



**CLIFTON SPRINGS
YMCA**

YOUTH BASKETBALL HEALTH & SAFETY PLAN

Nov 1st - Jan 29th



ARE YOU READY FOR SOME BASKETBALL...? WE ARE TOO!!!

Welcome to the 2021-2022 Youth Basketball Season. This year's mission is the same with some added safety precautions. Our goal is to continue the development of our players and keep them safe with the current COVID regulations.

The Clifton Springs YMCA's priority is to provide basketball skills, drills, and games in a safe and effective manner. This plan prioritizes the health and well-being of all players, parents, volunteers and coaches, taking into account CDC guidelines and recommendations of state and local government authorities.

How can we play BASKETBALL with the current COVID-19 regulations?

We will use every possible precautionary measure to keep players, parents, volunteers and coaches safe. If your child or family member is showing symptoms please stay home.

Coaches and volunteers will be required to wear a mask at all times!

Players will be required to go through a spot COVID-19 screening process conducted by the coaches. **Players will be required to wear a mask unless players are unable to tolerate a face covering for the physical activity.** Due to state guidelines we ask that players bring a water bottle and sneakers. Players are not to share due to COVID regs.

Once players, volunteers, and coaches have checked in and passed through the COVID check-in, parents and/or guardians are asked to leave the premises in order for the program to exist. We will stagger the times to help move the flow of traffic.

CONDITIONS FOR PLAY

EXTERNAL FACTORS

- New York State permits youth sports—with restrictions.
- Local health departments give clearance to open facilities
- Mitigation efforts in local communities continue to results in declining cases, hospitalizations.

INTERNAL FACTORS

- Coaches and volunteers are trained and prepared to operate under new operating guidelines.
- Cleaning and sanitizing operating procedures are in place in adequate supplies are available to properly execute
- Adequate PPE supplies are available for both

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WHAT A PLAYER AND THEIR FAMILY CAN DO TO MINIMIZE THE TRANSMISSION OF COVID-19

- If you are sick, stay at home. If you have a temperature, stay home. If someone in your house is sick, stay home. If you have allergies and cannot control sneezing, stay home.
- Pre-plan your preparation routine to avoid lingering/socializing prior to practice to reduced occupancy/distancing. Limit the items you touch after check in. Only touch the items we will use during practice or games.
- ONLY coaches and players allowed in the building at practices. Please do not loiter in the building.
- **2 parents, guardians, or designated people are allowed to watch games from the bleachers.**
- Volunteers and coaches will wipe down each piece of equipment we use before and after practice.
- Wash your hands with soap and water before and after you leave the court. If not possible, use hand sanitizer when you enter and before you leave the gym.
- Remember physical distancing requirements whenever possible.
- It is highly recommended for Parents, Guardians, Players, Volunteers and Coaches to use appropriate physical distancing when ever possible.

PLAYER PROMISE

I will behave in a responsible way that respects the rights, safety and dignity of all players, volunteers and coaches.

As such I agree to:

- Be respectful, responsible, honest and caring to all players, volunteers, and coaches.
- Not come to practice if I have a fever or symptoms of illness
- Create a safe and caring environment by abiding by physical distancing requirements
- Use a face covering or cover my face or nose as appropriate.
- Follow hand sanitizing and handwashing protocol.
- Clean all equipment before and after use
- Use only the items that I am required to bring to practice. I will not share due do the COVID regulations.
- Arrive no more than 5 minutes before my start time. I will be pickup no more than 5 minutes after my practice or game is completed.

This plan is designed to be flexible so that we can adapt and refine our response plans as needed. We will coordinate with Ontario County Health Department and other officials so timely and accurate information can guide our appropriate levels of play. We will also pay close attention to local and regional cases, outbreaks and changes as they occur.

Levels

The primary objective of our Basketball program is to learn the game, develop skills and have fun. We want every player to have an enjoyable experience. To that end we will work very hard to make sure that the fundamentals are being taught and that all participants have the opportunity to learn, have fun and have a positive experience. It is an opportunity for each participant to make new friends and to experience the pride of being part of a team. It is also an opportunity for players to better understand the game of Basketball.

