

**SLBC Upward
COVID-19
Health and Safety Policy**

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

We should all be thankful that, with rare exceptions, COVID-19 is not claiming the lives of our children. However, we can never forget that a child with a mild or even asymptomatic case of COVID-19 can spread that infection to others who may be far more vulnerable.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, an infant, child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

Every adult who is responsible for providing care for our participants must be aware of these facts and be willing to comply with our league's infection control measures. Parents should monitor the health of their children and not send them to practice or games if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and report results to the Upward Leadership Team given the implications for other children, families, and staff. Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in the Upward program.

Parents and guardians of our players are hereby advised of the enhanced risks of participants being in direct contact with anyone age 65 or older for 14 days after participating in a game or practice.

We cannot anticipate every unique situation. The Upward Leadership Team will stay informed and take actions based on common sense and wise judgment that will protect health. As such, the policy is subject to change as circumstances change or additional information becomes available.

In an abundance of caution, it is noted that this policy is a supplement to any existing policies adopted by Sugar Land Baptist Church and, in the event a church policy is more restrictive than this policy, the church policy will control.

I. Screening and Exposure

A. Prior to entering the building, all persons will self-screen for any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19.

By entering the building, individuals certify that no such signs or symptoms exist.

B. If an individual exhibits new or worsening signs or symptoms of possible COVID-19 while on the premises, the individual will be isolated and sent home immediately and, if required, the Upward Leadership Team will contact the local health department.

C. An individual who has exhibited new or worsening signs or symptoms may not return to the premises until:

- a. In the case of an individual who was diagnosed with COVID-19, the individual may return when all three of the following criteria are met: at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath); and at least ten days have passed since symptoms first appeared; or
- b. In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to the premises until the individual has completed the same three-step criteria listed above; or
- c. If the individual has symptoms that could be COVID-19 and wants to return to the premises before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

The league will not allow an individual with known close contact to a person who is lab-confirmed to have COVID-19 to return to the premises until the end of a 14-day self-quarantine period from the last date of exposure.

- D. Staff and volunteers will notify the Upward Leadership Team of underlying conditions that might make those individuals vulnerable to COVID-19. Parents and guardians will do the same for the participants. Upon notice of such underlying conditions, the Upward Leadership Team will consider each circumstance on a case-by-case basis and make decisions accordingly.
- E. If an individual tests positive for COVID-19, the Upward Leadership Team will notify affected parents or guardians of possible exposure to a lab-confirmed case of COVID-19. In providing such notice, the Upward Leadership Team will protect the confidentiality of the individual, as well as the individual's protected health information, as required by federal and state laws.
- F. If three or more teams have individuals test positive for COVID-19, the Upward Leadership Team will work with state and local public health authorities about continued operations of the league.
- G. All staff, volunteers, participants, parents, and guardians will help the league in identifying exposure risks (i.e., "contact tracing").

II. General Health and Safety Protocols

- A. All staff and volunteers will be trained on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- B. Staff will follow SLBC policies regarding sanitization protocols for common surfaces, restrooms, and other facilities.
- C. Hand sanitizer, disinfecting wipes, soap and water, or similar disinfectants will be readily available throughout the facility.
- D. Subject to the following exemptions and conditions, every person must wear a face covering while in the building.

The following persons are exempted from the face covering requirement: (1) any child younger than ten years old; any (2) any person with a medical condition or disability that prevents wearing a face covering.

Players are not required to wear face coverings while physically participating in a practice or game. Participants ten years old and older will wear masks while entering and leaving the building, while on the bench, and while otherwise not physically participating in the practice or game.

Coaches are exempt from the face covering requirement while (a) actively providing guidance or instruction to players during practices or games; *and* (b) maintaining six

feet of social distance from other individuals. On game days, coaches will wear face coverings except when inside the designated “coaches’ boxes,” which will ensure six feet of social distance between the coaches and other individuals. Only one coach will be allowed in a “coaches’ box” at a time. Other coaches will wear face coverings while assisting from the bench.

