

# **RETURN TO PLAY PLAN**

## **Total Package- April 13, 2020**

### **Steps and Goals Overview**

This section will cover overarching information from the Center for Disease Control and Prevention that will be used to guide the decision making for each step.

#### **Step 1 - Prepare to Return**

The goal of step one is to prepare staff, venues, and athletes for returning to practice and competition. WSYBA/Total Package will train and work directly with staff and venues in order to establish best procedures for practices. Players should work to avoid injury, condition, and sharpen skills independently or in online environments (e.g., Zoom).

#### **Step 2 - Reduced Return**

WSYBA/Total Package will continue to train on the procedures set in Step 1. Online training opportunities will continue and small group in person training will begin where applicable. Implementing safety in the new environment for smaller groups is the primary focus. In-person training will happen without direct competition between athletes (e.g., individual skills, conditioning, Outdoor training, both individual and small group will be offered when available.

#### **Step 3 - Increased Return**

Should socially distancing guidelines permit, in person training in groups will become the primary focus with direct athlete competition in smaller than normal groups (e.g. use 1 v. 1 rather than 5 v. 5).

**Step 4 - Return to Play** This will be the return to typical practice and play scenarios.

# Step 1 - Prepare to Return

The goal of Step 1 is to prepare staff, venues, and athletes for returning to practice and competition. WSYBA/Total Package staff will train and work directly with venues to establish best procedures for practice. Overarching procedures that apply to everyone will be in effect are stated below.

1. Train and educate patrons on best practices for safety from the CDC (see below)
2. Be sensitive and accommodating to staff, parents, or players that may be uncomfortable with the transition back to the pre-quarantine athletic environment.
3. At risk, whether young or old, are not allowed to attend any practice.
4. Post and/or share safety and wellness signage for best practices for all individuals.
5. Arrange waiting areas that are in line with social distancing protocols.
6. Require all staff to wear a facemask.
7. Provide disinfectant wipes to be used to sanitize all equipment and appropriate waste receptacles to avoid athletes, patrons, and staff touching used bottles. Provide disposable gloves for staff.
8. Implement symptom screening survey for all employees before the start of their shift. a. Have you had fever-like symptoms in the last seven days? b. Have you had an unexpected, repeated cough in the last seven days? c. Have you had repeated diarrhea in the last seven days? d. Have you had chills in the last seven days? e. Have you had any contact with anyone who has tested positive for Covid 19? f. Have you had unexpected shortness of breath in the last seven days? g. Have you traveled to any known Covid 19 hotspot in the last seven days? h. Have you experienced unexpected weakness or fatigue in the last seven days? i. Have you experienced unexpected extreme loss of appetite in the last seven days?
9. Administer health screening survey for players and patrons attending and send people home if any symptoms are visible or communicated. a. Have you had fever-like symptoms in the last seven days? b. Have you had an unexpected, repeated cough in the last seven days? c. Have you had repeated diarrhea in the last seven days? d. Have you had chills in the last seven days? e. Have you had any contact with anyone who has tested positive for Covid 19? f. Have you had unexpected shortness of breath in the last seven days? g. Have you traveled to any known Covid 19 hotspot in the last seven days? h. Have you experienced unexpected weakness or fatigue in the last seven days? i. Have you experienced unexpected extreme loss of appetite in the last seven days?
10. Ensure athletes or staff have their own equipment, plan for hydration, a face mask for any waiting areas, individual sanitizer, and personal Clorox wipes. The organization will provide sanitizer and Clorox wipes for anyone that cannot provide their own.
11. The staff will be the only people to move any equipment, cones, and venue objects.
12. Spectators should maintain CDC guidelines for social distancing (the option for spectators is dependent on the step).
13. Where applicable, use touchless payment options.
14. Provide and encourage hand sanitizer for those leaving the venue.
15. Strongly encourage all members (staff, players, families) to be tested for COVID 19.

## Step 2 - Reduced Return

No events will be held during this time, but operational staff will continue to train on the procedures set in Step 1. Online training opportunities will continue and small group in person training will begin where applicable. Implementing safety in the new environment for smaller groups is the primary focus. In-person training will happen without direct competition between athletes (e.g., individual skills, conditioning, etc.). Teams will practice together in reduced size scenarios. Small Group Work in Person Safety Protocols 1. Before a. Follow CDC and applicable Step 1 protocols. b. All workouts, meetings, and gatherings of the team, program, or staff are at the discretion of the individual and optional. c. Parents are not allowed to be in the gym or approach exits or windows (i.e. congregate) during Step 2. d. Coaches will wear facemasks for the workout and players have the option to wear facemasks during workout when not active, but not on the court when engaged in physical activity (e.g. potential risk for breathing airway). We will also adhere to school district policies.