Groups/levels

This will be the grade you are entering for the 2021-2022 school year. Each practice will build off of the previous practice. Practices will progress throughout the season.

3,4,5 Year Old's—Little Dribblers

1/2nd Grade Combined

3/4th Grade Boys and Girls

5/6th Grade Boys and Girls

You may also call the YMCA at 315-462-6184 if you have any questions regarding basketball or you may email us.

*Saturday practice/game TBA typically somewhere between 9am-1pm

Communication

Coaches will be the primary contacts for communication. But you may call the YMCA at 315-462-6184 or email Sports@csaymca.org. You can also check Facebook and the Y website for information on the Basketball program or if there is a change in the schedule.

Restrooms

Restrooms are available during practices and games but please use physical distancing guidelines.

Spectators

Due to COVID guidance, once players are checked in, all parents are asked to leave the area in order to maintain a safe environment for players, volunteers and coaches. Only coaches and players will be permitted in the building at practice. At games 2 parents, guardians, or designated people are allowed to watch games from the bleachers.

Players

GROUPS

Little Dribblers, 1-2nd Grade Combined, 3rd-4th grade Boy and Girls, 5th-6th grade Boys and Girls.

Protocol

At check-in, the athletes will be health screened by a coaches using a spot check. Parents it is on you to make sure you are not bringing a child who is feeling unwell or has symptoms.

Every time a player, volunteer, or coach gets to the gym they must sanitize their hands at designated hand sanitizing stations.

Groups will be escorted on/off the court/gym before and after games. Groups should refrain from congregating around the court prior to their games.

Coaches and volunteers will not be allowed to shake hands or have any physical contact with each other. Players and coaches are asked to refrain from high fives or any other physical gestures of celebration.

Groups are discouraged to congregate around the gym or in public areas

Fundamentals

Every player will have the experience throughout the season to play every position regardless of physical size or ability. Every player will be coached on the basic fundamentals of Basketball through a progression of each skill.

1. Proper stretching
2. Form running
3. Ball handling/Dribbling
4. Passing
5. Catching
6. Shooting
7. Teamwork

Rules

A Code of Conduct and Hold Harmless Agreement must be completed before participant is eligible to participate.

The volunteers and coaches are expected to set positive examples for the players in all aspects of the game and particularly in sportsmanship.

Each participant shall consider himself personally responsible, not only for his own conduct, but for the conduct of all others participating in the Basketball program.

There shall be no profanity at any time in the presence of players, volunteer, or coaches.

All criticism shall be constructive, and given in private for the benefit of each player.

Equipment

You are to use the provided hand sanitizer and disinfectant wipes to be used before, during and after practice, and whenever appropriate, such as if/when coming into contact any other players, coaches or shared equipment.

Players must refrain from sharing equipment in general. Except during gameplay .

Coaches are required to wear face masks at all times. **Players are required to wear mask during playing time unless players are unable to tolerate a face covering for the physical activity . Players must wear a facemask to check in with their coach.**

All players should bring a personal water bottle with their name on it to use during practice. Due to COVID water will not be available. There will be no communal coolers or water at the gyms. Players will be encouraged to bring their own water. Water will NOT BE AVAILABLE.

Coaches will be given antibacterial wipes, to disinfect before and after play.

Layout

The court will be 84 feet by 50 feet .

Check in with coach for Covid screening.

EXPANDED PLAN COMPONENTS

PREPARE VOLUNTEERS/COACHES AND PREVENT/REDUCE SPREAD OF INFECTION

Monitor players, volunteers, and coaches to reduce transmission, including:

- Watching for symptoms of COVID-19 infection
- Sending those home who experience these conditions and encourage testing.
- Providing guidance to participants regarding when to seek medical attention.
- Actively encouraging participants to stay home if they have symptoms.
- Anyone sick should follow CDC-recommended steps. Participants should not return to Basketball until the criteria to discontinue home isolation are met, in consultation with healthcare providers state and local health departments.
- Participants who are well, but who have a sick family member at home with COVID-19 should notify officials at check point.
- If a participant is confirmed to have COVID-19 infection, the YMCA will inform fellow participants of their possible exposure but maintain confidentiality. The Y will instruct fellow participants about how to proceed based on CDC Public Health Recommendations.

