



Lay-Up Youth Basketball Safety Plan



Table Of Contents

- 1 Staying Safe: Program Changes, At Home**
- 2 Entering Lay-Up Programs**
- 3 Pick Up, On-Court**
- 4 Registration, Personal Protective Equipment**
- 5 Training, Suspected Cases of Covid-19**
- 6 Confirmed Case of Covid-19, Communication,
Communication with Staff**
- 7 Communication with Families, Additional
Guiding References, Responsibilities**



STAYING SAFE: PROGRAM CHANGES

To ensure that all participants, families, and coaches in the Lay-Up community are safe throughout the COVID-19 pandemic, major adjustments have been made for in-person programs to observe physical distancing guidelines. These changes come from the best practices of organizations that include Toronto Public Health, the Ontario Basketball Association, the Toronto District School Board, the Ontario Ministry of Education and MLSE LaunchPad.

AT HOME

Parents/guardians play a critical role in supporting health and safety within Lay-Up programs. The most important thing parents/guardians can do to help reduce the risk of transmission of COVID-19 are:

- Check children daily for COVID-19 symptoms.
- Ensure your contact information and child's medical information (e.g. allergies) are up to date within our records.
- Keep your child home if they have any of the following signs and symptoms of illness: a fever of 37.8 degrees Celsius (100 degrees Fahrenheit) or higher, chills, cough, shortness of breath or difficulty breathing, diarrhea, nausea, or vomiting.
- Call and notify Lay-Up staff and let them know your child's symptoms so we can track this information for contact tracing purposes.
- If someone in your household has come in close contact with an individual who has a suspected or confirmed case of COVID-19, please keep your child home and inform the Lay-Up team as soon as possible. If your child or someone in your household has traveled outside the province in the last 14 days, please keep them home.

ARRIVING AT LAY-UP

HEALTH SCREENING FOR COVID-19 SYMPTOMS

Before entering Lay-Up programs, coaches and participants will be required to complete a temperature reading and self-assessment for COVID-19 symptoms. If any staff or participant feels unwell or has symptoms of COVID-19, they will not be able to enter the program and should go to a primary medical care provider or testing center.

Coach screening will be completed digitally by 10 am and submitted to their supervisor with confirmation of receipt each day that they are delivering in-person programming.

ENTERING LAY-UP PROGRAMS

Signage requiring all people entering to conduct a COVID-19 self-assessment will be present. Signage and visual cues to remind people to practice physical distancing (keeping 2m apart from each other) within the program and to observe all health and safety measures such as hand-washing and sanitization.

All participants will be signed in and out of the program. Please note that programs are adapted to each facility in regards to arrival/departure procedures that support physical distancing.

- Participants must arrive on time for programs. For safety and screening purposes, late attendees will not be admitted.
- Participants' parents/guardians will be contacted within 24 hours in advance of programming for COVID pre-screening for Lay-Up independent sites.
- Screening is completed by Beyond 330 at Beyond 330 sites and confirmed by Lay-Up along with a temperature reading.
- At Beyond 330 sites, participants do not enter the gym before program time.
- Participants arrive no earlier than 10 minutes before program time at independent Lay-Up sites.
- When arriving at the screening station, all participants should form a single line, maintaining physical distance, to wait for their turn.
- The exact arrival time for each program site will be confirmed with registration.
- Participants will be directed to sanitize and/or wash hands upon entry, before and after programming, and when needed according to Toronto Public Health guidelines.
- All staff and participants will be required to comply with one-way entry and exit with facemasks, which are to be worn throughout the program and until exiting the building.
- Masks/face coverings will be mandatory for on-court participation in sports programming. Reasonable exceptions (i.e. health conditions) regarding the requirement to wear masks/face coverings will be made on a case by case basis.
- Lay-Up will track staff and participant attendance. This attendance may be used by Toronto Public Health for contact tracing purposes.
- No parents/guardians/siblings are allowed in the gym; only youth and staff who are participating in programming may enter the gym.
- As much as possible, have the same adult drop-off and pick-up your child each day to reduce the number of adults who come in contact with staff and other families.

PICK UP

- Pick-up will be right at the end of programming outside the facility or as otherwise specified.
- Specific details for individual sites will be provided upon registration.
- There will be one designated exit for all students and staff.
- Students will be required to sanitize their hands upon exiting the program.
- Parents will not be allowed to access the program space; staff will escort all participants out of the program space and outdoors for safe dismissal and pick-up.
- In the event that a child is required to leave early, parents must contact the Head Coach and staff will escort the students to the parking lot/outdoor for a safe dismissal.

