

Perkiomen Valley Youth Basketball



Agenda



- Why are we doing this?
- Review of COVID Environment
- Set-Up of Gymnasiums (PPE & Processes)
- Handling COVID on your team
- Closing and Q&A

Why are we doing this?



- Why are we doing this?
 - We believe sports/activities have a really positive impact on kids' emotional/physical health during pandemic
 - We know we can do this while maintaining safe & secure environment for players /coaches
 - We have GREAT local partner in Perkiomen Valley School District
- Season Overview
 - Each Rec Team will play 9 games / Travel based on ICBA
 - Flexible on A & B Teams due to lower team counts (honor system)

Review of COVID Environment



- For purposes of guidance on maintaining safe environment for COVID mitigation we are following best practices from:

- Montgomery County Dept. of Health (MCOPH)
- Pennsylvania Department of Health (PADOH)
- Center for Communicable Diseases (CDC)

Where any conflicts we use most local guidance

- Areas of concentration are:
 - Gym Environment (PPE & Social Distancing)
 - Handling COVID-19 situations

Review of COVID Environment



• Gym Environment

- Limit Gym Capacity - no more than 25 - 30 people (self-monitored by coaches and commissioners).
- No spectators allowed for games & practices - Any exceptions due to the player health concern must be approved by the commissioner and the Director of the Rec League
- Mandatory Face Masks - Player and coaches will wear face masks at all times they are in the gym
 - Mask Breaks - when/if during game & practice player(s) need to remove mask please have player go to remote area as far away as possible from one another
 - Exceptions to rule - Face Masks are not acceptable replacement for mask unless accompanied by physician note. Any requests or issues should be reported to commissioner
- Sanitizer - We ask for practices and games, that you wipe all common surfaces with sanitizer at the beginning, in-between at end of the sessions.
- Seating - All chairs will be spread out 6 feet apart during games
- Beverages - All players MUST use their own bottle waters (NO SHARING)
- Towels /Pinnies - NO sharing of towels or pinnies

Review of COVID Environment



- Handling COVID-19 Situations on your team
 - Will be using Montco School Exclusion Guide as main guide for handling COVID-19 related occurrences in PVYB
- When player prohibited from attending game/practice
 - he/she is presenting any of the following symptoms of COVID-19 listed here: Fever, Shortness of Breath, Loss of Sense of Taste or Smell, Dry Cough, Runny Nose, Sore Throat or
 - he/she recently have tested positive for COVID-19 (last 14 days)
 - he/she have had close contact (within 6 feet for 15 consecutive minutes or more with or without a mask or household contact) to someone who tested positive for COVID-19 or
 - he/she has traveled outside of Pennsylvania and did not have an appropriate exception to the Pennsylvania Department of Health Travel Restrictions
- In such situation parent must will notify the coach regarding the condition or situation regarding my child(ren) and not return to my child(ren) to activities until cleared by the CDC guidelines to resume practices or games.



COVID-19 School Exclusion Recommendations

Exclusion From and Return to School Recommendations

COVID-19 Symptoms

- Two of the following symptoms: fever (measured or subjective), chills, fatigue, myalgia, headache, sore throat, congestion, nausea, vomiting, or diarrhea
OR
- One of the following symptoms: cough, shortness of breath, difficulty breathing, or new loss of taste or smell

Individual should be tested for COVID-19.

- If test result is negative OR doctor's note with differential diagnosis, return to school after 24 hours afebrile and improved respiratory symptoms
- If test result is positive or individual is unable/refuses to get tested, may return to school after:
 - 24 hours with no fever and
 - Improvement in symptoms and
 - 10 days since symptoms first appeared

Positive COVID-19 PCR or Antigen (Point of Care) Test

WITH SYMPTOMS

- May return to school after:
- 24 hours with no fever and
 - improvement in symptoms and
 - 10 days since symptoms first appeared

WITHOUT SYMPTOMS

- May return to school after:
- 10 days after specimen was collected
- *If symptoms develop during the 10 days, follow return to school guidance for positive PCR or Antigen test with symptoms

Close Contact to Positive*

- Within 6ft for 15 minutes or more
- Household contact

*If testing resources are sufficient, close contacts should be tested regardless of symptoms

WITH SYMPTOMS

- Individual should be tested for COVID-19
- May return to school after:
- 24 hours with no fever and
 - improvement in symptoms and
 - 10 days since symptoms first appeared

WITHOUT SYMPTOMS

- Quarantine can end 10 days after exposure without testing or after 7 days with a negative PCR or antigen test (must be collected on day 5 or thereafter)
- Household contacts may require further investigation, by either OPH or school officials, to determine dates of quarantine
- The most protective recommended quarantine remains 14 days post exposure.**
- It is recommended that symptom monitoring continue until day 14. If symptoms develop during the 14 days, follow return to school guidance for Close Contact with symptoms

**PA Travel Mandate

- Critical workers are encouraged to wear both a face shield and mask and social distance, if unable to quarantine

This does NOT apply to travelers under age 11 or people who commute to and from another state for work or medical exemption. For more information, click [here](#)

WITH SYMPTOMS

If symptoms develop during the 14 day return to PA, follow return to school guidance for COVID-19 symptoms

WITHOUT SYMPTOMS

- A negative COVID-19 test must be completed within 72 hours prior to entering PA
- If an individual is unable to get a test or chooses not to get a test, they must quarantine for 10 days upon arrival in PA
 - If a traveler chooses to get tested upon entering PA, or is waiting for test results, the traveler must quarantine for 10 days, or until receipt of a negative test result, whichever comes first.

It is recommended that symptom monitoring continue until day 14

PVYB Board of Directors



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Closing



- Questions and Answers
- **THANK YOU!!**