



January 26, 2021

Loudoun FLEXX Basketball Return to Play Plan - Revised

The next several pages, we outline the Loudoun FLEXX Basketball (FLEXX) strategy for returning to play with FLEXX basketball practices, specific to COVID-19 response.

We are operating under the guidance of the Office of the Governor, VDH and PRCS with respect to our return to play for basketball. Our path to return to play will start in early March 2021.

COVID-19 Response Coordinator Role / Responsibility

Head coaches will be expected to either have the role of COVID-19 Response Coordinator of his / her team filled by a member of his / her coaching staff, or to identify a parent to fill this role. This role is critical to our ongoing operations as an organization, as it will help ensure that players continue to be able to play over the Spring and Summer. The person (or persons) assuming this role for each team will be required to maintain attendance at all FLEXX organization group activities, team practices or games and submit that to the organization for contact tracing purposes. He / she will also be responsible for ensuring that teams leave the gyms in an orderly fashion and that all required cleaning is completed prior to the team leaving the gym after practices and / or games.

Health Check Procedure

All participants in FLEXX activities will be required, on the day of practice and / or games, to submit a health check confirmation. The specific mechanism for delivery will be via an automated online health check process (e.g TeamScreen), that will be delivered to coaches prior to any scheduled basketball activities (practice or game). Failure to submit the health check prior to arrival at the gym will result in that participant (player or coach) being prohibited from participating until the health check requirement is fulfilled. Any player or coach that submits a legitimately failed health check will not be permitted to enter the gym or participate.

It is incumbent on all of us to answer these health checks honestly for the safety of our community, our children, and ourselves.



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Contact Tracing

The coach or parental volunteer serving in the COVID-19 Response Coordinator role will ensure that all team attendance and health check activity is logged, in order to meet PRCS contact tracing requirements. Any absences from FLEXX activities practices and / or games must be documented and logged within 24 hours of the start of the activity, and absences must be documented with a reason for the missed participation, regardless of reason.

Mandatory Self-Reporting of COVID-19 Symptom Onset / Positive Test Results

All FLEXX participants and staff must agree to voluntarily report the onset of COVID-19 symptoms and/or positive COVID-19 test results within 48 hours. The FLEXX organization will not, due to privacy laws, release the name / names of those that have tested positive, but we will make use of our contact tracing data to ensure that anyone that may have come in contact with someone who tested positive is notified that they may have been exposed so that they can pursue their own testing. The FLEXX President or designee will provide a form for submission of confirmation of a positive test, with specific details remaining in the hands of the organization officers ONLY.

Participation by anyone testing positive for COVID-19 will be prohibited for a minimum of fourteen (14) calendar days after their positive test and will not be permitted to return to action until he / she has been retested and tested negative.

Cleaning Procedures

FLEXX will place cleaning supplies in all facilities in which we will be practicing and playing. Coaches and / or designated COVID-19 Response Coordinator will be responsible for wiping down all high-touch / common areas during and after activities, practices, and games.



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Practice Procedures

- 1) Gymnasium use for practices will be limited to 2 teams per time slot.
- 2) Access to the gym during practices will be limited to the players, a maximum of three (3) coaches per team, one (1) PRCS facility supervisor, and one (1) designated COVID-19 Response Coordinator per team (if that role is not being filled by one of the coaches)
- 3) Parents, guardians, siblings, etc. will be required to remain outside of the facility unless they are part of the approved coaching staff or serving as the team's designated COVID-19 Response Coordinator
 - a. Exceptions will be considered on a case-by-case basis, but other than a situation where a significant / chronic health issue for a child requires a parent to be present (e.g. a child with diabetes that is required to always wear an insulin pump), exceptions should be expected to be extremely limited and will require FLEXX Board approval
 - b. Exceptions granted will be communicated to coaches and designated COVID-19 Response Coordinators
- 4) Players and coaches are not permitted enter the building earlier than **five (5) minutes** prior to the scheduled start of their practice; parents must wait outside until the coaches arrive before releasing players to enter the school.
- 5) All participants – coaches, players, and COVID-19 Response Coordinators – will be required to submit to a health check process (e.g. TeamScreen) prior to the practice. The health check process is mandatory - there are no exceptions.
- 6) Coaches and their designated COVID-19 Response Coordinators will be responsible for confirmation of completion of health checks by all participants prior to start of practice and will be responsible for documentation of attendance at every practice to allow for accurate contact tracing prior to allowing players into the gym.
- 7) Players arriving later than 10 minutes after the start of their practice time (unplanned) will not be permitted to enter the gym and participate without the consent of the facility supervisor on duty at that facility.
- 8) Players already in the gym for practice will not be permitted to enter the interior hallway / use the bathroom facilities in the last **five (5) minutes** of their practice session, to avoid any potential contact with inbound teams.
- 9) All gyms will operate with a one-way flow for participants:
 - a. Players and coaches leaving the gym after practice will exit directly via the gym doors leading outside (if possible) or in the absence of an exterior door, via doors designated as "exit only" to avoid contact with the next group of inbound players.
 - b. Players and coaches entering the gym for practice will enter and line up in the hallway outside of the gym, socially distanced, until all players from the previous practice have departed the gym, the 10-minute post-practice transition process is completed, and the PRCS facility supervisor grants players access to the gym. Players will NOT be permitted in the gym without a coach present.
- 10) Wearing of masks will be required by **EVERYONE** at all times when in PRCS-managed LCPS facilities, per the LCPS mandatory mask mandate that is in effect as of Saturday December 19, 2020.



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- a. Players will be required to wear masks in the gym during practice and are required to wear a mask during physical activity. Players are permitted to remove masks to rehydrate, and are permitted to pull their masks out away from their face (but not down under the mouth / chin) during breaks to allow them to take deeper breaths.
 - b. Coaches, PRCS facility supervisors, and COVID-19 Response Coordinators will be required to wear masks at all times while they are in the gym with players.
- 11) Specific locations will be designated for players to place jackets/coats, masks, and water bottles. This area will be cleaned by the coaches and designated COVID-19 Response Coordinator before departing the gym to allow the next group to enter.
 - 12) Players will be required to bring their own basketball to the gym for practices.
 - 13) Each player is expected to bring **water bottles (WATER ONLY)** into the gyms for **his/her personal use ONLY**. Use of school water fountains will be **prohibited**.
 - 14) Bringing food into the gyms (unless medically necessary) is **strictly prohibited**.
 - 15) Consistent with Executive Order 67 as issued by the Governor, there are no restrictions for practice; scrimmaging and player-on-player drills are allowed, as long as all safety guidelines are followed when entering and exiting the gyms.
 - 16) Coaches are expected to end their practices punctually and vacate the gym promptly; failure to do so may result in loss of practice time.