

Catholic Youth Council

Youth Basketball COVID-19 Operating Procedures

CYC has authored these procedures with help from area health departments in an effort to operate a safe basketball program for our players, coaches, officials, volunteers and spectators. Adherence to these procedures is paramount to having a successful season in which all participants are kept safe and healthy.

While these times are uncertain, our goal is to provide our CYC Member Organizations (CYCMO) as a safe and healthy place for all to play, connect, and grow. These procedures have been developed with guidance from the Center for Disease Control, the State of Missouri, and the Saint Louis County Department of Public Health (DPH). To the degree that any guidance is updated by these organizations, the procedures will be updated accordingly.

Admittance Procedures

All staff/players/coaches/spectators will be subject to an online health screening and temperature check upon entering the facility for practice or games and must show confirmation of completion of online form to screeners. Individuals must wear a mask while undergoing the screening. Those administering the screening must wear a mask.

- The screening will confirm non-existence of the following:
 1. New or worsening symptoms within the past 24 hours including:
 - Fever (temperature greater than 100.4 degrees Fahrenheit)
 - Cough
 - Shortness of breath or trouble breathing
 - Sore throat, different than your seasonal allergies
 - Loss of smell and/or taste
 - Diarrhea or vomiting
 - Abdominal pain
 2. Close contact with anyone diagnosed with COVID-19 in the past 2 weeks:
 - Close contact is defined as less than 6 feet apart for longer than 15 cumulative minutes within a 24-hour period
 - Individuals with such exposure will quarantine for a minimum of 14 days from the last date of exposure to the positive COVID-19 individual. If the exposed individual has a negative SARS-CoV-2 test, they must still quarantine for 14 days. If the exposed individual develops symptoms during these 14 days, testing for SARS-CoV-2 should occur.
 3. Positive test for COVID-19 within the past 10 days.
- If any of the preceding are true, the individual should stay home. The individual cannot enter CYCMO gyms. The individual will be sent home immediately and told to notify their health care provider. If a player's parent, guardian, or other transportation provider is not present, the athlete must be escorted to a designated isolation room or an area away from others, and the player will wear a mask or face covering at all times.
- If any of the preceding are true for a player, coach, volunteer, or official/scorekeeper, then the individual or the individual's parent/guardian should contact their Parish Point-Person immediately to begin the notification process.
- Individuals will have their temperature taken at the entrance to the facility or a designated area. Those with a temperature of 100.4 or higher will not be permitted entry.
- Coaches will frequently ask participants to report any symptoms or changes in condition.

Sanitation Procedures

- Players and coaches must wash/sanitize their hands regularly. Example: start of game, halves, and time outs.
- Hand sanitizer will be readily available at each scorer's table (one for each team)
- Gym staff will disinfect basketballs with Environmental Protection Agency (EPA) certified products regularly including, at a minimum, during each time out, half-time and between games.
- Gym staff will use EPA certified products to clean seating (bleachers, player benches) and scorer's table between games.

- CYCMO will provide two basketballs for each game. Districts will decide if practice balls are provided at each gym. It is recommended that 3 balls per team be provided for pre-game shoot-arounds.
- Water fountains are not in use at the CYCMO gyms. Players should bring their own (clearly marked with their name) water bottles and they should not be shared.
- Athletes should wash/sanitize all clothing and personal equipment prior to reuse.

Face Coverings:

- Masks or face coverings must be worn by athletes at all times (from leaving the car until you are back in your car).
- Masks or face coverings must be worn by referees, coaches, scorekeepers, volunteer staff and spectators at all times (from leaving the car until you are back in your car).
 - Appropriate face covering includes medical masks, cloth masks, bandanas, etc. and must cover a person's nose and mouth. Masks do not have to match uniforms.
- It is recommended for players and officials to have multiple masks for replacement during a practice or game.
- CYCMO will post signage throughout the facility regarding mask wearing and volunteer staff will kindly remind teams and spectators. Those not abiding will be asked to leave the facility.

