

HCHS Boys Basketball Plan
Henderson County High School Athletics
2020-21 Athletic Participation Guidelines

Student Athlete

1. The following three (3) documents must be turned in before participating
 - a. Completed physical on KHSSA Form for High School (Form GE04)
 - b. Negative results of COVID test taken within 7 days of beginning practice
 - c. Signed Acknowledgement of Risk and Waiver
2. Temperature check upon arrival - complete online health screening
3. Use hand sanitizer
4. Wash hands after practice
5. Wear face mask as all times except while exercising/participating
6. Practice social distancing as much as possible
7. Bring your own water bottle
8. Do not share equipment with others

Coach

1. Supervise students and enforce guidelines above
2. Sanitize equipment often
3. Plan entrance and exit from the school as to not intermingle with other teams
4. Temperature check upon arrival - complete online health screening
5. Use hand sanitizer
6. Wash hands after practice
7. Wear face mask as all times
8. Practice social distancing as much as possible
9. No use of locker room without approval of AD

Family

1. Continually monitor your child's health
2. Keep your child home if he or she has any COVID-19 symptoms
3. Provide water or drink for each practice/game
4. Provide transportation to and from practice for your child only
5. Wash practice clothes often
6. Disinfect any personal equipment
7. Notify the coach as soon as your child becomes ill

Weight Room

1. Use hand sanitizer after touching equipment; wash hands when finished working out
2. Two (2) people maximum on any piece of equipment
3. Spotters should wear a face mask
4. Keep groups to 10 or fewer in auxiliary gym weight room
5. Equipment should be disinfected between users

Basketball General Practice Procedures

1. Sanitize basketballs before practice, between drills, and after practice.
2. Individual Water Bottles that cannot be shared will be provided and cleaned after practice.
3. Hand Sanitizing will be required between drills
4. Masks will be worn when not participating on the floor.
5. Locker room access will be limited to 5 players at a time to allow for proper social distancing.
6. Enter the building and leave the building through the aux gym corner side door near the tech unit to limit interaction with the girls teams and cheer.

Practice Structure:

1. Emphasis on drills that allow players to use their own ball or share with 1 partner.
 - A. Individual ball handling and shooting
 - B. Partner passing and shooting
2. Drills that involve contact will be done with small groups that do not change.
 - A. Block out drill
 - B. Shell defensive drill
 - C. 5-0 offense drill
3. Whole team scrimmaging
 - A. Permitted per KHSAA Guidelines
 - B. Players will be grouped to limit the number of different contacts per day/week
 - C. Possibly looking at limiting practices to no more than 12 players per group with separate Freshmen, JV, and Varsity practice times. If using the aux gym, could allow up to 24 in a practice because of 2 courts.

Game Night:

- A. Pregame check in at the end of 600 hall for home games and aux gym corner door for away games.
- B. Pre-game meals served in cafeteria using seating chart and for contact tracing (away games only)
- C. Meeting locations
 - a. Home Games- Players will get dressed, 5 at a time and meet in the aux gym to allow for meeting and distancing (masks on)
 - b. Away Games- Players will get dressed prior to leaving. Meetings will occur in the hallway or on court to allow for distancing.
 - c. Bench will be spread out to allow for distancing while not in the game.
 - d. Post game meets will occur in the same locations stated above for home and away games.