



Lexie Gerson Basketball, LLC

Fall 2021

COVID-19 Safety Protocol

Overview

- When operating programming, we will adhere to all local, state and institution policies.

Cloth Face Coverings

- When inside, athletes should wear a mask as tolerated during physical activity. Masks will be required for athletes off the court. Coaches/staff/spectators will wear a mask at all times.
- When outside, athletes and fully vaccinated coaches/staff are encouraged, but not required, to wear a mask as tolerated.

Vaccination Requirements

- Participants are encouraged to be vaccinated, if possible. All coaches/staff are required to be fully vaccinated.

Symptom Screening

- Coaches will perform symptom screening on athletes when they arrive. Athletes should immediately report to their coaches upon arrival for symptom screening to streamline the process. If an athlete has symptoms of COVID-19, they will be sent home for the day.

Social Distancing

- Upon arrival, athletes should space their bags / personal belongings in a way that allows for physical distancing.
- Athletes should avoid gathering in large groups immediately before and after training.
- When feasible, athletes should maintain social distancing (6ft) while not directly participating in sport or a drill. For example:
 - When taking a break / getting a drink
 - When waiting in line for a drill
 - Listening to a drill being explained
 - Recovering on the sidelines
 - Before and after training
- When feasible, coaches should maintain social distancing from athletes.

Hand Hygiene and Respiratory Etiquette

- Athletes should bring their own sanitizer and clean their hands frequently.
- Hand sanitizer will be available on site, but should be considered a back-up.
- Please cover any coughs or sneezes with a tissue and then throw it away.
- Spitting is prohibited.

Visitors, Parents, and Spectators

- Please wear a cloth face covering over your nose and mouth at all times.
- Please maintain a distance of 6ft from the court, athletes and training area. Also, please remain 6ft away from others who are not members of your household.

Water Availability

- Shared water will not be available on site for athletes.
- Athletes must bring their own water bottles and should not share with others.
- Please be sure to bring extra bottles of water as athletes will not be able to refill with water once on site.

Drop Off and Pick Up

- Athletes should stay in their cars until just prior to the start of training to avoid gathering in large groups.
- At the conclusion of training, athletes should proceed directly to their cars and should not congregate with others around the entrances or exits. Please look both ways in the parking lot and wait until the coach has released you to your parent/guardian. (do not just walk out into the parking lot without communicating with the coach on site)

High Risk Individuals

- If you, your child, or a member of your household is part of a high-risk group (65 years of age or older or has a pre-existing medical condition including chronic lung disease, moderate to severe asthma, serious heart conditions, immunodeficiency, diabetes, chronic kidney disease, or liver disease), you should consult with your family physician before attending any session.

If you are sick, please do not attend!

- If an athlete becomes sick during a session, they will be taken off the court, and likely sent home.
- Athletes and their families should self-report to LGB if they have tested positive for COVID-19, have been exposed to an individual who has tested positive in the previous 14 days, or have traveled to an area with high infection rate within the last 14 days.

Return to Play from COVID-19

- In order to return to play from a confirmed or suspected case of COVID-19, you should follow the CDC's instructions for when you can be around others following COVID-19. Additionally, you will be required to provide a signed doctor's note indicating that you are no longer contagious and are cleared for full participation in sport and physical activity.

COVID-19 Communications

- All athletes, their families, staff, and coaches should self-report if they have been diagnosed with COVID-19. If LGB becomes aware of any potential exposure to COVID-19 within the LGB community, a communication will be sent to any individuals who may have had close contact with the infected individual. Privacy will be protected, and no identifying information will be shared within the communication. The health of the individual's group will be monitored and activity for that group may be suspended for a period of time if an outbreak is suspected.

Everyday Preventative Actions

- Please engage in these everyday preventative actions to prevent the spread of COVID-19 including, but not limited to:
 - Washing hands frequently with soap and water for at least 20 seconds or using hand sanitizer when soap and water are not available.
 - Abstain from touching your face (mouth, eyes, nose) with unwashed hands.
 - Cover any coughs or sneezes with a tissue or the inside of your elbow.
 - Avoid touching frequently touched surfaces (e.g., railing, doorknobs, countertops, etc...)
 - Do not share drinks, eating utensils, or eat food in a public setting that has not been individually wrapped/prepared.
 - Wear a mask when in public places, especially where social distancing is difficult.
 - Avoid traveling to regions with high infection rates.
 - Avoid mass gatherings with unmasked participants.
 - Get vaccinated, if you have not already done so.