



## **COVID-19 CHECKLIST FOR BASKETBALL COACHES**

- 1 Sanitize all equipment and your hands before and after each session and encourage your athletes to also do the same.** Sanitizing and a first aid kit will be located with the basketballs kept at the schools includes hand sanitizer, rubber gloves, and disinfectant spray all of which we can supply more of, if needed. Be aware and read the disinfectant spray, some you need to wait 10 minutes after spraying equipment before use.
- 2 Monitor your temperature daily at home**
- 3 Report any symptoms to a health care provider and stay home if you have any symptoms.**
- 4 PRACTICE SUPPLIES: COVID19 supplies and first aid kit will be at each school with the basketball equipment. Be sure to bring your roster to practice in case you need to call a parent. Note: If a child shows symptoms at practice, keep them a distance of 10 feet from the practice area with a mask on and call their guardian immediately for pick up. They will need to go home immediately and contact a health professional before returning to practice AND be symptom free to practice or play games.**
- 5 PRACTICE NIGHTS ARE CLOSED TO SPECTATORS AND PARENTS.**
- 6 GAMES ARE OPEN to parents and spectators but must maintain social distance by staying 6 feet apart, 6 feet away from the court, and facemasks are optional for everyone.**
- 7 If you or anyone on your team tests positive for COVID-19 please contact us at 838-9244 during business hours or 926-9673 outside of business hours.** Please refer to your Health Care professional for instructions for quarantine and returning to sports.
- 8 No eating, spitting or chewing gum, and cough into your elbow. Avoid high-fives, fist bumps, or any form of physical contact with children and families.** Suggest various cheers instead at the end of sessions and games.
- 9 Carry hand sanitizer in your pocket** to discreetly sanitize before and after any contact may occur
- 10 Use rings, spots, or cones as “home base” to keep children spread out as much as possible**
- 11 Team equipment should be cleaned up and put away only by coach**
- 12 Request players bring their own water bottle and basketball with their name written on both and all personal equipment should be spread out 6 feet apart and away from sidelines.**
- 13 All substitutes at games need to remain 6 feet apart for social distancing.**
- 14 During games- both teams should stay opposite ends from each other for social distancing.**

- 15 Continue to remind children the importance on keeping safe distances** when practicing skills, by mentioning to, “keep your distance so you don’t bump into your friends” Coaches and players- please do not congregate during downtime this is easy to slip into by accident so please be cognizant of the 6 feet rule.
- 16 Avoid the use of pinnies-** there are no pinnies provided this year for this reason.
- 17 Use individual** drills and warmups, as much as possible
- 18 Please be sure to arrive no earlier than 10 minutes before your practice/game session and exit the field and parking lot immediately after games (after a quick word to your team if you like, but keep it to 2-3 minutes at the most).**

We understand this is a lot of information, but our top priority is to keep everyone safe and stay transparent as possible.

**THANK YOU for your patience, willingness to work with our youth, and dedication to this program!!!**

**Many thanks for all you do-WE APPRECIATE YOU!!!**

**Heidi Hershey**

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