Physical Distancing

In order to promote physical distancing, teams will have extra seating on the bench. Markings will be placed on the bleachers to indicate where seating is/isn't allowed as well as throughout the facility. Volunteer staff will remind teams and spectators about physical distancing. Other directives to encourage physical distancing include:

- No team huddles.
- No handshakes, high-fives or fist bumps.
- Players, coaches and spectators must leave the gym immediately following games/practices using the designated exit.
- Congregating (by players, coaches and/or spectators) in the gymnasium, lobby, and parking lot or anywhere on CYCMO property is not permitted.
- If a parent/guardian is waiting to pick up a child, they should wait in their vehicle.
- Entry & Egress to/from the gymnasiums shall be through separate doors to minimize cross-over between games and practices.

Spectators

Due to ongoing widespread community transmission of COVID-19, persons who are not essential for athletic activity operations including spectators, volunteers, parents/guardians, or non-essential visitors are discouraged from attending practices or games.

- A maximum of 1 spectator per athlete is permitted to attend games as of 12/17/20. Spectators are NOT transferrable (i.e. if Athlete A has no spectators that does NOT mean Athlete B is permitted to have 2 spectators).
 - In order to match the one spectator with an athlete, spectators must enter the facility at the same time as the player.
 - Spectators are required to complete an online check-in, which provides contact information (name, phone number, email address) upon entering the facility. The response message confirming completion is shown to the volunteer screeners on your mobile phone.
 - If asked by DPH for a list of contacts and their contact information for contact tracing purposes, the CYCMO will provide that list within 24-hours of the request.
- Spectators must pass the COVID-19 screening (health questionnaire, temperature check) before entering a CYCMO gym.
- Spectators must wear face coverings at all times and are only permitted to sit in designated spaces to allow for maximum physical distancing (at least 6').
 - Those who do not adhere to these guidelines will be asked to leave the facility. Games will not continue until the spectator complies with the mask requirement or leaves the facility.
- Spectators or unnecessary individuals (managers, extra coaches, non-participating athletes, or siblings) are not permitted at practices.

Schedule Management

- Game and practice times will be staggered to limit the number of people coming/going at the same time.
- Games will be scheduled 1:15 minutes apart to limit the number of people coming/going at the same time. Players/Coaches/Spectators are not permitted in the gym until 10 minutes before their scheduled game/practice time or not until the previous game/practice has cleared out.

Unexpected Closing & Notification Procedures

When a confirmed case or possible exposure has occurred, we may need to postpone/reschedule/cancel games. We will adhere to the following procedures:

- Parents/guardians of players and minor referee/scorekeepers or adult coaches and referees will notify their CYCMO contact (coach or basketball lay director) if any of the aforementioned have been determined to be a:
 - Close contact with someone who has tested positive or is awaiting test results (sibling, parent, spouse, friend, classmate, etc.)
 - Has tested positive themselves or is awaiting test results
 - Is showing ANY signs of COVID-19, even if you think it is just a cold
- CYMO contact will remind the player, coach, official, or scorekeeper that they CANNOT attend practices or games. **See COVID-19 Notification Procedures for more detail.**
- CYC administration will immediately notify and coordinate with local health officials. These officials will help the CYC administration determine the appropriate course of actions for the exposure, which may supersede the following protocols.
- If a player or staff member has been exposed to a confirmed case of COVID-19, that person will be excluded from the program for 14 days.
- If there has been a confirmed case of COVID-19 in the program, that person may return to the program after:
 - In an asymptomatic case, when 10 days have passed since the positive test sample was taken.
 - In a symptomatic case, when:
 - 10 days since symptoms first appeared **and**
 - 24 hours with no fever without the use of fever-reducing medications **and**
 - Other symptoms of COVID-19 are improving
- CYC will contact the Department of Health to notify the Department of any positive screening or reported case of COVID-19 and seek guidance as it pertains to requirements for quarantines.
- CYCMO will comply with the Department of Public Health regarding contact tracing.
- CYCMO will communicate any exposure to relevant program participants with guidance from the CYC administration.

