

# Safe Play: Back to the Hardwood

## Minnesota Youth Basketball Alliance COVID Practice & Safety Recommendations



**Revised 12/29/2020** to include  
12/28/2020 updates of Minnesota  
EO 20-103.

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### General COVID Safety

According to the [CDC](#), people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness.

### Athletes and coaches should not participate if they:

Exhibit any symptoms of the coronavirus.

These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.

Have been in contact with someone with COVID-19 in the last 14 days.

Are a vulnerable individual—a vulnerable individual is an elderly individual and or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

### Additional Recommendations Include:

Educate athletes about physical distancing, handwashing, sanitizer use, and other immune system protocols.

Ensure your state and region allow basketball practices/competitions and that you are following all Federal and State Agency mandates.

Workouts should be conducted in “pods”—following the most current Minnesota Department of Health Return-to-Play guidelines. Pods are small groups of athletes always working out together. This will ensure limited exposure if someone develops an infection.

Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

Individually, or as a team, athletes should confirm that they are symptom free on a daily basis. These confirmations can be aligned with the [CDC's "Coronavirus Self-Checker"](#), current State Department of Health recommendations.

A record should be kept of all individuals present at each training session to assist with contact tracing.

When possible, athletes should maintain the recommended six feet of distancing and should not be in contact with each other, including no sharing of equipment.

Avoid grouping of athletes at the start and end of practice or during transitions.

When spectators are allowed at events, they should not have access to athletes in the facility during the competition, social distancing should be practiced throughout the entire event, and spectators may connect with participants outside of the facility.

Be aware that although restrictions are eased, safety precautions must remain in place until there is a universal vaccine or effective treatment for the coronavirus.

**“Be a Good Teammate!”**

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### Youth Basketball Association Leadership Requirements/Recommendations:

Compliance with School District Policies is required

Development of a comprehensive COVID-19 communication plan with school districts

Development of a comprehensive COVID-19 communication plan with coaches, players, and parents

Compliance reporting with MYAS/MYBA and MDH

Appoint a COVID-19 Compliance Manager to your Association Board

⇒ See below for a thorough list of specific recommendations for each type of activity

#### Requirements

#### Recommended Best Practices

#### PRACTICE SESSIONS

- *Pods shall not exceed 25* (subject to change based on MDH guidance)
- Coaches must wear masks at all times
- Players must wear masks at all times.
- Leave the court as soon as reasonably possible upon the conclusion of practice.
- No social activity or congregation of youth athletes should take place.

- All athletic equipment including balls, pads, etc., should be cleaned before, intermittently during, and after practices.
- Coaches should limit physical contact with athletes when possible. Physical contact for technique instruction should only occur if necessary.
- No scrimmaging other local association or visiting association teams
- Participants should bring their own basketball and use that ball throughout the practice time.
- Hand sanitizer should be used by participants and coaches as they enter and leave practice.
- *Spectators are not allowed; however, this does not prevent a parent, guardian, or support person from being present if necessary due to a participant's age, disability, or medical condition.*

# STAY SAFE MN

#### EQUIPMENT FOR PRACTICE SESSIONS

- Uniforms, equipment, and clothing may not be shared or exchanged, including practice/scrimmage jerseys
- Water bottles may not be shared
- Equipment used during practices should be disinfected between athletes' use of equipment. If in groups, sanitization should occur in between each group.

- Clean frequently touched objects and areas. Provide hand sanitizer for athletes, coaches, and support staff at all times.



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- Do ***not*** travel to any game or tournament if your team has been told to quarantine by the Department of Health or local county health officials.
  - Do ***not*** ride share or travel with players from other households to out of town tournaments. If you must conduct ride sharing for practices, masks should be worn at all times.
  - Do ***not*** hold team dinners or parent gatherings at local restaurants, bars, hotels, or homes.
  - Do ***not*** hold any team sleepovers or team parties.
  - Follow the guidelines outlined by the hosting facility in terms of capacity and other social distancing guidelines.
  - Do ***not*** go inside the facility/gymnasium for any reason other than to play. Leave the facility immediately once the games end, and do not watch other games.
  - Do ***not*** gather in lobbies or common areas after games.
- ⇒ **Follow the published requirements/recommendations set forth by MDH and the MYBA.**
- ⇒ **WEAR YOUR MASK.**
- ⇒ **Do your part to slow the spread of this virus: wash your hands, practice safe hygiene habits, and clean surfaces/equipment between use.**
- ⇒ **Stay at home when you are sick and following the published MDH Decision Tree.**
- ⇒ **Adhere to all guidance from health officials regarding quarantine direction.**
- ⇒ **Stay more than 6 ft. from another person outside of your household at all times. As a spectator, stay 12 ft. from the closest participant in the competition.**

Resources:

[Minnesota Youth Basketball Alliance COVID Care Tool Box](#)

[Stay Safe MN COVID-19 Sports Practice Guidance](#)

[American Academy of Pediatrics](#)



**YOUTH SPORTS DONE RIGHT**

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