

BROOKLINE RECREATION SPORT GUIDELINES

Dear Families,

Brookline Recreation is proud to offer basketball for the upcoming winter 2020-2021 season. BREC is dedicated to protecting the health of all people in and outside of our community and in order to successfully run these programs, we are requiring all participants and families to adhere to Governor Baker's Phase III sport guidelines, modifications, and best practices. With your cooperation, support and patience, we can continue to bring back a healthy normalcy to our families.

While basketball is categorized as a "High Risk" activity; the following guidelines permit participants to play in the 2020-2021 season.

The Brookline Recreation's COVID19 basketball policies follow state, local and youth sport guidelines. Please carefully read the information provided and do not hesitate to contact us if you have any questions or concerns. Thank you once again for your continued support!

Best,

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Brookline Recreation requires all individuals involved in sport activities to read, understand and conduct themselves in accordance with the Massachusetts Workplace Safety and Reopening Standards for Businesses and Other Entities Providing Youth and Adult Amateur Sports Activity Guidelines provided by this document. The Brookline Recreation's COVID19 sport policies follow state, local and youth sport guidelines, based on the Phase III information provided by the Commonwealth of Massachusetts. This document will continue to be updated once additional guidance documents are released for future phases or steps. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and or Massachusetts Department of Public Health guidelines. Please be aware that the information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

Sports and recreational activities are categorized as “Lower Risk,” “Moderate Risk,” and “Higher Risk” based on the risk of transmission of COVID-19 inherent in the sport or recreational activity itself as traditionally played.

- **Lower Risk:** Sports or activities that can be done individually, or with social distancing and no physical contact.
- **Moderate Risk:** Sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants. Sports in this category are permitted to participate in Level 1, 2, and 3 training activities, if modifications are made to play.
 - **Level 1:** Activities are defined as individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work and drills.)
 - **Level 2:** Activities allow for Competitive Practices (inter-team/group games, contact drills and scrimmages)
 - **Level 3:** Competitions (Inter-team games, meets, matches, races, etc.)
- **Higher Risk:** Sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants

For the purpose of these guidelines, please review the definitions below:

- **Participant:** Any person on an official team roster and actively involved in play
- **Spectator:** Parent, legal guardian, or chaperone 18 years of age or older
- **Individual:** Player / participant, coach, referee, activity organizer, facility operator, volunteer, and spectator
- **Competition:** Multiple persons or teams competing against one another in a single contest, including inter-team games (leagues), matches, shows, meets, and races.

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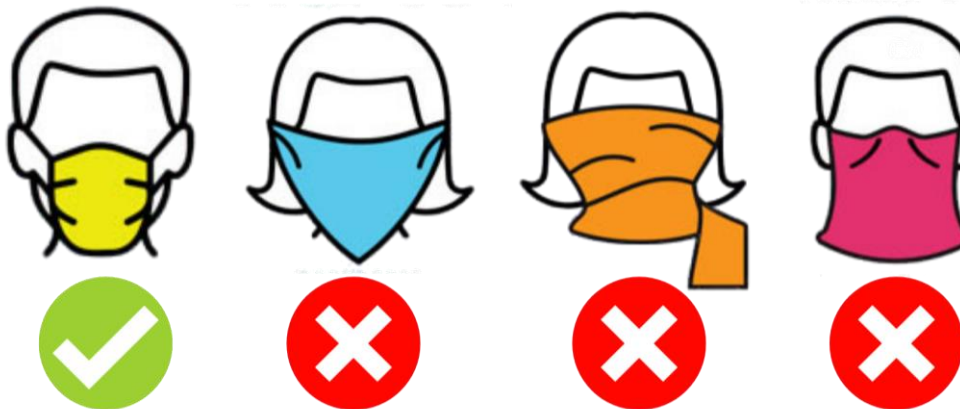
A. GENERAL BASKETBALL GUIDELINES	
Practice and Competition (Game)	<ul style="list-style-type: none"> ● Participants will only be allowed to attend their teams’ designated practice and competition sessions. ● Participants will be responsible for bringing their own individual basketball equipment, including face masks and PPE supplies. ● Participants must arrive dressed for practice and competition sessions. <p><u>Practice Session:</u></p> <ul style="list-style-type: none"> ● Practices will be (1) hour with staggered start times of (10-15) minutes. (Subject to variation based on specific program) <p><u>Game-Day:</u></p> <ul style="list-style-type: none"> ● Competitions will be (1) hour time slots with staggered start time of (10) minutes. (Subject to variation based on specific program)
Participants	<ul style="list-style-type: none"> ● Basketball will be open to girls and boys in grades K-8 (program specific). You must be a Brookline Resident or attend a Brookline public or private school. ● Every effort will be made to cap teams at (12) players and (2-3) coaches per team. ● Clinic based activities will be capped at 21 participants with 4 coaches/instructors. ● Team rosters will be created based on what school the player attends. Depending on registration numbers, two or more schools might have to be combined. ● Once rosters are completed and practices have started, participants will not be allowed to switch teams.
Spectators	<p><u>Practice Session:</u></p> <ul style="list-style-type: none"> ● Spectators are not allowed to watch or attend any practice. ● When dropping off participants, spectators must remain in their cars. If a child needs assistance (younger kids) parents are permitted to walk their child to the gym, drop-off the child with a coach and then return to their vehicle for the duration of the practice. ● Clinic based activities will not permit any fans. <p><u>Game-Day:</u></p> <ul style="list-style-type: none"> ● Spectators are limited to (1) parents, guardians or chaperone for each participant as long as the total number does not exceed 50% of the maximum occupancy for the indoor facility. ● Clinic based activities will not permit any fans. ● All spectators must adhere to CDC and DPH assemblage and distance guidelines. ● Spectators must practice social distancing and are required to wear face coverings for the duration of the competition. ● Spectators seats on bleachers will be spread out by 6 feet and will be marked with and “x” of where to sit.
Pick-Up / Drop-Off/ Entering Gyms	<ul style="list-style-type: none"> ● Participants will not be allowed to arrive more than (5) minutes prior to their practice and competition sessions. ● All individuals (players, fans, coaches, referees, and staff) will be required to sanitize hands upon entry into the gym.

