

HCHS Girls Basketball safety requirements 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

Sanitization- We will sanitize the basketballs and ropes each day after practice.

Locker room plan- Lockers will be spaced out for proper social distancing. When changing, we will send 6 at a time into the locker room.

Practice Plan

1. Students will enter (check in) and leave through the 600 hall door.
2. Individual and small group drills will be used for conditioning and skill development (no more than 4 to a group)
 - Shooting drills
 - Dribbling drills
3. Drills that involve contact will be done in small groups that do not change.
 - Block out drill
 - Shell drill
 - Post player drills/Guard drills
4. Whole Team scrimmaging
 - Permitted per KHSAA Guidelines
 - Players will be grouped to limit the number of contacts per group/week.
 - Jv/Varsity groups

Game night activities

- Pregame meals--players eat at home for games. When required to eat for long distance trips, players will use social distancing at restaurants.
- Pregame check in- 600 hall doors just like practice.
- Meeting Location- Chairs will be spread out in locker room (6 ft apart)
- Waiting to compete- Players will be social distancing in the gym while waiting to compete. Chairs can be spread apart. Possibly pushing the bleachers in on the chair side and having more room to spread the chairs apart.
- Post game activities- Players will distance in the locker room with masks on. Limit the number of players (6) at a time.