



CAP Basketball COVID Update

COVID Basics

- COVID is primarily transmitted by aerosol, but also by touching contaminated surfaces.
 - o Sports/training may cause heavier breathing which can increase spread of aerosol & virus transmission.
- Student-athletes with high-risk conditions or household/close contacts with high-risk conditions may want to avoid and/or adjust participation to reduce risk of transmission. CDC list of risk: <https://www.cdc.gov/coronavirus/2019-ncov/needextra-precautions/people-with-medical-conditions.html>
- Symptoms of COVID:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- The foundations of reducing risk should always be kept in mind:
 - o Avoid participation and attendance if sick (fever and/or symptoms) – always discuss with your primary care provider if questions or concerns.
 - o Wearing a cloth mask or buff can help reduce the spread of your aerosol to others (the mask captures some of your aerosol and reduces transmission to other people).
 - Do not wear medical/surgical masks or N95 masks for exercise as these can decrease airflow.
 - Masks must be worn indoors according to the governor’s mandate while practicing or playing. Cloth masks are safe with exercise, they do not decrease oxygen levels, increase carbon dioxide levels, significantly restrict airflow, or cause heat illness. They will take time to get used to, as they can be uncomfortable and increase the perceived effort of exercise.
 - Athletes must wear a mask while participating.
 - Coaches and sideline personnel must wear masks at all times.
 - o Social distancing of at least 6 feet when not participating (sideline, waiting for turn, etc.)

-Continue to train in smaller “pods” of athletes to reduce exposure risk.

-“Close contact” is based on the World Health Organization (WHO) recommendation that 15+ minutes of close (within 6 feet) exposure to another increases risk of transmission.

Practice Requirements

Pre-Contest Screening

- Athletes should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- A record will be kept of all individuals present at team activities.

COVID-19 Coach

- A designated coach will be responsible for relaying COVID-19 concerns to the CAP Director.
- Coaches will be shown the safety protocols of the program and how to safely operate this season’s new requirements.

Social distancing

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, changing drills so that players remain spaced out, and no congregating of players while waiting. There will be no intermingling of Cambridge teams to help ensure more limited exposure if someone develops an infection.

- **Hydration** – All students should bring their own water bottle. Water bottles must not be shared.

- o Due to the importance of hydration during practice, athletes will not be allowed to practice if they do not have access to their own water bottle.

- o Water fountains will not be usable.

- o Water refill stations will be available.

Practice Facilities

- **Dane County (NMS)** – Only 10 participants will be able practice due to the Dane County Guidelines. Separate practices of 10 may be split if a team does exceed the max of 10 participants.

- o No host games will be allowed at the NMS.

- **Jefferson County (CHS)** – Teams will be allowed to practice in separate gyms at the same time.

- o Host games will be allowed at the CHS.

- **Entering/Exiting** – Players must Enter and go directly to their practice area & Exit immediately after the conclusion of their practice.

- **Face covering** – **COACHES AND PARTICIPANTS ARE REQUIRED TO WEAR A FACE COVERING.**

Host/Game Requirements

Gameplay Safety

- **Warm-ups/stretching/huddles** – Maintaining social distance between athletes.
- **Congregating of athletes and/or coaches** – Congregating upon arrival to the event, prior to warm-ups, and immediately following the game is NOT ALLOWED.
- **Face Coverings** – **ALL COACHES, OFFICIALS, AND PARTICIPANTS ARE REQUIRED TO WEAR A FACE COVERING**
- **Elimination of Handshakes** – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- **Interaction with Officials** – Coaches and officials should maintain social distance when interacting with an official or any other event worker. Wearing a face mask is required.
- **Essential Personnel** – Only essential personnel will be allowed in the competition area. These are defined as athletes, coaches, medical personnel/trainers and officials.

Hydration

- All team personnel should bring their own water bottle. Water bottles must not be shared.

Spectators

**** Limiting 2 spectators per household.**

- **Face covering** – **ALL SPECTATORS ARE REQUIRED TO WEAR A FACE COVERING** – masks will be provided for those who may have forgotten to bring one.
- **Pedestrian flow** – Signage will be posted to address the Entrance Only/Exit Only doors.
- **Seating** – Households must be socially distanced when seated throughout the gymnasium.

Team Personnel Exposure or Positive Case of COVID

Exposure:

- **Team Exposure** – Follow the County Health Department Protocol / All players are recommended to be tested before returning to play & quarantine for a minimum of 14 days.
- **Single Player/Coach Exposure** – Personnel must follow the County Health Department Protocol & must quarantine for a minimum of 14 days

Positive Case:

- **Personnel Tests Positive** – All team activities will be suspended for a minimum of 14 days.