



## **Estill County Athletics Winter Sports Guidance - Basketball**

### **Pre-Practice**

- Coaches are expected to set an example, and wear face covering/mask at all times.
- Athletes remain in the vehicle until “received” by coaches.
- We will continue to perform health checks (assessment questions, temperature reading) upon arrival. Logs should be checked by Athletic Directors for compliance.
- Athletes must utilize hand sanitizer upon arrival.
- Athletes must report to practice with face covering/mask.
- Athletes should report to practice with their own source of hydration.
- Athletes should report with any equipment required for practice.
- Coaches must ensure masks are worn, and social distancing is maintained prior to the start of practice. My biggest concern is pre and post practice time when athletes tend to congregate.
- Gaiters will be provided for student-athletes.

### **Locker Rooms** - No locker rooms are to be utilized until further notice

- For practices beginning at 4 pm or later, athletes must arrive dressed.
- For after school practices, students who attend school that day may dress (ECHS - PE Bathroom, 3 students at a time, masked at all times. ECMS - Cafeteria Hallway Bathroom, 2 students at a time, masked at all times.) For student-athletes who are not in session that day (A/B Students, Remote Students) they should arrive to practice dressed.
- Students should arrive to practice masked, and remain masked until the start of practice.

### **Practice**

- Practices should be determined by the Estill County Schools COVID-19 Metric - 48 Hour Policy.
- Practices should be kept short and concise.
- Any athlete that is not actively engaged in practice/drill/activity, should be socially distanced from other participants with face covering/mask on. While athletes are engaged in practice/drill/activity, face covering/mask may be removed.
- Coaches should designate a coach, or volunteer parent to wipe balls down with disinfectant provided by Athletic Director
- All practices should remain “closed” to limit the amount of people at our facilities.

- Coaches need to have a sincere discussion with athletes and possibly parents about being open and honest in terms of COVID related symptoms and the reporting of those symptoms

#### Post-Practice

- Athletes must utilize hand sanitizer upon exit.
- Coaches are to enforce social distancing until the athlete departs from practice (oversee athletes from the end of the practice period until the athlete enters the vehicle for departure).
- For any "team" equipment used, sanitation is required before coaches depart.
- Athletic Directors need to ensure sanitization of Bathrooms used for dressing purposes.

#### COVID Response

- Any athlete exhibiting symptoms of COVID-19, or athletes that have come in contact with an individual who has tested positive for COVID-19 should inform their Athletic Director. District policy will be followed.

#### COVID Waiver Form

- Coaches need to collect the Estill County Athletics COVID Waiver from athletes, and turn into Athletics Directors by November 4th.

#### Estill County Schools Forms

- Athletic Directors will provide you with: KHSAA Physical Forms, Drug Test Forms, School Insurance Forms, and Transportation Forms to hand out to your athletes.

#### **Estill County Schools COVID-19 Metric Guidance - 48 Hour Policy for Athletics -**

<https://docs.google.com/document/d/13yfKJnEuFe-PZsimXhjM7BUzJtLjnmiuZ9xeWGl6yY/edit>

#### **PHASE III Guidelines -**

<http://khsaa.org/resources/Covid19/khsaaJune2020covidallowancesandrestrictions.pdf>

Segment 3 Sessions must focus on skill development and general conditioning as well as instruction without game formations. • Sessions may focus on weight training provided the guidance for weight training rooms is compliant. • During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer, online at <https://bit.ly/2XUMiUt>. • All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

**GYMNASIUM NOTES REGARDING BASKETBALL, VOLLEYBALL AND OTHER INDOOR SPORTS** • Groups of fifty (50) or fewer are permitted, divided into subgroups with no more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.). • Shared equipment is permitted in this segment per the guidelines, but with frequent sanitization • As feasible, if individual opportunities are desired for dribbling, shots, etc, the athlete should utilize

their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely). • This period is specifically low-touch, medium sharing per the guidelines and as such, there is only minimal, necessary physical contact permitted between athletes, or between coaches and athletes. • All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

**KHSAA Healthy at Sports Guidance - Basketball**

<https://khsaa.org/resources/Covid19/CovidResumptionofSports/ApprovedVersion/Winter/basketballcombined.pdf>