1. During a. Coaches and support staff will enter the facility before players to establish where personal equipment will go (e.g., duffle bag, water bottle, etc.). The previous practice will be cleared out prior to new players entering the facility. b. Doors, windows, and other potential airways will be open for air circulation. c. Outdoor as well as indoor facilities may be used. d. All players and coaches will maintain social distancing always staying six feet apart. e. Once players enter the facility, they will be directed to a location to put their personal belongings (this will be their station for the duration of the event). All stations will be 6 feet apart. Players will sanitize their station that they use during practice with Clorox Wipes. Players will sanitize their area before leaving for the facility. f. Players must bring their own basketball and hydration system that will be sanitized at check in. Hands will be sanitized at check in. g. During every water break player will use hand sanitizer. h. During practices there will be no huddles or high fives (new team communication/celebration will be established). i. No live player to player competition will be allowed during Step 2. j. Players will rebound for themselves. k. Bathrooms will either have open doors or be propped open. 3. Dismissal a. Players must leave the gym once the workout is complete and should have hand sanitizer ready after the workout. b. Upon exiting the building players and coaches will need to practice social distancing.

### **Step 3 - Increased Return**

In-person training in groups will be an option with direct athlete competition. As with the progressive growth of Return to Play Plan, instruction will develop from 1 v. 1 to 2 v. 2 and so on. During Step 3, the following guidelines will characterize this segment: 1. Follow CDC and applicable Step 1 and Step 2 protocols 2. Introduction to controlled scrimmages; physical contact is minimized as much as possible. The basketball will be shared during this phase. 3. Continue to increase the amount of people that any individual will interact with. a. For example, introduce more players from the same program and geographic region to each other (e.g. two teams from the same branch practicing in the same facility) b. Players can have no more than two parents or legal guardians attend practice (people with pre-conditions are strongly discouraged). No other children should attend practice. 4. No overnight travel will be permitted during Step 3.

### **Step 4 - Return to Play**

This will be the return to typical practice and play scenarios. State and federal guidelines or mandates will be used to direct decision making (e.g. events without fans, location of events, etc.). Continued usage of best practices established throughout the steps will be continued.

## CDC Guidelines

1. How to Protect Yourself & Others (Center for Disease Control and Prevention, 2020)
  - a. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. ii. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. iii. Avoid touching your eyes, nose, and mouth with unwashed hands. b. Avoid close contact
    - i. Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members. c. Put distance between yourself and other people outside of your home. i. Remember that some people without symptoms may be able to spread virus. ii. Stay at least 6 feet (about 2 arms' length) from other people. iii. Do not gather in groups. iv. Stay out of crowded places and avoid mass gatherings. v. Keeping distance from others is especially important for people who are at higher risk of getting very sick. d. Cover your mouth and nose with a cloth face cover when around others
      - i. You could spread COVID-19 to others even if you do not feel sick. ii. Everyone should wear a cloth face cover when they must go out in public, for example to the grocery store or to pick up other necessities. iii. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. iv. The cloth face cover is meant to protect other people in case you are infected. v. Do NOT use a facemask meant for a healthcare worker. vi. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing. e. Cover coughs and sneezes
        - i. If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. ii. Throw used tissues in the trash. iii. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol. 7f. Clean and disinfect
          - i. Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. ii. If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection. iii. Then, use a household disinfectant. Most common EPA-registered household disinfectants

## How to wear a face mask



Clean your hands with soap and water or hand sanitizer



Hold the mask by the ear loops and place a loop around each ear



Mold or pinch the stiff edge to the shape of your nose



Pull the bottom of the mask over your mouth and chin



Avoid touching the front of the mask when wearing

# Coronavirus

## COVID-19 is a new virus that spreads from person-to-person.

- It can cause mild illness, like the common cold.
- It can cause severe illness like SARS.
- Currently, no treatment or vaccine is available.

## Symptoms



Fever.



Cough.



Shortness of breath.

## Do I need to be concerned?

Only if you:

- Have these symptoms.
- Visited an affected area in the last 14 days.

Call your healthcare provider before you go to a clinic, urgent care or emergency room.

## How does it spread?

- Coughing or sneezing.
- From a sick person who is within 6 feet.
- Touching a surface or object with the virus on it.



## Plan ahead.



Have an emergency plan in case children can't go to school or you can't go to work.

Talk to your employer about alternative work arrangements.

## Stay healthy



Wash your hands often with soap and warm water.



Cover your coughs and sneezes with a tissue or your elbow.



Clean and disinfect frequently touched objects and surfaces.



When you're sick, stay home and rest.

Learn more and get updated information at [tpchd.org/coronavirus](https://tpchd.org/coronavirus).



Tacoma-Pierce County  
**Health Department**  
*Healthy People in Healthy Communities*