Players who have had COVID-19 MUST consult with their own health care provider and the Department of Public Health of the county in which they reside to provide written documentation to the CYCMO Covid-10 Point of Contact prior to returning to play. Only the Department of Public Health of the county in which you reside can release a resident from quarantine or isolation, ***unless an emergency policy is in place allowing others to do so.***

Appendix

1. Practice

- Health Screening – Coaches are responsible for taking player temperatures and ensuring online form is completed for each player, themselves and the other coach. Parents should enter the facility with their child to present the online form on the phone.
- The number of participants on a team should be limited to no more than 12 players and 2 coaches.
- Only one team at a time is allowed in the gym, unless there is a divider curtain/wall between courts.
 - If a divider is present, a maximum of 2 teams of 12 players and 2 coaches per team are allowed

2. Team Composition

- Teams may start a game with 4 players or more from their roster and it is not a forfeit
 - Opposing team can make the decision to play with 4 or 5 players at any time.
 - a. Teams that decided to play with 5 must avoid running up the score.
- Teams with 4 or more players available (defined as not quarantined and not a positive COVID-19 case) must play
 - If a team chooses not to play, the game is scored as a forfeit
- Teams with 4 players may add 1 additional player. The game is scored as a forfeit.
 - Player must be rostered on a CYC team at your parish/organization and in the same grade or 1 grade younger
- If a team has 3 or less players available due to COVID-19, the game may be rescheduled
 - COVID-19 Notification form documenting case(s) must be submitted to CYC Office and District
 - Game will not be counted as a forfeit if it is a documented case of COVID-19

3. Game Play

- Games will be scheduled a minimum of 75 minutes apart in starting time
- Games will be played with a running clock:
 - 2 halves, each 18 or 20 minutes in length depending on the district and age group
 - 4 timeouts per team
 - Clock stops the last 2 minutes of each half
 - If a team is winning by 20 or more in the last 2 minutes of the second half, the clock will continue to run
- Overtime Periods
 - Grades 3-4 - No overtime, games will be scored as a tie
 - Grades 5-8 – 1 overtime period of 2 minutes and a stop clock is used
 - 1 additional time out per team
 - Game is scored as a tie after 1 overtime period
- CYC ID Cards & Rosters
 - Will not be checked
 - Coaches must have the approved roster and ID cards at all games (physical or electronic copies).
 - If a head coach questions a player's eligibility, the head coach will notify the game officials who will check the roster and ID cards of both teams and note the outcome on the game card/result sheet.
- Pregame Prayer
 - There will be no pregame meeting. Any information can be shared before prayer (press rules, no jewelry, sportsmanship, etc.).
 - Teams and coaches should be spread out on their bench side of the court to say prayer

4. Game Rescheduling

- Teams under a documented quarantine due to COVID-19 exposure will have their practices and game schedules cancelled immediately for at least 14 days.
- All reschedules requests must go through the District Basketball Chair
 - Teams may not cancel games, citing COVID-19 as a reason UNLESS there is a COVID-19 Notification form on file with the CYC Office and District.

- This prevents teams from rescheduling games citing COVID-19 incorrectly as the reason and ensures lines of communication are followed to document COVID-19 cases/exposures.

5. Playoffs

- Archdiocesan Playoffs for grades 5th-8th are dependent on how league play progresses and are tentatively scheduled for April 7-11 (boys) & 14-18 (girls).
- In playoff games, teams will be allowed to start with 4 players and may not add players from another team.
- Playoff games will not be rescheduled due to Covid-19 cases or not having enough players for another reason.

