

## **North Heights Athletics/Gym Use Plan Basketball 2020-21**

### **SAFETY PLAN**

#### **Prior to Practice/Game Procedures:**

- \* Players/Coaches/Spectators should monitor for symptoms. Do not attend if symptoms are present:
  - a temperature of 100.4 F or higher or if sense having a fever
  - a new cough that cannot be attributed to another health condition
  - new shortness of breath that cannot be attributed to another health condition
  - a new sore throat that cannot be attributed to another health condition
  - chills
  - new muscle aches that cannot be attributed to another health condition or that may have been caused by a specific activity (such as physical exercise)
  - new headache
  - new loss of smell or taste

#### **Safe Practice Procedures:**

- \*Players will come prepared for practice with their own equipment (aside from team basketballs) and water bottles.
- \*Players will set their belongings 6 feet apart from others on the bleachers.
- \*Players will wear a mask until they are on the court.
- \*All coaches will wear a mask at all times during practices and games. Players can wear a mask during court time, if desired.
- \*Players will social distance during practice when possible. The coach will monitor and prevent any unnecessary crowding.
- \*Players will be promptly picked up from practice by parents/guardians.

#### **Safe Game Procedures:**

- \* There will be no more than one game hosted on a given night.
- \*Players will arrive no more than 30 minutes prior to the start of the game and wear masks until play begins.
- \*The team bench will consist of chairs that are spread out as close to six feet as possible.
- \*Players will place bags/belongings between the chairs on the sidelines. Only one player's equipment between each chair.
- \*Coaches will wear a mask for the duration of the game. Players may wear a mask if they feel it necessary.
- \* Two guests per player attending the game.
- \* Guests will maintain 6 feet social distance when possible and avoid crowding.
- \*Masks are required for guests on the sidelines (We will follow our league recommendation for spectators wearing masks.)
- \*No handshakes/knucks/contact after game.
- \*Players and parents/guardians will leave promptly from the gymnasium and avoid congregating in the hallway or parking lot.

To see complete North Heights Covid Preparedness Plan, please email [john.oldfield@nhlc.org](mailto:john.oldfield@nhlc.org)