



## Covid-19 Preparedness – Coach’s Checklist for Practice



- I. **Introduction of our Covid-19 Principles** - Send a welcome email or call parents and/or players. Inform them about actions that the basketball program will take to protect players. Remind them to stay home if sick or if they have been around someone who is sick. Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
  - A. **Face Covering / Masks:** Be a role model. Wear a cloth face cover / mask and all parents, fans, officials, and sports staff must wear one during practices and games.
    1. When players are just standing on the sidelines and /or sitting on the bench, they must have face covering / masks on.
  - B. **Social Distancing:** Remind players about social distancing and identify markers (signage or tape on floor, if applicable). Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.
    1. Space players at least 6 feet apart on the court while participating during warmup, skill building activities, simulation drills, etc.
    2. Create distance between players when explaining drills or the rules of the game.
    3. We will keep physical distance with players in competition or group practice, consider relying on individual skill work and drills.
    4. Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
  - C. **Hand Hygiene and Respiratory Etiquette:** reinforce handwashing with hand sanitizer that contains at least 60% alcohol. Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately afterwards.
  - D. **Water Bottles** – Each player must have their own water bottle with their name on it. Enforce no sharing of water bottles. If Drinking fountains for water bottles are used, they should be cleaned and disinfected. We will encourage coaches and players to bring their own water to minimize touching water fountains.
- II. **Documentation for Attendance** – using the Lakewood Boys Basketball - Covid-19 Athlete & Coach Monitoring Form.
  - A. Remember, you must be documenting who is at each workout, practice, and contest.
  - B. **Attendance:** Use Lakewood Boys Basketball - Covid-19 Athlete & Coach Monitoring Form to record the date, track attendance, record temperatures and document each player, coach, or staff answers to the signs and symptoms of Covid-19.
  - C. **Coach must save all attendance sheets for Contact Tracing** – We must be able to do contact tracing if someone becomes ill or test positive for COVID-19 or were exposed to someone with COVID-19 within the last 14 days in accordance with HIPAA regulations.
- III. **Designated COVID-19 Point of Contact (POC)**– Head Coach Alex Cammock will be the POC for the boys’ basketball program.
  - A. **Reporting** - Coaches, staff, officials, players and families of players (as feasible) self-report to the school or to the coach of your basketball team if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with HIPAA regulations.
    1. **On Practice Day** – Upon taking attendance, a Player, Coaches, or Staff have a temperature above **100.3°F** or **has signs & symptoms of COVID-19**, they must leave. For a player, follow our procedure to isolate and contact a family member to pick them up.
    2. Call and report to Head Coach Alex Cammock anyone that has a temperature above **100.3°F** or **has answered “YES” to any of the signs & symptoms of COVID-19**. Send a copy of the attendance sheet to him