



**CTAB**  
**COVID-19 POLICIES & PROTOCOLS**  
**Updated 02.2021**

CTAB's state and local health officials will continue to evaluate the situation. Schedule changes will continue to be fluid.

CTAB's safety guidelines were created following guidance from the CDC, Virginia state officials, the Virginia Health Department ("VHD"), and the Fairfax County Health Department ("FCHD") to ensure participants (including trainees and players), families, staff and our community remain safe. In addition to these entities, CTAB has collaborated with local medical and youth sports leaders to ensure we are considering all aspects of safety in youth sports programming.

Our goal is for participants, trainers, and coaches to be safe and remain healthy while balancing the rigors of basketball training and playing.

The VHD strongly advises that athletes always wear a mask but does not require it. CTAB does not require participants to wear masks while training or playing and leaves that decision to the individual choice of the participant and his or her family; unless the participant is in a Fairfax County School Facility- as they have mandated 'mask coverings at all times' for their players and coaches. CTAB does, however, require the always wearing of masks when not training or playing.

All participants, coaches and staff should follow COVID-19 health guidelines, including:

- wash hands regularly (soap & water or hand sanitizer);
- avoid touching face (mouth, nose, and eyes);
- cough or sneeze into elbow; and
- clean and disinfect high contact surfaces.

**COVID-19 EXPOSURE**

If your child is experiencing symptoms of COVID-19 or has received a positive test result he or she should stay home. If someone in your family is experiencing symptoms or received a positive test result within the past 14 days, your child should stay home.

- If you train with CTAB, please contact CTAB to report any COVID-19 exposure or risk of exposure so that CTAB can help evaluate risk to others and keep our community healthy and safe.
- If you are a player on a CTAB Elite AAU team, please contact CTAB and the coach of the team to report any COVID-19 exposure or risk of exposure so that CTAB can help evaluate risk to others and keep our community healthy and safe.

The guidelines below are designed to comply with safety standards recommended by state and local officials in order to limit the risk of transmission of COVID-19.

Players or spectators unwilling to adhere to the safety standards will be asked to remain at home.

### **General Guidelines**

- No one will attend a training, practice or game if exhibiting any COVID-19 symptoms. When in doubt, stay home.
- No physical interactions (high fives, handshakes) are permitted.
- Participants will not share water bottles, towels, or any equipment except a basketball.
- Only participants, coaches, trainers, and official staff are generally permitted inside a court area. If training and/or games are inside a Fairfax County school gym, CTAB will follow the prevailing Fairfax County guidelines. For AAU games or other CTAB team games, CTAB will follow the direction of the venue/locale where the games are being held.
- **One spectator allowed per participant.**
- If possible, drop off and pick up should happen within 5-10 minutes of scheduled training or practice sessions (*i.e.*, please do not drop players off 30 minutes early).
- Please respect and adhere to these policies at all times.

### **Trainer, Staff & Coach Guidelines**

- Only approved Trainers/Coaches allowed in the court area per session, practice or game.
- Trainers/Coaches will wear masks.
- Trainers/Coaches will utilize hand sanitizer before sessions and after handling equipment.
- Trainers/Coaches will wipe down public equipment if utilized and/or high contact area surfaces every two hours as needed.
- Trainers/Coaches will not share personal equipment with other trainers or coaches.
- Trainers/Coaches will direct players when they arrive and will give clear instructions and guidance throughout training sessions or practices.

### **Participant Guidelines**

- Participants should minimize items brought to the court.
  - Participants will not share water, clothing or personal items.
- Participants will strive to maintain a social distance of six feet when not participating in a basketball activity on the court. No loitering next to other players when not training or playing.
- Participants will use wash hands or apply hand sanitizer before stepping on the court and upon leaving the court.
- All participants will wear a mask when walking in and out of any courts or gyms for practice or games. Participants will wear a mask when on the bench during games.

- It is up to the individual participant and his or her family as to whether he or she will wear a mask while training or playing. It is not required.
- Participants should refrain from touching their face (mouth, nose, eyes).
- Participants will listen to their coaches & be flexible! Coaches will help facilitate areas for water (& bags if necessary) and may ask players to move personal items to make room for other groups. Please be willing to adjust as needed as we all work within the guidelines.
  - Participants who are unwilling to adhere to the safety guidelines will be asked to remain at home.

### **Court Notes**

- Please adhere to all guidelines in safety related signage at all facilities.

*Daryl and Leia Towe*

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