

Welcome to the Waldo County YMCA’s fall 2020 Youth Basketball Clinic! We are excited to provide this opportunity for our youth basketball players. We have carefully selected the best local coaches and college players to work with your kids over the next month. Our clinic is designed to develop fundamental skills while learning teamwork, strategy and sportsmanship.

The Waldo County YMCA is committed to playing a proactive role to mitigate the spread of COVID-19. We will be following the Maine Community Sports Guidelines for basketball (excerpt included). We expect parents to do COVID screening prior to coming to practice (see page 2 for screening questions., just like you would for school. Please do not come to practice if your child is experiencing any concerning symptoms. We have enacted strict protocol to protect all who enter our facility. Health screenings will be done outside before entering the building. This includes a temperature check and questionnaire (see next page). Should your child register a fever (temperature of 100.8 or above), or answer no to any questions, they will not be permitted in the building. Please wait for your child to be screened before leaving. Additionally, please be prompt to pick up.

Basketball clinic participants will have their temperature checked when they arrive and be asked to sanitize their hands, no one with a fever will be allowed in. One parent may walk them to our health check at the front door. Participants will then be escorted by a Y employee to the gym for the clinic. No parents will be allowed inside. We ask that all participants please wear a mask inside our building, even during activities. Participants will be given frequent mask and water breaks; please bring your own water bottle- water fountains are not in use.

TYPES OF PLAY

[Maine.gov/decd/checklists/community-sports](https://www.maine.gov/decd/checklists/community-sports) (Updated 9/1/20)

The following types of play are defined by level from least to greatest risk. Across all types of play, keep players together in small, stable groups (i.e. cohorts) with dedicated coaches or staff. Ideally, these cohorts should include fewer than 30 individuals.

- Level 1: Performing skill-building drills or conditioning at home, alone or with household members
- Level 2: Team-based practice with physically distanced group activities
- Level 3: Within-team competition (e.g. intra-squad scrimmages). This level involves one cohort of participants.
- Level 4: Competition between teams from the same geographic area (e.g. the same county and in some cases adjacent counties). This level of play involves two cohorts of participants.
- Level 5: Competition between teams from different geographic areas within Maine
- Level 6: Competition between teams from different states

Type of play allowed, based on risk level of sport or activity: At this time, sports are restricted to the types of play presented in the table below based on the level of risk associated with the sport or activity. During all activities, the public health measures in this guidance must be followed (e.g., hand hygiene, cleaning and disinfecting, face coverings, etc.) These recommendations will be updated as conditions change. Moreover, if transmission rates increase the county where sports teams have planned competitions, these intra-team activities should be cancelled.

Risk level characteristics	Examples	Levels of Play Allowed
Moderate Risk		
<ul style="list-style-type: none"> • Sports and activities that involve intermittent close proximity or limited, incidental contact, but with protective equipment or mitigating measures in place that may reduce the likelihood of respiratory particle transmission between participants (e.g., wearing masks, modifying play to maintain 6 feet of physical distance, cleaning and disinfecting) 	<i>Examples:</i> Baseball, softball, team swimming, fencing, soccer, basketball , lacrosse, ice hockey, competitive cheer, martial arts, ultimate frisbee, running events where physical distance cannot be maintained, field hockey, pair figure skating, volleyball	Levels 1-3 (indoor or outdoor) Level 4 (outdoor only)

HELP STOP THE SPREAD

HEALTH SCREENING QUESTIONS

1. Have you been in close contact with a confirmed case of COVID-19?
2. Are you experiencing a cough, shortness of breath or sore throat?
3. Have you had a fever in the last 48 hours?
4. Have you had a new loss of taste or smell?
5. Have you experienced vomiting or diarrhea in the last 24 hours?
6. Have you been around anyone exhibiting these symptoms in the past 14 days?
7. Are you living with anyone who is sick or quarantined?
8. Have you traveled outside of Maine recently?
Please note the 14 day quarantine may apply.

Please visit www.waldocountyyymca.org to view our reopening plan.

Thank you for your understanding and cooperation.

Updated June 26, 2020 / Subject to change with Governor updates.