

Return to Play

The use of face masks indoors is now optional for community use visitors. Those who are not vaccinated are encouraged to wear a mask.

Even with the CDC's recommendation to shorten the quarantine/isolation period, GBA still requires a 10-day quarantine/isolation period for players who test positive for COVID-19.

GBA Return to Play Protocol (Last updated 5/10/2022)

Every member must acknowledge they have read and understand the Return-to-Play Protocol and commit to adhere to the protocols established in the plan prior to attending any in-person team activities.

This is in no-way meant to be a comprehensive list of all the policies, procedures, restrictions, requirements, or rules in connection with COVID-19. We understand that these times are incredibly unique, and we encourage families and individuals to use their best judgement when making the decision to return to GBA activities. We fully and completely respect your decisions and encourage you to contact GBA if you have any questions or concerns.

GBA RETURN TO PLAY ROLES AND RESPONSIBILITIES

Safely returning to play requires a collaborative effort between coaches, parents, and players. Each of us must be diligent at enforcing and following these protocols for the health and safety of our players, coaches, staff, and their families. We know that players enjoy interacting with their teammates, but it is imperative that every player understands, adheres to, and respects the guidelines that have been established.

CLUB/ORGANIZATION

- Post Return-to-Play protocols

- Be understanding and respectful of parents that are uncomfortable with their child returning to play
- Implement screening and sanitization measures
- Train and educate staff on Return-to-Play protocols
- Provide hand sanitizing stations if no access to handwashing facilities are available

COACHES

- Follow all Return-to-Play protocols
- Assist with screening players before the beginning of each practice or game if needed
- Monitor players for symptoms of illness and send them home if they are not feeling well
- Be understanding and respectful of parents that are uncomfortable with their child returning to play
- Use of face masks indoors is now optional for community use visitors. Those who are not vaccinated are encouraged to wear a mask

PARENTS/GUARDIANS

- Follow all Return-to-Play protocols
- Keep your child home if you are not comfortable with him/her returning to play
- Keep your child home if their temperature is over 100.4° F (38°C), they have an unexplained cough, shortness of breath, chills, sore throat, muscle aches, headache, or loss of taste or smell
- Notify your coach immediately if your child tests positive for COVID-19
- Ensure that your child (and other household members) do not attend any GBA-related events until their quarantine/isolation periods has ended
- Ensure your child's personal equipment (ball, water bottle, clothing, etc.) is sanitized before and after every practice

- Supply your child with individual hand sanitizer and plenty of water in a labeled water bottle (**there is no access to water fountains at most sites**)
- Use of face masks indoors is now optional for community use visitors. Those who are not vaccinated are encouraged to wear a mask

PLAYERS

- Follow all Return-to-Play protocols
- Do not attend practice if you are not comfortable with returning to play
- Do not attend practice if you are feeling ill or if you have a temperature that exceeds 100.4° F (38°C)
- Stay at home if you are sick, feel sick, or think you may be sick
- Wash or sanitize hands thoroughly before and after practice
- Bring your own clearly labeled water bottle to each game and practice (**there is no access to water fountains at most sites**)
- Do not share water bottles, food, or drinks
- Wash and sanitize your equipment (shoes, ball, water bottle, clothing, etc.) after every practice and game
- Refrain from high fives, handshakes, hugs, fist bumps, or group celebrations
- Use of face masks indoors is now optional for community use visitors. Those who are not vaccinated are encouraged to wear a mask

SCREENING CHECK FOR SYMPTOMS AND REPORTING

- Parents must screen their child(ren) for symptoms of illness before coming to every practice or game. **KEEP YOUR CHILD HOME** if their temperature is over 100.4°F (38°C), they have unexplained cough, shortness of breath, chills, sore throat, muscle aches, or loss of taste or smell.
- Prior to the start of practices or games, coaches may briefly screen their team (and the associated parents/guardians) for symptoms of illness.

- Any person (coach, player, parent, or spectator) who displays symptoms suggesting that they may be ill will be prohibited from attending the practice or game.
- Anyone that displays symptoms of illness during an activity will be asked to leave. An unattended player who is displaying any symptoms will be safely isolated until a parent or other responsible adult can remove the player.
- Any player who is required to quarantine/isolate by their school, is also prohibited from attending and participating in any GBA activities until their school-imposed quarantine/isolation period has ended.

REPORTING AND COMMUNICATION FOR COVID-19 EXPOSURE

- Coaches/Volunteers are required to report if they test positive for COVID-19 or are suspected of being positive for COVID-19.
- Any player who has tested positive for COVID-19 or is suspected of having COVID-19 must report the positive status to their coach as soon as possible.
- If a positive case of COVID-19 is reported, all staff and players who are believed to be a close contact of that person will be notified. For privacy reasons, the identity of the person(s) who test positive will remain confidential.
- If a positive case of COVID-19 is reported, the league may cancel all practices for affected team(s) for up to 7 days.
- Once players or staff members have been identified as close contacts, they must begin in-home isolation for a 7-day period. In-home isolation may be discontinued if a negative test result is achieved after day 5.

Before a staff member or player who has tested positive for COVID-19 can return to play, the following conditions must be met:

- A minimum of 10 days must have passed since the positive test result or original onset of symptoms
- The person must be fever free (without the aid of fever-reducing medications)
- Symptoms must be significantly improving

GBA POLICIES TO REDUCE THE RISK AND SPREAD OF INFECTION:

When we return to play, new health and safety measures will be enforced to minimize COVID-19 infection risk and protect our players, coaches, and families. These new policies include:

- Prior to participating, all families must sign a form acknowledging that they have read this document and agree to abide by its contents.
- Screening and sanitization measures will be implemented.
- Time buffers may be used to reduce the number of people entering and exiting the building at the same time.
- Players and coaches will refrain from shaking hands, high fives, hugs, fist bumps, etc.
- Each player is expected to have hand sanitizer in their bag and apply it before and after each practice and game.

GENERAL HYGIENE PRACTICES TO REDUCE THE RISK OF SPREAD OF INFECTION:

Avoid touching your face.

Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

Always cover mouth and nose when coughing or sneezing. Use a tissue or your arm/elbow instead of your hands. Wash/sanitize hands afterward.

Maintain a distance of at least 6 feet between you and others when possible.

Wear a face mask or covering whenever and wherever a distance of 6 feet cannot be maintained.

Clean commonly used surfaces (i.e., tabletops and doorknobs) frequently.

Avoid physical contact with other individuals (i.e., shaking hands).

Stay home if you feel sick and contact your health care provider.