

**Mt. Lebanon Recreation Department
Return to Play Plan
COVID-19 Health and Safety Guidelines
Youth Basketball**

**Updated 11/17/2020
Effective 11/17/2020**

The Mt. Lebanon Recreation Department will resume offering the program listed above under strict guidelines to protect the health and safety of our patrons and staff. We will follow all of the latest guidance from the Allegheny Health Department, the PA Department of Health and the CDC as well as any imposed by the Mt. Lebanon School District.

Advanced registration is required. Advanced registration is required in order to control the number of participants, prevent crowding and enable physical distancing. Registration will be available online at https://mtlrec.activityreg.com/ClientPage_t2.wcs

Arrival and departure instructions- Participants will arrive no earlier than 5 minutes prior to their practice or game time and all must leave the gym at the conclusion of the session. Players must enter the gym through the door designated on the schedules posted on the Mt. Lebanon Recreation Department website and will exit the facility through one of the gym doors. The only exceptions are at Mellon Middle School and Washington Elementary School. Everyone will enter and exit through Entrance D-8 at Mellon Middle School and will enter and exit through Entrance D-8 at Washington Elementary School, but will use the steps when entering the gym and use the ramp when leaving the building at Washington.

Younger children- For children 10 years of age or younger, one parent may walk their child inside the school building to the gym doors, but must leave upon dropping them off. For pickup, parents may enter the gym, but will exit the building through the gym doors except at the two gyms noted above.

For children 11 years of age and older, parents will be asked to drop off their child at the door entrance designated on the posted schedules and pick them up outside of the gym doors.

Non-essential visitors are prohibited- To help prevent crowding, all non-essential visitors are prohibited. Spectators, including family members, are not permitted to attend practices and games. Spectators may be considered at a later date at the larger gyms such as Mellon Middle School and the Gold Gym at the high school

Masking requirements- Everyone, including coaches, athletes and officials must wear face coverings, when in and around school buildings at all times. This includes while in the gyms actively engaged in workouts, competition, and on the sidelines, etc.

Practice physical distancing- Physical distancing among participants, coaches and parents will be enforced at all times. Please stay 6 feet apart from others at all times. During down time, coaches, players and parents should not congregate.

No shaking hands, fist bumps, or high fives before, during or after games and practices. No unnecessary physical contact with teammates, other athletes, coaches and spectators.

Limit shared equipment- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users. Basketballs will be passed back and forth among coaches and players. This is unavoidable.

Activity Modification- Practices and games will be modified to mitigate the risk of spreading the virus. Focus at practices will be on individual skill building versus competition. Teams will be made up of smaller rosters, 10% – 20% less than last season, in order to meet the occupancy limits at each gymnasium.

Schedules- When multiple games and practices are scheduled at the same gym adequate time shall be scheduled between contests to minimize interaction between players. Games and practices will be scheduled with 10 - 15 minutes in between each session.

Water, drinks and snacks- No food or drinks are permitted to be brought to practices or games. Team water coolers for sharing through disposable cups are not allowed. Each child should bring a spill-proof water bottle (filled at home). Children should have their names marked on the bottles.

COVID-19 symptoms and monitoring- Stay home if you have a fever (temperature of 100.4 or higher), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. Notify your coach immediately if you experience these symptoms during your practice or game. Parents will be notified immediately if a child is sick. **Parents must monitor for these symptoms and take their child's temperature prior to each practice or game. Do not send your child to their practice or game with any of these symptoms.**

Volunteer coaches will also check their own temperature before each practice and game starts and monitor players for symptoms during this time. If individuals participating in basketball show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.

Volunteer coaches will be required to self-report any symptoms should they begin to experience symptoms during the practice or game.

Hand sanitizing- Volunteer coaches and players will be required to use hand sanitizer, containing at least 60% alcohol, during water breaks and after using the porta-john or restrooms. Participants are expected to bring their own sanitizer each day. Hand sanitizing will be enforced by the coaches.

In general, protect yourself and others- Don't come to the program if you feel sick or are otherwise at risk. Bring hand sanitizer with you and use it often. Practice good hygiene by covering coughs or sneezes with a sleeve or elbow. Avoid any other activities that increases the risk of exposure to saliva, such as chewing gum, spitting, licking your fingers, etc.

Plan of Action for COVID-19 Related Illness:

- Should a program participant, employee, instructor, visitor or volunteer display COVID-19 symptoms during a recreation department program, he/she should be immediately removed from the group, masked if not already, and isolated. If the person who is ill is a minor, the parent or guardian will be notified immediately, and they will need to pick up

their child as soon as possible. Testing for COVID-19 will be recommended for the person who is ill.

- The COVID-19 point person for the Recreation Department will contact the Allegheny County Health Department, get their determination about isolation or quarantine needs, and comply with those recommendations.
- The ill person who demonstrates COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department before they can return to activities.
- Employees or instructors who are uncomfortable or unable to return will be directed to the Human Resources Manager.
- A Municipal communication to the community will occur should a recreation department program participant, employee, instructor, visitor or volunteer be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.
- Areas used by a sick person will be closed and not used until they have been cleaned and disinfected (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). We will wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, we will wait as long as possible.
- Those who have had [close contact](#) with a person diagnosed with COVID-19 will be advised to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

COVID-19 Point of contact- Patrick Cannon is the recreation staff person responsible for responding to COVID-19 concerns. You may contact him at: 412-343-4513 or at pcannon@mtlebanon.org. If you or someone in your household has been exposed to a probable or confirmed case of COVID-19, please contact him immediately.

Questions?- If you have any questions, you may call the recreation center at (412) 343-3409.

All rules and policies are subject to change. Failure to follow these instructions will be grounds for revoking program privileges.