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	<ul style="list-style-type: none"> ● Masks are required at all times for everyone. ● Covid-19 signage and gym direction signage will be posted in gym lobby areas. ● One way traffic will be implemented in doorways and hallways as best as possible. ● Participants must leave immediately after their game is finished. ● Participants may not stay to watch others' competitions.
Referees/Staff	<ul style="list-style-type: none"> ● Referees, facilitators, and staff members will be required to wear face coverings at all times. ● Staff will have full rosters with contact information available for contact tracing purposes. ● Staff will remind public of social distancing policies. ● Staff will assist in directing players/fans where to go to minimize socializing in lobbies.
Participant Equipment	<ul style="list-style-type: none"> ● Participants will be required to provide their own equipment and disinfect and sanitize the equipment after every session. ● Players, coaches, referees and staff should arrive to practices and games dressed to play. ● The following equipment will be required: Basketball (in correct size), Water Bottle, PPE Equipment/Face Masks, and Sanitizing Supplies (listed below). <ul style="list-style-type: none"> ○ Grades K-2: 27.5 size basketball ○ Grades 3-6 & (7/8 girls): 28.5 size basketball ○ Grades 7/8 Boys: 29.5 size basketball ● Mouth guards are encouraged, but will not be required to participate. ● Participant equipment needs to be clearly labeled. ● Participants will make every effort to minimize sharing equipment. ● Game uniforms will be provided. Uniforms are required to be washed before next use. ● Participants' personal belongings must remain in their personal space and be kept physically distanced from the belongings of others. ● Game balls will be provided by the recreation department and will be sanitized before and after each game.
Coach Equipment	<ul style="list-style-type: none"> ● Coaches will NOT be provided with basketballs, cones or whistles for practices. ● Coaches may use their own cones, discs, or whistles, but will be required to disinfect and sanitize the equipment after every session.
Basketball Play Modifications	<ul style="list-style-type: none"> ● Please see separate rules posted online at www.brooklinerec.com
Personal Protective Equipment (PPE)	<ul style="list-style-type: none"> ● Coaches and participants will be required to wear face coverings before, during, and after all practices and games. <ul style="list-style-type: none"> ○ Participants face coverings will be required to attach around the ears to prevent the face mask from being tugged, or pulled on.

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- Head and face coverings will not be allowed.
- Players on the bench are still required to wear masks at all times.
- Participants, coaches, spectators, referees, and facilitators will be responsible for bringing their own masks and sanitizing supplies.