WE WILL ESTABLISH VOLUNTEER AND COACHES TRAINING ABOUT HOW THEY CAN REDUCE THE SPREAD OF COVID-19:

- Follow the policies and procedures related to illness, cleaning and disinfecting.
- Stay home if sick, except to get medical care.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Cover mouth and nose with a tissue when they cough or sneeze or use the inside of elbow. Throw used tissues in the trash and immediately wash hands with soap and water for at least 20 seconds.
- Learn more about coughing and sneezing etiquette on the CDC website.
- Clean and disinfect frequently touched objects and surfaces.
- Dirty surfaces can be cleaned with soap and water prior to disinfection.
- Practice physical distancing

CLEANING/SAFETY PRODUCTS



SAFETY MASKS

Coaches & Volunteers can wear approved mask of their own.



HOLLERHORN
DISTILLING

ON HAND LOTIONS
NATURAL BODY CARE
HANDCRAFTED IN UPSTATE NEW YORK

Alcohol Antiseptic 80%

Hand Sanitizer
Non-sterile solution

Made under emergency measures.
Not for consumption (non-potable alcohol)

2 fl oz • 59 ml

Drug Facts

Active Ingredients	Purpose
Ethanol 80%.....	Antibacterial

Uses
For handwashing to decrease bacteria on skin.

Warnings
Flammable. Keep away from flame and heat. For external use only.

When using this product
Do not use in eyes. In case of contact with eyes, rinse with water.

Stop use and ask a doctor if
irritation and redness develop and persist.

Keep out of reach of children.
If swallowed, get medical help promptly.

Directions
Apply a palmful of product and cover all surfaces of the hands. Rub hands until dry.

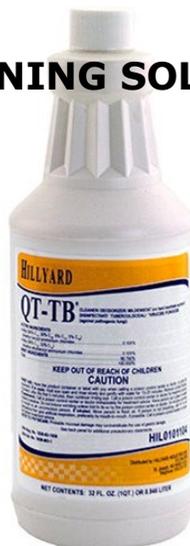
Other Information
Store under 105°F

Inactive Ingredients
purified water USP, glycerol, hydrogen peroxide

WHO-recommended formulation manufactured under emergency measures by On Hand Lotions LLC, 8629 State Rt. 21, Naples, NY 14512 | NDC 74993-001-01 and Hollerhorn Distilling DSP-NY-21157

BATCH _____ / _____

CLEANING SOLUTION





**CLIFTON SPRINGS YMCA
CODE ON CONDUCT, WAIVER, RELEASE,
INDEMNIFICATION AND HOLD HARMLESS
AGREEMENT**

The Clifton Springs YMCA’s Waiver and Hold Harmless Agreement (below) was reviewed by our liability insurance carrier and determined it would protect the YMCA in the event a member alleges they contracted the virus COVID-19. The YMCA was advised a supplemental waiver specific to COVID-19 was not needed to be signed by members prior to using YMCA facilities.

In consideration of participation with the Clifton Springs YMCA Youth Basketball Program, I agree to release, indemnify and hold harmless the YMCA, and its officers, employees and coaches, with respect to any and all accidents, injuries, losses or damages to person or property that results from my/my child’s participation in YMCA programs or facilities, whether arising from negligence of the YMCA or otherwise, to the fullest extent permitted by law. I do further agree on behalf of myself, and my heirs, executors and administrators, to waive, release and forever discharge any and all rights and claims for damages which may have accrued, or which may hereafter accrue, to me/my child arising out of or connected with participation in the YMCA Youth Basketball Program, use of the YMCA facilities in property, or use of equipment within the YMCA facilities and property.

I understand that even when every reasonable precaution is taken, accidents can sometimes occur. I further understand that the activities of the YMCA have inherent risk of injury and I hereby assume all such risk and hazards incidental to my or my family’s participation in the programs, use facilities, or use of equipment with in the facilities.

Participant #1 Name (print)

Participant #2 Name (print)

Parent/Guardian Name (print)

Parent/Guardian Name (signature)

Date