

Canton Parks & Recreation

Basketball COVID-19 Safety Protocols – K/1 program

These policies should be practiced during the 2021 basketball/indoor sports programs with adjustments based on state and local guidelines. Please note, regulations and policies may change before and during the season. Participants will need to adhere to the changes to continue with the program.

1. Canton Parks & Recreation will closely follow and monitor all CT DPH, OEC and CDC guidelines related to youth-specific activities and sports/camp-related policies.
2. All staff, coaches and children are required to self-screen for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit. Screening includes assessing health by taking temperature.
3. If a child becomes ill or develops an elevated temperature at camp, the child will be moved to a designated area at least 15 feet away from other participants. Parents will immediately be notified to pick up their child.
4. Mask Wearing – All players, coaches, staff and spectators when indoors (vaccinated or not-vaccinated) must wear an appropriate mask (one that completely covers the nose and mouth, is worn directly on the face, and fits closely without significant gaps or openings. It is recommended that you find a mask that your child is comfortable participating in physical activity with.
5. Mask Breaks – Players will be given mask breaks. At any time, players will be allowed to exit the playing area for a mask break where they can socially distance and safely remove their masks.
6. Equipment – Basketballs will be provided by Canton Parks & Recreation for the K/1 program, but players may bring their own as well. Please make sure equipment (water bottles, bags, balls) are all clearly labeled with the participant's name.
7. Peer and coach interaction – High fives, fist bumps, hugs and other peer-to-peer/coach-to-peer contact should be limited.
8. The parent's role – In addition to water bottle/supplying proper hydration, parents should provide hand sanitizer and a towel which will help in limiting facial touching.
9. **No spectators will be permitted in the gym during the program.** Players may be dropped off for the program. If a parent/guardian chooses to stay, we ask that you stay in the hallway immediately outside of the gym. Parents/guardians, instructors, players are not allowed to roam the school while attending the program.

A. Communication Procedures: Isolation, Quarantine, Positive Case

- If your child(ren) is quarantining or has tested positive for COVID-19, please contact Canton Parks & Recreation at (860) 693-5808 as soon as possible. We will work with the local health department to perform the necessary contact tracing. **It is the parent/guardian's responsibility to contact Canton Parks & Recreation.**
- If a staff member, coach or participant tests positive for COVID-19 during a program **(individual who has tested positive AND was present during a practice or game when they were infectious two days before onset of symptoms OR two days before positive test if asymptomatic)**, staff members, coaches, participants'

guardians and partnering organizations will be notified. The local health department will also be notified. We will work with the local health department to perform any necessary actions or follow ups.

B. Quarantine/Isolation Requirements according to the CDC/CT DPH Guidance:

CDC has recently published **new guidance** for individuals who have either tested positive for COVID-19 or have been identified as a **close contact of a known COVID-19 case**. In addition, DPH recently updated guidance for PreK-12 schools with a greater focus on more immediate symptom recognition, isolation, and quarantine of close contact who are not fully vaccinated. As such, DPH advises the following for athletic activities:

For individuals who develop ANY symptoms that could be associated with COVID-19

- **Immediately isolate** at home
- **Test** for COVID-19 (**either a self-test or at a testing site**)
- If test result is **positive** or if **no test is taken**,
 - continue isolation for **at least 5 days**. Return to team activities on day 6 or later only when fever-free for 24 hours and other symptoms are significantly improved.
 - **wear a mask** when around other people for a full 10 days ([see Table on page 4 for winter sport-specific masking safety guidance](#)).
- If test result is **negative**,
 - return to team activities when **fever-free for 24 hours** and other symptoms are significantly improved (**this is subjective and refers to droplet producing symptoms such as coughing, sneezing, runny nose**).
 - continue to **wear a mask** around others until symptoms resolve.

For individuals identified as a close contact of a COVID-19 case and never develop any symptoms (anyone that develops symptoms will follow the guidance above)

If **fully vaccinated** (i.e., 14 days after their final vaccine dose, [with or without a booster dose](#)), or fully recovered from COVID-19 in the prior 90 days:

- **Quarantine is not required** away from athletics or other activities as long as a **mask is consistently and correctly used (very important in preventing spread of disease)**.
- **Test** 5 days after last day of exposure (*note: testing is not recommended for individuals who have recovered from COVID-19 within the prior 90 days, as a positive test result may be residual and not reflective of current infection*).
 - Share the test result with the individual responsible for managing COVID-19 protocols (Canton Parks & Recreation: 860-693-5808) for the organization so that contact tracing can occur if needed (**either a self-test or at a testing site**).
- **Wear a mask** when around others outside of your household for a full 10 days. (*Masking is very important to prevent spread of disease.*)

If ***not fully vaccinated*** (less than 14 days after their final vaccine dose and have not had COVID-19 in the prior 90 days):

- **Quarantine** away from athletic activities for a **full 5 days**.
- **Test** for COVID-19 (either a self-test or at a testing site) on day 5 from last day of exposure or later (*note: testing is not recommended for individuals who have recovered from COVID-19 within the prior 90 days, as a positive test result may be residual and not reflective of current infection*).
- If test result is **negative**, return to team activities on day 6 or later.
- If test result is **positive** or if **no test is taken**, continue isolation through day 10; return to team activities after 10 days assuming symptoms do not develop.
- **Wear a mask** when around others outside of your household for a full 10 days. (*Masking is very important to prevent spread of disease.*)

C. Return-to-Play after COVID-19 Infection

- Although the symptoms and disease course of COVID-19 in younger people appear on average to be somewhat milder than those of older individuals, there is the potential, and documented cases, of **severe disease complications** in people of all ages. In addition, it is not yet known whether the currently circulating Delta and/or Omicron variants, or other SARS-CoV-2 variants will affect children differently than what has been the experience to date. Furthermore, the long-term health effects and impacts on organ systems function resulting from even mild or asymptomatic COVID-19 disease is still unknown, although there have been some studies **implicating blood clotting and cardiac effects** as potentially under-recognized longer-term sequelae. As such, DPH recommends that all youth athletes receive health screening and clearance from a healthcare provider prior to resuming athletic activities after recovering from COVID-19. Post-COVID athletic health screening and a phased approach to a return to athletic activities should incorporate the American Academy of Pediatrics' (AAP) guidance for **Return to Sports and Physical Activity**.

To view the complete State of CT DPH **Updated Guidance for the Operation of Interscholastic, Youth and other Amateur Sport Activities during the COVID-19 Pandemic**: https://portal.ct.gov/-/media/Coronavirus/Community_Resources/Vaccinations/Print-Materials/Fact-Sheets/DPH-Youth-and-Amateur-Sports-COVID19_UPDATED_Winter_2021_2022.pdf