

SPSL Sports Club Covid-19 Action Plan

SPSL Sports Club has taken PAL recommendations, as well as recommendations put forth by the DHHS, very seriously in order to protect the health and safety of our players and coaches to proceed with the season. The situation is constantly evolving, and we will need to remain flexible and make changes as time goes on and conditions change. The following is a working document subject to change at any time that the situation calls for it. We are all in this together working towards a common goal, making sure the health and safety of our participants stays at the forefront of our season. Here are the safety measures we have taken from PAL and the DHHS in order to ensure we are doing everything possible to ensure this.

Open Gyms/Evaluations/Practices/Games:

- DO NOT PARTICIPATE in practice or games if you show signs or symptoms of Covid 19 or have a fever of 100.4 or higher
- Coaches will ask players 2 questions before each practice and game:
 - o Have you been around anyone who has Covid?
 - o Have you felt sick or have a fever?
- If a player is going to travel internationally during the season it is the responsibility of the family to inform the coach. They will need to sit out for 14 days from when they come back to the states.
- If a player or coach test positive they will need to quarantine for 10 days from date of test or 14 days from date of exposure
- Hand sanitizer will be used by each person entering and exiting the facility.
- Mask will be required for all coaches, players, and spectators. Players will be allowed to participate in games without a mask however when they are on the bench they will be required to wear a mask.
- No more than 35 players/coaches in attendance during a practice, open gym, or evaluation time.
- Games time spectators will be limited to 2 per player.
- Players may not enter the gym, or congregate outside the gym, earlier than their designated practice or game time. Please have players wait in the car with a parent, until your allotted time. Do not come into the gyms early as sanitation from the previous group will need to be completely finished before the next group comes in.
- After each practice gym doors, balls and bathrooms will be disinfected. Also after each game benches and scores table will be disinfected.
- Players will use hand sanitizer before and after each practice and game.
- Players should not congregate in the hallways or restrooms during practice, open gyms, evaluation times and games. **Please vacate the gym as soon as possible after each practice or game.**
- Players should socially distance during practice times as much as possible, spread out lines, not congregating in groups during down time. **Players should also be reminded**

often to avoid touching their faces as much as possible. Coaches will work hard to do this whenever possible and expect the players to follow these guidelines.

- The South Gym entrance is the only door we will use to enter the gym. The east gym doors will be for exiting after practices, open gyms, evaluations and games.
- Prompt pick-up is expected following practices, open gyms, evaluations and games
- Parents may not stay for, or enter the gym, during practices, open gyms, or evaluations.
- Coached will be responsible for sanitizing of the equipment after each practice, open gym, and evaluation time slot. **This includes wiping down of all balls, surfaces such as door handles, and designated equipment space.** No players will be allowed in the gym during the sanitation times. **They must wait in their cars until their exact practice time slot begins. Again, please do not congregate outside of the gym.**
- All bleachers and benches will be sanitized after each game by coaches and or parent volunteers.
- Players must bring their own water bottle to each practice clearly marked with their name. No use of water fountains, or sharing of water bottles will be allowed.
- All gear and equipment brought in by the players must be kept in the designated spot. Sanitation of the area will be completed after each practice/game time. Players should only need to bring in their water bottle, and any essential sport specific items. We ask that you limit the items brought in to just the essentials.
- If there is a suspected or confirmed Covid case within a team we will communicate with the health department to assist us in determining a course of action. This may include the forfeiting of practice times and games for a short period of time if necessary.

Once again, please remember this is a working document and everyone will have to remain flexible throughout the season. **I appreciate all of your willingness to participate in the season and help to ensure that the guidelines put forth are honored to the highest standards possible. I look forward to working with you as we continue the success of our athletic program. This year more than ever, we will need the support of all involved families to help ensure that these guidelines are being met in order to help school and athletics continue. Before the season begins, please review these rules and guidelines with your players to ensure they have an understanding before the first event. Coaches will be expected to also review these with their players before the first practice, and any time they feel a refresher is needed.**

I am available any time to answer questions or address concerns. Please feel free to email me at bobjr@drexelmechanical.com , or call/text me at 402-510-8333.

Thank You for your Support!!
Bob Drexel

SPSL Athletic Director