

2021-2022 Youth Basketball League Health & Safety Plan

(Last revised 8/20/2021)

Issaquah Parks and Community Services will follow state and local guidelines for COVID-19. This document will be routinely reviewed and updated as best practices for COVID-19 safety are released. As recommendations change, we will continue to make updates and notify participants. If you should have any questions, please feel free to reach out through athletics@issaquahwa.gov. We are all in this together!

Participants, Staff and Parents are **NOT** to be at practice/games if they:

- Are sick.
- Are exhibiting signs of COVID-19 or have been in close contact with someone who has a confirmed or suspected diagnosis of COVID-19 in the last 10 days.
- Are at high risk due to health conditions.

MASKS/CLOTH FACE COVERINGS

- Current regulations require all coaches, participants, staff, and spectators to wear masks at all times. ([WA DOH – Sport and Fitness Guidance](#))
- Masks should follow [CDC guidance](#) and consist of
 - Two or more layers
 - Completely cover nose and mouth
 - Do not have vents
- Mask guidance may change over the course of the season. Possible restrictions include, but are not limited to:
 - 1) Masks required at all times.
 - 2) Face coverings are worn during check-in, check-out, and breaks (when not eating or drinking), but are not required during active participation in games or practices.
 - 3) No face masks required.

HAND WASHING AND SANITIZING

- Coaches, participants, staff and spectators should wash their hands with soap and water or use hand sanitizer upon arrival and prior to leaving for the day.
- Sanitizer will also be strategically placed around the facilities for use anytime. Sanitizer will be alcohol-based with at least 60% alcohol.

PHYSICAL DISTANCING

- Physical distancing should be practiced to the maximum extent while still allowing for the care of the participants.
- Coaches and Staff are planning activities in which physical distancing within each cohort is possible.

PARTICIPANT'S PERSONAL BELONGINGS

- Participants should bring the following items each day to practice:
 - Own basketball
 - Water Bottle
 - Wear closed-toe shoes to run in
 - Appropriate workout attire
 - Hand sanitizer
- Upon arrival, players will place belongings in their own area on the gym floor.

PARTICIPANT HEALTH SCREEN

- Families' members and participants should self-screen for COVID-19 symptoms before attending practices or games.
 - Has your child had any of the following symptoms in the last 72 hours?
 1. Fever or chills
 2. Cough
 3. Shortness of breath or difficulty breathing
 4. Fatigue
 5. Muscle or body aches
 6. Headache
 7. New loss of taste or smell
 8. Sore throat
 9. Congestion or runny nose
 10. Nausea or vomiting
 11. Diarrhea
 - Does anyone in your household have any of the above symptoms right now?
 - Has anyone in your household been in close proximity with anyone suspected or confirmed with COVID-19?
 - Has your child taken any medication to reduce fever prior to coming to practice?
 - If any of the above answers are "yes", participant should not attend practice and must remain home.
 - If the above answers are all "no", participant may attend practice.

CASE OF COVID-19

If a player, staff member, parent or other person within our program at the Issaquah Community Center is suspected or confirmed with COVID-19, the following steps will take place:

- If person is on site, they will immediately be sent home or isolated until sent home. If isolated while on site, person should wear a mask.
- All areas visited by sick person will be closed off. We will open doors and windows to the outside and use fans to circulate air. We will need to wait 24 hours before cleaning and disinfecting those areas.
- We will communicate with Staff, Families, Issaquah School District and King County Health Department.
- Will follow WA DOH standards for quarantine, isolation and contact tracing for any participant or staff member tests positive for COVID-19.

Issaquah Parks and Community Services will use the same protocols above for Issaquah School District sites, unless the ISD COVID-19 Plan calls for other actions.

STAFF TRAINING

The following topics related to COVID-19 are included in Staff Training, prior to their first day the Youth Basketball League:

- Health Screening steps upon arriving to work
- Proper mask protocol
- Proper glove protocol
- Physical Distancing
- Facility/Small Group flow
- Cleaning & disinfecting expectations and protocol