6. Guidelines for Gym Sites

- Gym Monitors - Gym sites must have at least 1 or 2 gym monitors present at all games played in a facility.
 - This person cannot be a coach or game official working or coaching immediately before or after a game they are monitoring.
 - This person must be compliant with Prevent & Protect Safe Environment requirements
 - This person is responsible for ensuring disinfecting of:
 - Basketballs before the game, at time outs, and at half time
 - The scorer's table and team benches in between games
- Health Screeners - Gym sites must have at least 2 volunteers present at the gym entrance to ensure the health screening of each person (2 coaches per team, game officials/scorekeepers, player with their 1 spectator, and other gym volunteers) entering the gym.
 - Health screening consists of a temperature check, asking health questions, and ensuring the online contact tracing form is completed for themselves and/or a game participant by viewing the confirmation on a cell phone
 - Compliance – if a spectator or other team member chooses not to follow the health screen process, the gym monitor shall be notified to explain the guidelines. If a member of a team still chooses to not comply, the CYCMO director/president along with the District Basketball Chair and the District Chair will be notified. A team will forfeit future games or may be dropped from the league. If non-compliance happens a second time, the team will be removed from the league for the remainder of the season.
- Basketballs - CYCMO will provide two basketballs for each game. Districts will decide if practice balls are provided at each gym. It is recommended that 3 balls per team be provided for pre-game shoot-arounds.
- Team benches need to be distanced from the scorer's table and if possible, player seating spaced 6 feet apart
- Concessions – should only offer prepacked ready-to-eat food, candy, or drink items.

7. Guidelines for Game Officials/Scorekeepers

- Health Screenings – all officials and scorekeepers must complete the online questionnaire, answer health questions as the gym, and have their temperature checked. The process is repeated for each gym where an official works in a day.
- Masks are worn at all times. Gaiters are acceptable for referees.
- Bring extra masks, your own referee shirt, whistle, etc.
- Scorekeepers should bring their own pencil/pens or ensure common pencil/pen is disinfected after each game as well as disinfecting the scorer's table after each game.
- Scorekeepers should be distanced apart where possible.
- Pregame prayer procedures:
 - Teams should line up on their end of the court spaced out about 10 feet from mid-court.
 - Officials will stand spaced out on the mid-court line and address the teams about any pregame information before prayer begins.
 - Masks are worn by all
- If an official or scorekeeper begins showing signs of COVID-19, they must contact their assignor immediately. If they worked a game 48 hours prior to symptom onset, others will need to be notified of possible exposure. Keep your assignor updated on your prognosis.
 - Referees and scorekeepers exposed during a game will be asked to monitor signs and symptoms for 5 days and report back to their assignor

8. Training League Guidelines

- Each parish or CYCMO shall submit a program plan to the District and CYC Office detailing:
 - Number of participants/coaches/ spectators
 - Covid-19 notification plan to participants
 - Safety procedures in place for disinfecting equipment, maintaining safe social distancing, mask wearing, entrance/exit plans, and time between clinics.

9. COVID-19 Notification Procedures

- Each CYC Member Organization (CYCMO) shall have at least 1 point of contact that parents, referees, scorekeepers, and coaches can contact regarding COVID-19 symptoms, exposure, or a positive case.
- See “COVID-19 Protocol” infographic to help determine the course of action one follows before attending a game or practice.
 - Include your CYCMO point of contact’s information on the infographic and distribute to your teams, parents, coaches, and officials/scorekeepers.
- Your District Basketball Chair and the CYC Office must be notified when any of the following exists:
 - If a player, coach, official/scorekeeper contacts you because they are showing signs or symptoms of COVID-19 or have tested positive and they attended a practice or game in the 48 hours prior to symptom onset, please complete the COVID-19 Notification Form.
 - Teams and any staff will be notified of a possible exposure and teams will immediately halt all scheduled practices or games for 14 days from the last exposure to the positive case.
 - Referees and scorekeepers exposed during a game will be asked to monitor signs and symptoms for 5 days and report back to their assignor