



Children's Basketball League Guidelines

Health Monitoring

1. Players and coaches must perform self-evaluations and anyone experiencing symptoms must stay home.
2. Players and coaches with a fever of 100.4 must stay home and be symptom free for 72 hours.
3. If a participant does contract COVID-19, they should remain isolated at home for a minimum of 14 days after symptom onset and can be released after feverless and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.
 - a. Where appropriate, notify all participants who have been exposed.
 - b. Practices/games will be suspended on a case by case basis.
4. Any participant who has had close contact with another participant or any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations.
5. All other participants should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop
6. If a participant is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting will be performed as soon after the confirmation of a positive test as practical.

Minimum Guidelines

1. Every participant must have a completed NLCPD Program COVID-19 Waiver on file.
2. NLCPD staff will maintain an attendance log of participants. Staff will ask each coach before their scrimmage for which players are in attendance.
3. Coaches must wear a mask at all times. Players will not be required to wear a mask during play but masks must be worn entering and exiting the building.
4. Participants will place personal belongings at their designated spot on the sideline of the field. These spots will be at least 6-ft. away from other's personal belongings.
5. Upon completion of a scrimmage, parents/guardians and players must leave as soon as possible. The next team should not arrive until 10 minutes before their scrimmage time. This will allow enough time in-between scrimmages for teams to leave and enter the building.
6. Only 2 immediate family members are allowed as spectators. Spectators must socially distance of at least 6-ft and wear masks at all times within the building. The Park District will have a designated area assigned for spectators to stay throughout the game.
7. Participants must wash their hands with soap or use hand sanitizer before participating.
8. Participants must bring their own source of water.
9. Adhere to CDC guidelines by not touching your face (after handling ball or any equipment).



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10. No handshakes, high fives or fist bumps.
 11. No spitting or sunflower seeds.
 12. No team snacks or drinks are allowed on scrimmage days.
 13. Players will not be able to change teams once the season has started. Also, new participants will not be added to a team once the season has started.

Best Practices for the Field of Play:

1. Each division will be split up into teams greater than 15 players.
2. Each individual team will then practice together throughout the year and then play against their own team on scrimmage days.
 - a. Teams will not play against other teams within the division.
3. Each team will receive reversible jerseys. This will allow coaches to switch up their individual team and create different personnel on the court.
4. Parents must provide their players with hand sanitizer for cleaning hands as often as possible.
5. Players on the sideline are required to be socially distant. We are asking for parents to volunteer each week to help the coach adhere to this guideline. Parent volunteer will be required to wear a mask.
6. The Park District will have one game ball for each court. This ball will be sanitized at halftime and before each game.
7. No outside sporting equipment is allowed at the building.
8. The Park District will assign a designated area for coaches and players of each team.