

# HIGHER LEVEL BASKETBALL LLC

## Coronavirus Policy

**Updated March 19, 2020**

(Updated 11:00 am EDT) - In January, the World Health Organization (WHO) declared Covid-19, aka the “novel corona virus” outbreak a public health emergency of international concern, following an emergency committee meeting in Geneva. On March 11, this past Wed, WHO declared the outbreak a worldwide pandemic.

Higher Level Basketball (HLB) has always strived to provide a strong learning experience for all its players in a fun environment, and yet challenge them all to rise to a higher level. Considering the concerns around the spread of Covid-19 and particularly to those most at risk, many schools and organizations with large/mass gatherings are either canceling or delaying scheduled activities as we all know. In order to us as an organization to respond in the most sensible, logistically feasible manner, we continue to assess, research and gather the most accurate, timely data and consult with multiple parties, including CDC, State health officials, Individual Drs locally, as well as other sport organizations and facilities.

We are issuing this statement of policy initially on Friday 3/13/2020, but will continue to monitor and adapt/adjust these policies and procedures as needed to take the most sensible approach we can in trying to keep some sense of normalcy and operations while also working to ensure players, parents, coaches, staff can all participate as desired/needed in the safest manner available.

### **IMPORTANT INFORMATION/FACTORS**

Covid-19 is a respiratory virus that comes from the same general family of corona viruses that cause things such as upper respiratory tract infections, however it is a previously unseen virus in that family. Although officials are working on a vaccine – like most viruses, covid is likely with us for a long, long time. The vaccines may help us fight it off better as time goes by (that is the hope just like with other viruses.) But it’s likely to become another we live with as part of the many we encounter as humans.

**Symptoms** include fever, cough and in more severe cases, trouble breathing – symptoms many experience as part of the seasonal flu or other respiratory infections. For those with seasonal allergies, paying very close attention to symptoms is of crucial importance.

### **Risk Factors**

- Most are at low immediate risk. Those with compromised immuno-systems or underlying health issues such as diabetes, heart disease, etc. are at most at risk for severe virus symptoms
- Other elevated risk factors: Exposure to those who’ve traveled overseas; Close contact with those who have been diagnosed with Covid-19.

### **Helpful Links/Info**

We **strongly** encourage you to be as informed and up to date on info regarding the virus as you can be. Being well informed is being well armed. Below are a couple places to help. Be advised there is a TON of information available right now – we would caution you to consult info ONLY from recognized entities, such as CDC, state health orgs, etc.

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#basics>

<https://chfs.ky.gov/agencies/dph/pages/covid19.aspx>

HLB will be implementing the following approach & steps during the “interim” period outlined in emails to help ensure we are providing the best environment possible for our teams and instruction clients going forward. HLB also strongly encourages everyone to practice healthy habits in all aspects of their daily life. These steps will continue to be updated as needed and we will post this policy and approach on all higherview.net dashboards.

Our approach is centered around Prevention first and foremost, then Mitigation & Containment procedures. As of now the following are in effect or will be introduced into our regular routines:

### **Prevention Efforts**

1. No player, coach, staff member or parent should attend ANY practice if they exhibit ANY symptoms of ANY virus illness, including regular seasonal flu, the common cold or any other virus. Those with seasonal allergies are allowed but MUST follow the hygiene procedures below for when they sneeze/cough. ***IT IS IMPERATIVE EVERYONE IS HONEST ABOUT THIS ASPECT. IF IN DOUBT, CONTACT US, BUT WE'D RATHER YOU STAY HOME IF THERE'S ANY QUESTION.***
2. Group Gathering Size Limitations: Until further notice, ANY HLB activity is limited to no more than 10 people in the facility at once. This means for all team practices, where there are multiple teams at a grade level, they can NOT combine or overlap practices in any way. Also, the use of small groups for 5-7 for workouts and breakdowns of team needs will now be put into use until you are advised otherwise.
3. Entering/Leaving Facilities: Until Further notice – All workouts, practices for all teams or groups will have a buffer period built in between the end of the previous session and the beginning of the next of at least 5-10 minutes. NO players, parents or other persons can enter the facility until the previous group is released and cleared from the building. Next group scheduled in will wait in vehicles until the coach comes out to signal the ok to enter.
4. Sanitation Efforts: We are in process of equipping all coaches, staff with extra anti-bacterial hand soap, alcohol-based hand sanitizer, towels or tissues and wipes for their equipment. During each practice, coaches will ask players to either sanitize or ***properly*** wash/dry their hands when they arrive, during practice at least twice and before they exit the facility
5. All Balls, training equipment will be wiped down with anti-bacterial wipes prior to practice and after practice. All pennies used in scrimmage play/practice will be washed NIGHTLY.
6. Close contact procedures: Coaches and anyone else that is a NON-PLAYER: we ask you to stay at least 3-6 feet from all players, coaches. Players will still be allowed to have player “huddles” but we will be working to eliminate all handshakes and “high-fives” for the short term. Elbow bumps and head nods will be something we try to get them all to do in the meantime. This will take constant reminding. Parents should already be instructing their youth on proper hygiene & encouraging its practice throughout this crisis.
7. Practice personnel: we have always had open practices here at HLB. We will not officially close practices for now, however during this “interim” period, we would suggest that the best policy is to have only players and coaches in practices. Obviously, the logistics of that may make that difficult for some who drive a decent distance, which is why we are not mandating closed practices at this time.
8. ***It is likely at some point soon; we will institute the use of temporal scanners as players enter practices.*** We believe you may see this at ***many*** facilities across the board soon. If a high temperature is noted, it will be

taken again. If it is the same, or very similar the 2<sup>nd</sup> time, we will then do with a digital thermometer. Each grade level is likely to have each of those and sterilizing solution for the thermometer. For any high temperature that qualifies as fever, that player will be sent home. **\*\*IF your player has a different normal temperature than 98.6, please advise.**

#### **Mitigation & Containment**

1. At the first sign of ANY player illness at a practice (or game), the player will be moved away from other players to a separate room or hall area. Parents or emergency contact will be notified to pick them up
2. Any players, coaches, parents that are ill should not come to the gym for anything until they are symptom free for 24 hrs.
3. REPORTING: ***IF ANY OF YOU HAS A PLAYER, IMMEDIATE FAMILY MEMBER or OTHER PERSON you have been exposed to*** test positive for Covid-19, you MUST notify us ASAP! So that we can follow the chain if any exposure may have occurred to any other HLB persons.

This policy is subject to change/update based on best available information as provided by Metro Louisville, Commonwealth of Kentucky and the Centers for Disease Control, and any other authoritative source.

Higherview.net is equipped with a texting service and will be used to communicate when needed. Please ensure your cell phone information is added correctly in the system and that your cell phone provider is properly identified.