ON-COURT

Lay-Up has developed a contactless curriculum for our in-person programming. This includes:

- All drills, games, and activities will include physical distancing (2 metres apart/4 square metres of floor space) at all times.
- Players wear masks at all times while indoors/on-court.
- All participants will be supplied with their own labeled water bottle upon registration and students should arrive with a full water bottle. Students are expected to bring a labeled water bottle.
- Participants will not share equipment at any point in the program and individual disinfected equipment will be supplied to each participant at the beginning of the program to be used for the duration of the program.
- Students must retrieve their own basketballs in shooting and other drills, or use alternative methods to return basketballs to fellow students (i.e. avoid touching with hands, use feet, etc.).
- Staff will enforce physical distancing; the total number of students assigned to a basketball net will not exceed 5.
- No competition involving defending other participants allowed, but self-challenges without opposition are permitted (i.e., no possibility of contact, the goal is to beat personal best).
- It is recognized that incidental contact between students is inevitable – however, all students should go out of their way to avoid creating unsafe play.
- The number of participants and coaches in the gym at a given time has been dramatically reduced to ensure physical distancing at all times; there will be a maximum of 15 participants with a 1:8 staff to participant ratio per gym.

- Beyond 330 programs will do their best to group participants with their school day classmates, so as to limit interactions with students from different classes.
- We will utilize outdoor spaces for physical activities where possible (non-contact activities).
- Program spaces will be equipped with visual cues such as tape on floors, cones or signs/posters on walls to guide appropriate distancing including walk paths, as well as utilizing periods of staggered movement to limit student congregation in lines and within the court space.
- Only one group will be allowed to use the washroom at a given time.
- Head Coaches will follow a schedule and clearly assigned responsibilities for cleaning and sanitization, and maintain a cleaning and disinfecting log each day to track cleaning schedule; all balls and equipment will be sanitized at the beginning and end of each day.
- As all Lay-Up programs take place within TDSB facilities, information on advanced cleaning measures with TDSB schools can be found at: <https://www.tdsb.on.ca/Return-to-School/Health-and-Safety/Health-and-safety-measures>

REGISTRATION

Lay-Up programs take place within third-party facilities such as the Toronto District School Board gyms. To ensure that schools are safe and sanitized while in the COVID-19 pandemic, external permits have been dramatically reduced.

As a result, the number of programs sites we can offer is restricted by permits that can be made available and the participants at each site have been reduced dramatically to ensure physical distancing at all times. Registration will be on a first-come, first-served basis and we will maintain a waitlist for all participants who cannot be initially accommodated.

In the case of Lay-Up at Beyond 330 programs, registration goes through its policies and procedures. If your child is attending a school that has a Beyond 330 program, please contact the school administration about registration.

If participants are unable to attend programming, parents will be contacted about continuing; where required, spaces will be opened to the wait-list.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

All staff members will be provided with the appropriate PPE to safely interact with co-workers and participants. Additional PPE, as required, will be provided as needed for staff that requires it for day-to-day tasks that have been modified as a result of COVID-19.

Coaches are trained on the guidelines for how to wear a mask, practice proper hand hygiene, and environmental/equipment cleaning protocols.

- All Lay-Up coaches and participants will be provided with reusable, breathable, and adjustable face masks. There will also be a supply of single-use, disposable face masks on-site in case of a forgotten mask.
- There will also be sufficient face shields and latex gloves in case of exposure to bodily fluids such as blood.
- All sites will be fully stocked with a 2-weeks supply of hand sanitizer and disinfecting products for space and equipment.
- All staff are required to wear medical masks while indoors.
- Reasonable exceptions will be made for students who are not able to wear masks for medical reasons. Parents must communicate any exceptions with staff upon registration.

TRAINING

All staff have been provided with mandatory Health and Safety training. This training includes: COVID-19 awareness, screening for symptoms, intended and appropriate use of PPE, hand hygiene, environmental cleaning protocols, how to handle a suspected case of COVID-19 in participants and/or staff during programming, contactless curriculum drill, and space set up modifications, as well as how to communicate with youth to relieve feelings of stress or anxiety with the new changes.

SUSPECTED CASES OF COVID-19

In case of potential or suspected exposure to COVID-19 at the program:

A (The) participant will immediately be separated from the group, and escorted by a staff member to a designated program area until they can be picked up. Both staff members and participants will be required to wear a face mask/covering and any additional required PPE. The participant's parent/guardian must be immediately contacted, informed, and requested to pick up the participant. Once the participant is picked up, the designated program area must be disinfected following environmental cleaning protocols.

A staff member must immediately go home, get tested, and remain in isolation until a negative test returns. They may wait in a designated program area to be picked up if needed, following the same procedures as a participant.

- If a suspected case of COVID returns a negative test result, they may return to the program 24 hours after symptoms have gone away.
- If a suspected case of COVID returns a positive test result, they may return to the program 14 days after their symptoms first appeared, as long as symptoms have gone away.

A Head Coach at the site will be calling parents and the Lay-Up Leadership team to inform them of any potential or suspected exposure.

CONFIRMED CASE OF COVID-19

The following steps must be taken when there is a confirmed case of COVID-19 of staff or participant:

- Coaches are to notify the Basketball Operations Manager, Executive Director, and Director of Programs and Operations.
- Head Coaches are to determine if staff/participant was in the program 48 hours prior to and including the day of onset of symptoms OR 48 hours prior to positive test results if asymptomatic at the time of testing.

