severely immunocompromised) from test if individual is asymptomatic.
 - b) The individual must be fever free for 24 hours without the use of fever-reducing medication and symptoms have improved (back to usual health).
- *If a close contact tests positive for COVID-19 with PCR or Antigen test ...*
 - An individual whose close contact tested positive for COVID-19 may return to youth basketball once the individual or child's parent/guardian has completed the Self-Attestation Form for Returning to Youth Basketball (form can be seen on page 9) and had met the RIDOH guidelines for isolation.
 - a) Close contacts of a positive individual are to follow RIDOH guidance for isolation.
 - I. Close contacts are to quarantine for 10 days from their last known exposure to the infected individual.
 - Close contacts may shorten quarantine to seven days if they have a negative PCR or Antigen test result (test taken at least five days after you were exposed).
 - Test results must be turned in if a close contact is shortening their quarantine period.

- II. Close contacts should continue to self-monitor for symptoms for a full 14 days.
 - III. RIDOH recommends all close contacts get tested on day 5 of quarantine or later.
- b) Close contacts that have tested positive in the past 90 days do not have to quarantine.

| Symptom | Probable Case / Test Needed? |
|--|--|
| Cough (new) | **If an individual has any <u>one</u> of these symptoms, there is a probable case of COVID. A test is required and the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy. |
| Shortness of breath | |
| Difficulty breathing | |
| New loss of taste or smell | |
| Fever (100.4°F or higher) or chills (rigors) | **If an individual has any <u>two</u> of these symptoms, there is a probable case of COVID. A test is required and the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy. |
| Muscle or body aches (myalgia's) | |
| Headaches | |
| Sore throat | **If an individual has only <u>one</u> of these symptoms, there is not a probable case of COVID. A test is not required but the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy. |
| Fatigue | |
| Congestion or runny nose (new) | |
| Nausea or vomiting | |
| Diarrhea | |

| Scenario | Type of Test Needed |
|---|---------------------|
| Probable Case | PCR |
| Close Contact of a Positive Case (to shorten quarantine period) | Antigen Test or PCR |
| Travel | Antigen Test or PCR |

**Visit <https://covid.ri.gov/testing> in order to schedule a COVID-19 Test



Johnston Parks and Recreation Self-Attestation Form

SYMPTOMS

| HAVE YOU HAD ANY OF THE FOLLOWING SYMPTOMS IN THE PAST 3 DAYS THAT ARE NOT EXPLAINED BY ALLERGIES OR A NON-INFECTIOUS CAUSE? | YES | NO |
|--|-----|----|
| COUGH | | |
| SHORTNESS OF BREATH OR DIFFICULTY BREATHING | | |
| FEVER OR CHILLS | | |
| MUSCLE OR BODY ACHES | | |
| SORE THROAT | | |
| HEADACHE | | |
| NAUSEA OR VOMITING | | |
| DIARRHEA | | |
| RUNNY NOSE OR STUFFY NOSE | | |
| FATIGUE | | |
| RECENT LOSS OF TASTE OR SMELL | | |

Temperature: _____

RISK FACTORS

| | YES | NO |
|--|-----|----|
| Have you been in close contact (less than six feet) with anyone with COVID-19 or symptoms of COVID-19 in the past 14 days? | | |
| Have you traveled anywhere outside the 50 United States in the past days? | | |
| Have you been directed to quarantine or isolate by the RI Department of Health or a healthcare provider in the past 14 days? If so, when does/did your quarantine or isolation period end? | | |

IF YOU HAVE ANSWERED "YES" TO ANY OF THESE QUESTIONS, THEN YOU CANNOT BE AT THE GYMNASIUM FOR THE SAFETY OF OTHERS.

Participant/Attendee's Name (Printed)

Participant/Attendee's Phone Number

**Required for contact tracing purposes*

Associated Basketball Team

Parent/Guardian/Attendee's Signature

Date & Time



Johnston Parks and Recreation Self-Attestation Form for Return to Youth Basketball

Individual's name: _____

Date(s) of absence: _____

Check all symptoms that you/your child had:

| Symptom | Qualifications to Return |
|--|--|
| Cough (new) | **If an individual has any <u>one</u> of these symptoms, there is a probable case of COVID. A test is required and the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy. |
| Shortness of breath | |
| Difficulty breathing | |
| New loss of taste or smell | |
| Fever (100.4°F or higher) or chills (rigors) | **If an individual has any <u>two</u> of these symptoms, there is a probable case of COVID. A test is required and the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy. |
| Muscle or body aches (myalgia's) | |
| Headaches | |
| Sore throat | |
| Fatigue | **If an individual has only <u>one</u> of these symptoms, there is not a probable case of COVID. A test is not required but the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy. |
| Congestion or runny nose (new) | |
| Nausea or vomiting | |
| Diarrhea | |

Date of first symptom(s): _____ Date symptom(s) ended: _____

Did you or your child have a COVID-19 test during this absence?

No

If no, why not? _____

Yes

Date of test: _____ Location of test: _____

Test result: _____

If positive result, isolation end date: _____

I attest that I am/my child is ready to return to JRD's Youth Basketball Program and has:

Not had a fever (temperature higher than 100.4°F) in the last 24 hours;

Not taken any medicine for fever in the last 24 hours; AND

Improved symptoms and is back to usual health

Participant/Attendee's Name (Printed)

Associated Basketball Team

Parent/Guardian/Attendee's Signature

Date