Court Guidelines

- No more than (25) people (participants, coaches, referees, and spectators) are permitted on a court at any time provided that adequate social distance and group separation can be maintained.
- The (25) people includes players and coaches from both teams, but does NOT include referees (1-2 per game).
- Game-day staff will mark off spectator viewing sites to allow for social distancing.

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B. BASKETBALL PROGRAM SCHEDULES		
	Practice Schedule	Competition (Game) Schedule
K-2 Basketball Clinic	Not applicable	Saturdays, February 13 th to March 20 th - Soule Gym
Joel Noe Rec League (Grades 3-8)	February 8 th to March 19 th M/T/W/TH- elementary school gyms	Saturdays, February 13 th to March 20 th – Tappan Gym 1/2

C. BASKETBALL COMPETITION (GAME) GUIDELINES	
Warm-Up	<ul style="list-style-type: none"> Warm-ups will not be permitted adjacent to the assigned court (if applicable) prior to the scheduled start time for a team. Warm-ups will not begin until previous teams have left the court and equipment has been cleaned and sanitized. Coaches and participants are required to remain (6) feet of each other. Game balls that are used during warm-ups will be re-sanitized before the competition.
Referee Considerations	<ul style="list-style-type: none"> Each competition will be officiated by (1) referee. Referees will visually inspect all physical items (balls, PPE, masks, benches) prior to the competition. Referees will maintain at least (6) feet when communicating with coaches and participants. Referees will be required to wear facial coverings before, during, and after competitions.
Pre-Game Activities	<ul style="list-style-type: none"> Pre-game handshakes will not occur. Uniform and jewelry checks will be visible checks only, maintaining (6) feet between the referees and participants Team pre-game meetings will be kept brief and participants will maintain space between themselves and others. Huddles will not be allowed.
Game Time	<ul style="list-style-type: none"> Participants and coaches on the sidelines will be reminded to wear facial masks for the duration of the competition. Handshakes, high fives, fist bumps, chest bumps, huddles, group celebrations, etc., will not be allowed, including when baskets are scored, or when substitutions are leaving or entering the court. Clean and sanitized balls may be readily available for use, in the case of the ball not being easily retrievable.

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	<ul style="list-style-type: none"> ● Delays in start of play will be avoided, so participants will not have prolonged periods of standing in close proximity.
Halftime	<ul style="list-style-type: none"> ● Referees, participants and coaches will maintain at least (6) feet between each other during halftime. ● Participants and coaches will be required to wear facial masks. ● Coaches must limit the amount of time the team is in the same area together. ● Referees will sanitize equipment and take hydration break, if needed.
Considerations In The Case Of Injuries	<ul style="list-style-type: none"> ● Injured participants must be taken off of the court and receive medical attention on the sideline (6) feet away from others. ● Coaches, facilitators (if onsite), and participants’ parents / guardians / chaperones will be the only individuals to attend to injured participants. ● While attending to injured participants, individuals will be required to wear face masks and gloves. ● Referees will ensure participants do not congregate during the break in play. ● Referees and coaches will be required to report all injuries to facilitators, regardless of severity.
Post-Game	<ul style="list-style-type: none"> ● Post-game handshakes will not be allowed. <ul style="list-style-type: none"> ○ Instituting new acknowledgement traditions and incorporating other forms of sportsmanship will be encouraged, such as clapping, chanting, etc. ● Teams will be required to pack up and immediately leave the court following the game. ● Post-game meetings will be allowed, but will need to be kept brief. ● Huddles will not be allowed. ● Participants will be allowed to take off any equipment until they have left the facility. ● Teams and spectators will be required to clean up their areas and dispose of trash after competitions.

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D. MEDICAL CONSIDERATIONS

*Recommendations may change based on evolving medical and health information, as well as local, state, or federal guidelines.