If yes, Executive Director, Director of Programs and Operations, and Basketball Operations Manager to inform all staff, participants, and partners who have been at programs during those days of a confirmed case of COVID-19 (without sharing the personal information/name of the individual).

- Basketball Operations Manager collects information including attendance, contact information, and visitor sign-in logs for possible Toronto Public Health contact tracing purposes.

Executive Director to inform the Joint Health and Safety representative(s).

- Staff and participants who test positive for COVID-19 will self-isolate for 14 days in accordance with Toronto Public Health protocol.
- Toronto Public Health will contact positive cases directly and communicate directly to the other staff and participants identified to have a high risk of exposure.
- Joint Health and Safety Committee will discuss any enhanced cleaning protocols that may need to be performed.

COMMUNICATION

Register for our newsletter for regular updates. You can sign-up at www.layup.ca or by emailing basketball@layup.ca with the email subject: NEWSLETTER

Monitor social media channels. See below:

IG: @Layup_basketball

Twitter: @LayupBasketball

Facebook/LinkedIn: Lay-Up Youth Basketball

Contact Marion Mendoza, Community Outreach Manager at mmendoza@laup.ca / 647-725-9766 ext. 1, or your child's coach.

COMMUNICATION WITH STAFF

- All staff must participate in an orientation training outlining health and safety protocols and any new program adaptations before they can go into the program site.
- All staff will be provided with electronic copies of the Lay-Up Covid-19 Safety Plan and Beyond 330 Guidelines.
- Each site will have a copy of the Lay-Up COVID-19 Safety Plan in their program binder and additional copies will be posted in permitted spaces.
- Director of Programs and Operations to review the Ministry's updates on a daily basis.
- Up to date information on the provincial guidelines for stopping the spread will be posted at each site (<https://www.ontario.ca/page/covid-19-stop-spread#section-0>)
- Updates and reminders will be sent out to Basketball Operations Team weekly.

COMMUNICATION WITH FAMILIES

- Parents/Guardians will be given a copy of the Covid-19 Safety Plan upon registering their children in the program. Our safety-plan will also be posted on the Lay-Up website and will be available at each school site.
- Parents will be made aware of all safety enhancement as well as required expectations for students enrolled in the program. Any changes to the protocol will be communicated to parents on the same day through emails, phone calls, and/or a note sent home with the students.
- Lay-Up will provide a mask to all participants. Parents are expected to ensure participants bring a mask to programs. Masks must be worn indoors at all times unless an exception is made for medical reasons.

Parents:

- Check children daily for COVID-19 symptoms.
- Ensure your contact information and child's medical information (e.g. allergies) are up to date within our records.
- Keep your child home if they have any of the following signs and symptoms of illness: fever (feeling hot to the touch, a temperature of 37.8 degrees Celsius or higher), chills, cough that's new or worsening (continuous, more than usual), barking cough, making a whistling noise when breathing (croup), shortness of breath (out of breath, unable to breathe deeply), sore throat, difficulty swallowing, runny, stuffy or congested nose (not related to seasonal allergies or other known causes or conditions), lost sense of taste or smell, pink eye (conjunctivitis), headache that's unusual or long lasting, digestive issues (nausea/vomiting, diarrhea, stomach pain), muscle aches, extreme tiredness that is unusual (fatigue, lack of energy), falling down often, for young children and infants: sluggishness or lack of appetite.
- Call and notify Lay-Up staff and let them know your child's symptoms so we can track this information for contact tracing purposes.
- If someone in your household has come in close contact with an individual who has a suspected or confirmed case of COVID-19, please keep your child home and inform the Lay-Up team as soon as possible. If your child or someone in your household has travelled outside the province in the last 14 days, please keep them home.

Players:

- Stay 6 feet apart
- Keep your mask on
- Keep your equipment to yourself
- Listen to your coaches for instructions
- If you start feeling any symptoms, tell your coach immediately
- Wash / sanitize your hands
- Keep your hands away from your face

ADDITIONAL GUIDING REFERENCES:

Ministry of Health COVID-19 Reference Document for Symptoms

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_Doc_symptoms.pdf

Toronto Public Health

https://www.toronto.ca/wp-content/uploads/2020/02/8d59-Fact-Sheet_Novel-Coronavirus.pdf

COVID-19 assessment centre locations

<https://covid-19.ontario.ca/assessment-centre-locations/>

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This safety plan will be reviewed regularly and the necessary changes will be made as required. We will refer to the Ontario Government's COVID-19 website for up-to-date information.

Lay-Up is also monitoring the health and safety requirements set out by the Ministry of Education in their Covid-19 Operational Guidelines for Before and After-school Programs (Version 1, August 2020).

<http://www.edu.gov.on.ca/childcare/before-and-after-school-programs-guide.pdf>