Referees are exempt from the face covering requirement while actively officiating games. Referees will wear face coverings while entering and leaving the building, while observing warm-ups, while conducting pre-game meetings, and while otherwise not actively officiating a game. Referees will use league-approved whistles that will mitigate against the spread of droplets.

III. Practices

- A. No more than two teams will practice in the gym at any given time.
- B. Players must bring their own water bottles and leave them in the water bottle station on the stage or in the hallway. Players may not share water bottles. Coaches should stagger water breaks to avoid players congregating around the water bottles. Water fountains will be off-limits.
- C. Individuals may not congregate in the building before or after practices. Participants, parents, and guardians are discouraged from entering the building until five minutes before the scheduled practice time. This will allow for an orderly exit from the prior practices, as well as cleaning of the balls and other supplies between practices. However, parents and guardians are reminded to never leave children in a parked car and follow CDC’s Tips for Preventing Heat-Related Illness to keep children safe.
- D. For each participant, only one parent or guardian may attend a practice. The parent or guardian must sit in the designated spectator area, maintaining social distancing protocols. Spectator seating will be organized so that individuals are not in groups larger than ten individuals. Within those groups, the individuals should, to the extent possible, minimize in-person contact with others not in the same household. Minimizing in-person contact includes maintaining six feet of separation from individuals. When maintaining six feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, such as washing or sanitizing hands frequently and avoiding sharing common objects. *Spectators must wear face coverings at all times.*
- E. Coaches will be responsible for wiping down balls before and after each practice.
- F. Coaches are encouraged to create physical distance between participants when explaining drills or rules of the game. Coaches are encouraged utilize individual skill work and drills as much as possible. Coaches are also encouraged to space players at least six feet apart, when possible, while conducting warm-ups, skill building exercises, and simulation drills. All participants are discouraged from unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.

- G. Player devotionals will be conducted in the gymnasium. Each team will maintain social distancing during the devotional.
- H. Practice jerseys will not be available for common use. Individual teams may utilize their own practice jerseys, but those jerseys must be washed after each practice.
- I. In younger divisions, each team will be provided with sufficient wristbands, so that wristbands will not be shared between players. Wristbands must be washed after each practice.

IV. Games

- A. On each game day, an Upward Assistant will be dedicated to ensuring the league's health and safety protocols are being successfully implemented and followed.
- B. Only one game will be played at a time.
- C. The gymnasium will be cleaned and disinfected prior to each game. This procedure will include but not be limited to the wiping down of all spectator chairs, benches, scorer's table, and game balls. Games will be scheduled in 75-minute increments, to allow sufficient time for cleaning.
- D. For each participant, only one parent or guardian may attend a game. The parent or guardian must sit in the designated spectator area, maintaining social distancing protocols. *Spectators must wear face coverings at all times.*
- E. Individuals may not congregate in the building before or after games.
- F. Participants, parents, and guardians are discouraged from entering the building until five minutes before game time. This will allow for an orderly exit from the prior game, as well as cleaning of the gymnasium between games. However, parents and guardians are reminded to never leave children in a parked car and follow CDC's Tips for Preventing Heat-Related Illness to keep children safe.
- G. Each team's sideline will include a "coaches' box," which will allow the head coach to be distanced by six feet from other individuals (and will allow the coach to remove his or her face covering).
- H. While on the bench, players will maintain social distancing. On the sideline, chairs will be spaced at least six feet apart.
- I. Participants will remain in the gymnasium, on their respective benches, during halftime.
- J. Post-game "handshake lines" are encouraged, although actual handshakes are not. While engaged in this activity, players should maintain social distancing and avoid physical contact (including high fives, handshakes, fist bumps, or hugs).

- K. After each game, each team will meet on its own bench to recap the game and distribute Upward stars. This is a departure from the league's typical "Main Street" post-game set-up. Teams will not be allowed to distribute food or drinks during this meeting. To facilitate an orderly exit and sufficient time for cleaning, this meeting will last no more than five minutes. At the end of five minutes, all individuals will be asked to exit the building.

- L. In younger divisions, each team will be provided with sufficient wristbands, so that wristbands will not be shared between players. *Wristbands must be washed after each game.*