

YMCA Spirit Basketball League Game/Practice Policies

UPDATED ON NOVEMBER 9

Below is a list of guidelines that will take place this upcoming season for YMCA Spirit Basketball Season for practices/games:

- YMCA Youth Sports will adhere to LPS approved facility guidelines related to Covid.
- LPS waiver form must be completed/signed for all participants, coaches, volunteers and supervisors by non-LPS Youth Organizations. YMCA will collect waivers and retain all waivers from participants, coaches, volunteers and supervisors. Any participants, coaches, volunteers and supervisor without completed waivers may be excluded from LPS facility.
- Non-LPS Youth Organizations must follow the most current Lincoln Lancaster County Health Directives.
- Athletes and coaches must complete a self-screening prior to coming onto school sites or participating in athletics.
 - Do you have a fever higher than 100.4 F or, have you had to use fever-reducing medications (i.e. Tylenol®, Acetaminophen, Advil®, Ibuprofen) in the last 24 hours to control a fever higher than 100.4 F?
 - Do you have unresolved or new onset shortness of breath or difficulty breathing?
 - Do you have new onset of sustained persistent nonproductive cough (a dry cough lasting longer than 24 hours)?
 - Do you have new onset of loss of taste or smell?
 - Do you have two or more of the following prolonged (symptom(s) lasting for longer than 24 hours) and unexplained (no other reasonable cause) symptoms?
 - a) Sore throat
 - b) Sustained (longer than 2 hours) chills or repeated shaking with chills
 - c) Headache
 - d) Muscle pain
 - e) Congestion and/or runny nose
 - f) Nausea, vomiting, or diarrhea
- **Face masks are required to be worn by coaches at all times, participant's adult that will bring athlete to LPS facility for practices and games. Due to updated DHM, participating athletes are required to wear masks for all portions of practice except when full court scrimmaging is taking place. Athletes in game are not required to wear face mask, but athletes that can wear a face mask are encouraged to wear one. Participating athletes must wear a face mask at all times unless actively competing in a game or a full**

court scrimmage at practice, included moving about the facility, when on sideline waiting to be subbed, etc.

- Practices that are held at LPS facilities will be limited to only TWO coach (s)per team, the participating athlete and one adult per participant **(from the same household as the participant)**. No siblings or more than one adult per participant is allowed in LPS facility for practices.
- Fan attendance for games is **limited to one adult per participant (from the same household as the participant)** on the team in LPS facilities. NO siblings, extended family or more than one adult per participant is allowed in LPS facility for games. No chairs are provided so please bring your own chair and stand or sit on opposite side from teams. Fans must keep six (6) feet of social distancing between adult(s). **Adult spectator must walk in to the LPS facility with the participating athlete. No other adults will be allowed in the LPS Facility that are not accompanied with the athlete.**
- Coaches must take attendance of those that attend practice/game each week. Coaches must keep a log for entire season with the date(s) of the practice/game, facility location and the time their team is in a LPS facility.
- Teams will set up on one side of the court and practice social distancing of at least 6' between players. Players should place their gear off of the court with social distance between their teammates gear.
- Players bring own water and do not share.
- Post-game handshakes or physical interaction between teams is prohibited.
- Players must not share drinks and/or food. Group team snacks are not prohibited.
- Hand sanitizer will be provided at scorer's table and players will used before entering the game. Staff will disinfectant game equipment after each contest is completed.