



Bronco Ball COVID Operating Plan – Parent and Player Commitment

Parents and players, please review the following plan and also review the attached COVID fact sheet.

- Coaches will **not attend practice** if they have any of the following new or worsening signs or symptoms of possible COVID-19: Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit - Known close contact with a person who is lab confirmed to have COVID-19.
- All players will have their **temperature checked** upon arrival and will be sent home if the reading is 100.0 degrees or above. Players will be sent home who have any of the following new or worsening signs or symptoms of possible COVID-19: Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit - Known close contact with a person who is lab confirmed to have COVID-19.
- Practices will be limited to 12 players (not including coaches)
- Parents are to drop off players only and not stay for practice. Players are to be dropped off no sooner than 10 minutes prior to practice. If players arrive early, they must wait in their cars until 10 minutes prior to the start of practice. Parents are to return promptly at the end of practice for player pickup. Parents will stay in their cars for pickup.
- Players shall travel to practice with persons living in their same household. Carpooling is strongly discouraged.
- Players will be provided hand sanitizer to use prior to starting practice.
- Players must bring and use their own ball during practice. Ball sharing will not be permitted.
- Masks must be worn by players from the parking lot to the court until practice starts. Masks will be optional during practice. Once practice concludes, masks must be worn.
- Coaches will wear masks all at all times.
- Personal bags must be placed 6 feet apart in the designated spaces on the court sideline.
- Practices will be led to comply with 6 feet of social distancing. Coaches will also maintain 6 feet of social distance throughout practice.
- All close contact interaction involving physical contact such as hugs, high-fives, etc. will not be allowed.

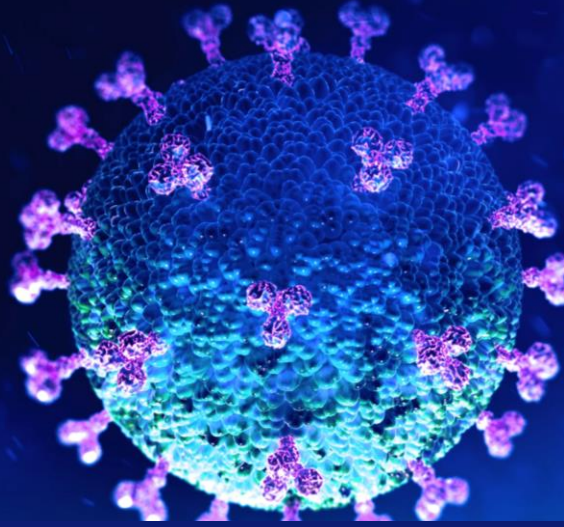
In addition to the plan above, I have read the attached COVID Fact Sheet: Yes No

Please sign below for your commitment to complying with the Bronco Ball Operating Plan.

Player Name: _____ Player Signature: _____ Date: _____

Parent Name: _____ Parent Signature: _____ Date: _____

(COVID-19)



Fact Sheet

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a new coronavirus not previously identified in humans. Coronaviruses are a category of viruses normally found in animals, but some can evolve and infect humans.

Coronaviruses can infect your nose, sinuses, or upper throat. This specific coronavirus was first identified as the cause of an outbreak of respiratory illness in Wuhan, China in December 2019 and was officially named COVID-19 on February 11, 2020 by the World Health Organization (WHO).

What are the symptoms of COVID-19?

People with COVID-19 can have no symptoms, mild symptoms, or severe illness. Symptoms of COVID-19 may include:

- Fever or chills
- Cough
- Difficulty breathing
- Fatigue
- New loss of taste or smell
- Body aches
- Runny nose
- Congestion
- Headache
- Sore throat

Symptoms may appear 2-14 days after exposure. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for a complete list of symptoms and call your doctor if you are experiencing any symptoms.

Who is at risk for COVID-19?

Risk is based on exposure and a variety of factors that may vary, including the community in which you live, places you have visited, interactions you have had, and your line of work.

Anyone can get COVID-19. Illness in people infected with the virus has ranged from no illness to being mildly sick to being severely ill and dying.

Groups at higher risk for severe illness from COVID-19 if infected include:

- People 65 years old and older
- People who live in a nursing home or long-term care facility
- People of any age who have serious underlying medical conditions, especially if their medical condition is not well controlled.

How is COVID-19 spread?

COVID-19 is thought to be spread mainly from person-to-person:

- Between people who are in close contact with each other (within 6 feet/2 meters);
- Through respiratory droplets produced when an infected person sneezes, coughs, or talks.
- These droplets can be breathed in by people nearby or land in their mouth, nose, or other surface.
- It may be possible to get COVID-19 by touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

People can have COVID-19 and not have any symptoms or not yet be showing symptoms but are still able to spread the virus to others.



How is COVID-19 treated?

Treatments for COVID-19 are being studied. Investigational medications may be recommended for those infected with COVID-19 depending on their individual condition. Following supportive care guidance, such as getting plenty of rest, staying hydrated, and taking on over-the-counter medication for fever and pain can help relieve symptoms. There is currently no vaccine available to protect against COVID-19.

What should I do if I think I have been exposed to COVID-19?

If you have had close contact (within 6 feet/2 meters) with someone who is confirmed to have, or is being evaluated for COVID-19 infection, you should:

- Quarantine yourself in your home and away from others for 14 days, starting from the day you first had close contact with the infected person and continue for 14 days after you last had close contact with the person.
- Call your healthcare provider and follow their medical advice.
- Watch for symptoms and contact your healthcare provider if you develop any symptoms.



How can I protect myself?

The best way to prevent getting sick is to avoid being exposed to the virus. Actions that can help prevent the spread of COVID-19 include:

- Washing your hands with soap and water for at least 20 seconds; if soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol;
- Avoid touching your eyes, nose, and mouth with unwashed hands;
- Clean and disinfect frequently touched objects and surfaces often.
- Avoid close contact with people who are sick;
- Stay home and isolate yourself away from others if you are sick;
- Cover your cough or sneeze with a tissue, or your elbow, then throw the tissue in the trash;
- Practice social distancing (maintaining 6 feet of physical space between yourself and others);
- Wear a face cover when you are around individuals outside of your household.



If you have health-related questions or concerns, please contact your healthcare provider. For general questions about COVID-19 or information about community resources, please call 2-1-1.

Stay Informed About COVID-19

County of San Diego Epidemiology Unit – Coronavirus Disease 2019 (COVID-19)

www.coronavirus-sd.com

California Department of Public Health, Immunization Branch – COVID-19

www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx

Centers for Disease Control and Prevention – COVID-19

www.cdc.gov/coronavirus/2019-ncov/index.html

World Health Organization – Coronavirus Disease (COVID-19) Outbreak

www.who.int/westernpacific/emergencies/covid-19