



3950 Davisville Rd | Hatboro, PA 19040 | Phone: 215-264-7582
E-Mail: uppermorelandbasketballclub@gmail.com | Web: www.umbasketballclub.com

We acknowledge that Phases for each state and county may not coincide with this 'Return to Play' policy. For each phase, state/ local guidelines take precedence if they are more restrictive than this phased approach.

- **Phase 1: Virtual Training - Stay at Home Order**
 - Individual training sessions in own home using own equipment
 - Coaching would only occur virtually
 - No athletes work or train together unless they are living in same home
 - Focus on individual development and skills
- **Phase 2: Socially Distanced Training**
 - Stay at Home Orders Are Relaxed, but Group Activities are Limited to 10 or Fewer People
 - Public indoor facilities are closed, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines.
 - Spectators will not be encouraged during this phase - if spectators are present, they must maintain social distancing protocols
 - Players should arrive 15min before practice and not earlier, they must leave directly after
 - Mixing of groups will be avoided
 - Take shower and wash all clothing after each practice
 - Sanitize any surfaces – bleachers, chairs, etc. – after each practice
 - Bring Water Bottle Clearly Marked with Name.
 - Bring Towel Clearly Marked with Name.
 - Participant brings own snacks, if necessary.
 - Participants' gear to be kept in separate areas from other participants
 - Wash Hands before Attending; Avoid touching eyes nose mouth.
 - UMBC encourages all players to bring their own hand sanitizer
 - Players will be asked to provide their own masks, which are to be worn when not active
 - Players will be asked to come dressed and spread out their water bottles/hand sanitizer 6 feet apart
 - Coaches will follow social distancing guidelines, which includes but are not limited to:
 - staying 6 feet apart from players and others, wearing masks when necessary and using verbal cues
 - No Huddles
 - UMBC requires players to bring their own basketball
 - UMBC encourages at home screening including temperature checks prior to arrival to activity

- **Phase 3: Practice with Mitigation**
 - Training Facilities are Open, Group Sizes are increased to 25 or more practices
 - Limit the number of teams at each practice and number of players per court
 - Encourage “open space” between courts
 - Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks, personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
 - Mixing of groups will be discouraged - Please refrain from gathering in the parking lot or open spaces near the field. Stay with the assigned group/team.
 - Athletes must bring their own, well-marked water bottles
 - Huddles will be discouraged
 - UMBC encourages players to bring their own basketball
 - UMBC encourages at home screening including temperature checks prior to arrival to activity

- **Phase 4: Return to Normal**
 - Return to Normal Large and Small Group Training Sessions
 - Mixing of Teams and Players Can Occur Normally

- **CDC Recommendations**
 - Sick Individuals must follow CDC Guidelines for Home Isolation
 - Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC’s criteria to discontinue home isolation.
 - Coaches, staff, officials, players, and families with sick individuals should not any basketball activity (including practice or as a spectator), and that they should notify the UMBC Executive Board and their coach if they (staff or parent) or their child (or another family member living in the same home) becomes sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case. O
 - Coaches, staff, officials, and players with COVID19 symptoms (i.e., fever, cough, shortness of breath) will be isolated immediately if symptoms appear at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms will be separated and sent home as well, and follow CDC guidance for community-related exposure. If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
 - In the event of illness within the organization, Health Officials and Close Contacts will be notified in accordance with state and local privacy and confidentiality laws and regulations:
 - Youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
 - **Those with a high-risk for severe illness defer activity until Phase 4**



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INSTRUCTIONS FOR UPPER MORELAND BASKETBALL CLUB COVID-19 DISCLOSURE, ACKNOWLEDGMENT & WAIVER

- 1) This form is to be completed by all youth athletes and all coaches, volunteers and league officials attending UMBC events, as the “Participant”
- 2) Parent signature is required for all youth athletes. Witness signatures are required. Anyone may witness the participant and parent signatures.
- 3) Form is to be filled out prior to first event of the 2020-2021 season. Retain the originals with the Participant Agreement. Scan and send of all completed forms (Participant Agreement and COVID-19 form) to uppermorelandbasketballclub@gmail.com
- 4) If the first question is answered “yes”, the date of confirmation or exposure is filled out next.
- 5) If date of exposure is within 14 days, participant is excluded.
- 6) A participant excluded because of exposure may return after the 14 day period and must fill out another form.
- 7) If any of the symptoms are checked, participant is excluded.
- 8) A participant excluded can return to the team following Montgomery County Board of Health guidelines. A table and instructions can be found on www.umbasketballclub.com
- 9) If temperature is not cleared, participant is excluded.
- 10) A participant excluded for temperature may return 14 days after their temperature returns to normal.
- 11) Under “Duty to Inform” – all three boxes must be checked.
- 12) If participant has tested positive for COVID-19, they may not return without medical clearance.



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PARTICIPANT INFORMATION		
NAME:	TEAM:	DATE:
Have you been in close contact to a person who is lab–confirmed to have COVID-19 in the past 14 days? ____ Yes ____ No		
If yes, what was the date of the last known close contact?		
COVID-19 DISCLOSURE, ACKNOWLEDGMENT & WAIVER		
Are you exhibiting any of the following new or worsening symptoms of possible COVID-19?		
<input type="checkbox"/> Cough <input type="checkbox"/> Shortness of Breath or Difficulty Breathing <input type="checkbox"/> Chills and/or Repeated Shaking with Chills <input type="checkbox"/> Muscle Pain <input type="checkbox"/> Headache <input type="checkbox"/> Sore Throat <input type="checkbox"/> Loss of Taste or Smell <input type="checkbox"/> Diarrhea <input type="checkbox"/> Feeling Feverish or a Measured Temperature Greater than or Equal to 100 Degrees Fahrenheit <input type="checkbox"/> Known close contact with a person who is lab confirmed to have COVID-19 <input type="checkbox"/> Currently living with someone experiencing symptoms of COVID-19		
NONE OF THE ABOVE/NO SYMPTOMS TEMPERATURE CERTIFICATION		
<input type="checkbox"/> I certify that I took my temperature before arriving at the field today and it was less than 100° F <input type="checkbox"/> I certify that I am not using/have not used a fever reducer in the last 24 hours		
DUTY TO INFORM		
<input type="checkbox"/> I will inform you if I knowingly come in contact with someone who tested positive.		
<input type="checkbox"/> I will inform you and not attend UMBC activities for 14 days if I develop any of the above symptoms		
<input type="checkbox"/> If I test positive for COVID-19, I will not return to UMBC activity without medical clearance.		
<p>COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread from person-to-person contact. Federal, state, and local governments and health agencies recommend social distancing and have, in many areas, prohibited group activities. The Upper Moreland Basketball Club (UMBC) is taking steps to reduce the spread of COVID-19; however, UMBC cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending a UMBC activity could increase the risk of contracting COVID-19. By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending a UMBC activity and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the act, omission, or negligence of myself and others, including, but not limited to, UMBC volunteers, and other participants and their families. I voluntarily agree to assume the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may incur by reason of UMBC activity (“Claims”). On my behalf, and on behalf of my children, I hereby release and covenant not to sue Upper Moreland Basketball Club and its affiliated organizations, employees, volunteers, agents, and representatives, of and from the Claims.</p>		
PARTICIPANT SIGNATURE:	PARENT SIGNATURE:	

WITNESS:

WITNESS: