



St. Demetrios, Elmhurst Athletics

Basketball COVID-19 Guidelines

In recent weeks, the number of positive COVID-19 cases have dropped and all regions participating in the G.O.A.L. have moved into Phase 4. As a result, his Eminence Metropolitan Nathanael has given his blessing for an abbreviated basketball season to place.

Information and guidelines pertaining to practices/games are listed below.

- Practices are scheduled to begin on Tuesday, March 9th
 - Players must be registered prior to attending practice
 - One practice per week (Tuesday)
- League games to take place Saturdays and/or Sundays March 13 – April 18
 - No playoffs or standings will be kept this year
- **Only** players will be allowed to enter the building during practices and games
 - **No spectators will be permitted**
- Players should arrive 10 minutes* before scheduled practice/game time
 - **DROP OFF/ENTER AT SOUTH GYM DOORS, EXIT/PICK-UP AT NORTH GYM DOORS**
- Masks must be worn at all times (practice and games)
 - It is important that players bring extra masks in case it needs to be changed out
 - If a player's mask get wet, it should be changed for a clean and dry one as a wet mask may be difficult to breathe through
- Players must complete and sign COVID-19 symptoms checklist before each practice and game
- Players must have temperature checked prior to entering the gym
- Hand sanitizer is available in the gym
- Players should be dressed and ready for practice/game
 - No changing area will be provided
- Players will be assigned a designated spot during practice/game to maintain social distancing while not on the court and keep personal belongings
- Players are responsible for bringing their own water bottles or sports drinks
- Players are responsible for cleanup and disposal of personal items
- All parties should refrain from handshakes, high fives, or hugs
- Any person feeling sick or demonstrating symptoms should not attend practice/game
- Any person exhibiting symptoms while at practice/game will be asked to exit the facility
- Any player that played High School Basketball this season is not eligible to play in the G.O.A.L.
- During games, additional procedures from the G.O.A.L. COVID-19 event guidelines will be in use

These measures have been put in place in an effort to reduce the spread of COVID-19. However, it is simply not possible to guarantee that COVID-19 is not present nor to prevent you or your child from becoming exposed to, contracting, or spreading COVID-19. COVID-19 may result in serious illness, debilitating injury, or death.

By signing below, you attest that you have read and understand the above guidelines

Player Name _____

Parent Name _____

Parent Signature _____