



MN BULLDOGS

The following is a phased plan in order to safely resume youth basketball.

Phase Overview

First and foremost, we will continue to abide by all guidelines and restrictions set forth by the government. These phases are designed to ease our way back into basketball, allowing children to resume some activities in a safe manner. We will determine which phase is appropriate based on guidance from government authorities.

- Phase 1: “Internet-only” training videos, where coaches will film training videos for individual sessions at home that players can do.
- Phase 2: This phase allows for outdoor, 10-person trainings, with specific protocols in place to reduce the spread of COVID-19.
- Phase 3: This phase allows for the resumption of full team trainings, with specific protocols in place to reduce the spread of COVID-19.
- Phase 4: This phase allows for the resumption of League games, with specific player and spectator protocols.
- Phase 5: This phase allows for resumption of youth basketball as we knew it prior to COVID-19. This includes tournaments.

These Phases are fluid and will always follow government restrictions and guidelines as well as governing body guidance. The Phases are not linear as both the federal and State governments have indicated that varied levels of mitigation restrictions may be imposed to slow the transmission of the virus. We welcome any input that will make these protocols safer and more efficient.

Detailed Training Phases

Objective: Allow youth athletes to safely resume training activities with their teammates.

- Phase 1:
 - “Internet-only” training videos to allow players to engage in a wide range of skills.
 - Limited efficacy due to limited social interaction.
- Phase 2 (Socially Distanced/Modified Training Environment):
 - If a player/coach thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements). If a coach, administrator, or official has a concern about a player’s health, they have the ability to send the player home.

Social Distancing

- Training will consist of no more than 10 people at the training (6 players and 3 coaches).
- Training will always have proper social distancing for each player and coach.
- Training limited to non-contact activities i.e. individual skills, fitness, etc.
- No physical contact including huddles, handshakes, and high-fives.
- Only 1 training session per court.

People

- Only players rostered on the specific team may train together. No scrimmages or guest players at team trainings.
- Parents and spectators must follow government social distancing guidelines, i.e. parents to remain in vehicle.

Equipment

- Equipment should be disinfected before and after trainings. Players are required to bring their own basketball. Where possible, communal equipment should only be handled by the coach.
- Player’s water and personal equipment should not be shared and should be placed at least 6 feet apart to ensure breaks are also properly distanced.
- Hand sanitizer should be used by each player before, during, and after trainings, supplied by the program.
- Mask and gloves are required for coaches and/or trainers on the court as long as they are still recommended by the State of Minnesota.

Training Schedule

- Teams entering the court for training should wait until all players from previous practice have left.
- Stagger trainings to allow ample time or in/out flow of traffic (Minimum 15 minutes in between sessions so coaches can properly sanitize before next session arrives).

- Phase 3 (Full Training Environment):
 - All rules of Phase 1-2 apply to except where changes have been made below.
 - Full roster (and up to 3 coaches or trainers) may be present on the same court during training, but only one team per court shall occupy that court.
- Phase 4 (Games Begin):

Games would not resume until Phase 4 of this Return to Play plan. This phase builds on the previous three phases and would allow games between programs to begin. The safety precautions indicated below will mitigate risk.

We are hopeful that games will be able to resume momentarily, we acknowledge that games may not be feasible in the immediate term. Therefore, the details below are “high-level” as safety guidelines are ever-changing and evolving.

That said, resumption of games will fill a much needed social and physical need in the lives of players and families alike.

Safety policies and precautions

- If a player/coach thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements). If a coach, administrator, or official has a concern about a player’s health, they have the ability to send the player home.
- During this phase, our program will incorporate the above precautionary measures to manage the gameday environment. This includes, but is not limited to:
 - Spectator social distancing protocols;
 - Scheduling of games with in/out flow of traffic in mind;
 - Equipment and sanitization protocols;
 - Any other applicable measures to promote a safe and healthy environment.
- Phase 5: Tournaments/ Resumption of normal basketball activities

Similar to Phase 4 above, and as the COVID-19 situation evolves, we will provide specific guidance related to the ability to host tournaments, which are larger gatherings in nature.

Once we are able to reach this phase, Phase 4 and Phase 5 will likely be similar in nature. When we reach Phase 5, we will resume basketball activities as we did prior to COVID-19.

Communication

We will establish and communicate to our members a mitigation plan that addresses the primary components of the guidelines above, using agreed upon and aligned consistent language and protocols from the resources available through the established Federal and State authorities.

We also understand that individual families within our program may have circumstances or views that compel them to refrain from participation and as leaders within our program, we understand this. No member should be penalized or otherwise pressured should they choose to not participate under these guidelines.