Medical Clearance for Individuals to Participate	<p>For individuals that have experienced or are experiencing the following:</p> <p><u>Feel sick or have symptoms of an illness:</u></p> <ul style="list-style-type: none"> ● Stay home regardless of what is causing your illness. <p><u>Confirmed or suspected to have COVID-19:</u></p> <ul style="list-style-type: none"> ● Practice self-quarantine measures as guided by the CDC and contact your physician. ● To discontinue quarantine and return, you must obtain appropriate clearance to return to the activity, or sport from your physician. <p><u>Have been in close contact within (6) feet with someone who is suspected or confirmed to have COVID 19:</u></p> <ul style="list-style-type: none"> ● Begin self-quarantine for (14) days and follow the most up to date CDC guidelines. ● Advise your coach and administrator immediately if any possible exposures have occurred in your team, training or club environment. ● Individuals are required to communicate with the BREC department administrator / organizer <p><u>Have tested positive for COVID-19:</u></p> <ul style="list-style-type: none"> ● Provide written confirmation of COVID-19 negative status and/or clearance from your physician following the most up-to-date CDC guidelines to participate and return to activity
Daily Medical Considerations for Individuals to Participate	<p>Prior to participating, individuals are recommended to:</p> <ul style="list-style-type: none"> ● Conduct a daily temperature check for low grade fever (>100.4) at home before attending. If thermometers are not available, conduct a daily health questionnaire online with “Coronavirus Self-Checker” made available by CDC ● Check symptoms and do not participate if the following symptoms are present: <ul style="list-style-type: none"> ○ Covid-19 exposure in previous (14) days; ○ Sore throat; ○ Shortness of breath / difficulty breathing; ○ Fever > 100.4F; ○ Chills; ○ Headache; ○ Sinus congestion; ○ Cough persistent and/or productive; ○ Joint aches and soreness;

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	<ul style="list-style-type: none"> ○ Vomiting or diarrhea; ○ Rash ● Communicate symptoms and health status to administrator within (24) hours of activity ● Consult a physician if a member of the individual’s household is experiencing symptoms
Personal Protective Equipment (PPE, Masks, Face Covers) Recommendations	Individuals are required to:
	<ul style="list-style-type: none"> ● Wear face coverings before, during, and after all practices and competitions, including participants on sidelines <ul style="list-style-type: none"> ○ Participant’s face covering has to attach around the ears so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings permitted during play. ○ Any individual not wearing a face covering will be asked to leave the court, or facility ○ PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material and should follow CDC guidelines ● Wear new, or clean facial coverings for each practice, or competition and either be disposed, or thoroughly cleaned after each activity ● Considering having a replacement mask available if your PPE becomes wet due to sweat or environmental conditions
Physical Interaction Guidelines	<ul style="list-style-type: none"> ● Maintain “social distancing” of at least (6) feet. ● Avoid activities involving high levels of group interaction (ex: team huddles). ● Avoid general physical interaction including hugging, “high fives” or passing objects by hand. ● Participants and any *individuals on-site should avoid close contacts and follow all social-distancing guidelines. ● Distance yourself from anyone exhibiting signs of sickness.
General Hygiene Policies	<ul style="list-style-type: none"> ● Avoid touching your eyes/mouth/nose as much as possible. ● Wash or sanitize your hands often and after close contacts. ● Use soap and water for a minimum of (20) seconds. ● When soap and water is not available, use hand sanitizer. ● Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. ● Follow with washing or sanitizing your hands. ● Dispose of tissues in a sealed trash can. ● Avoid spitting and coughing. ● Goalkeepers should not spit into their gloves. ● Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers) outlined above.

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Equipment/Court Management and Cleaning	Shared Equipment (ie. Basketballs, benches)
	<ul style="list-style-type: none"> ● Court set-up for games should aim to use minimal equipment to limit exposure and transmission of COVID-19. <ul style="list-style-type: none"> ○ Be vigilant about sterilization procedures. All equipment (e.g. benches, balls) should be disinfected prior to the start of the session or match activities. ○ Allow extra time between games taking place in succession on the same court to ensure that all equipment is cleaned and sanitized between competitions. This includes equipment such as game balls, as well as benches. ● Participants should not pick-up court equipment, move tables/chairs or handle other equipment. ● BREC staff or coach should ensure that the balls are sanitized before and after each training and competition. ● Pinnies will not be used for training or matches. ● At the end of each game, BREC staff will sanitize bleachers using a spray gun with approved disinfectant spray.
	Individual Equipment (ie. Water Bottle, warm-up/game jerseys)
	<ul style="list-style-type: none"> ● All individual training gear should be cleaned and disinfected after every session. ● All participants should arrive in their gear. <ul style="list-style-type: none"> ○ All personal apparel should be cleaned, disinfected and properly stored after every training or competition. This includes jerseys, shorts, “body armor” and headbands (if reusable). ○ For participants who use mouth guards, once the mouth guard is placed in mouth, it should never be taken out during practice to limit the transmission of virus. ● Coaching tools or equipment (ex. clipboards) should only be used by one coach and should not be shared amongst coaching staff. ● Referee tools or equipment (ex. whistles, cards) should only be used by one referee and should not be shared.