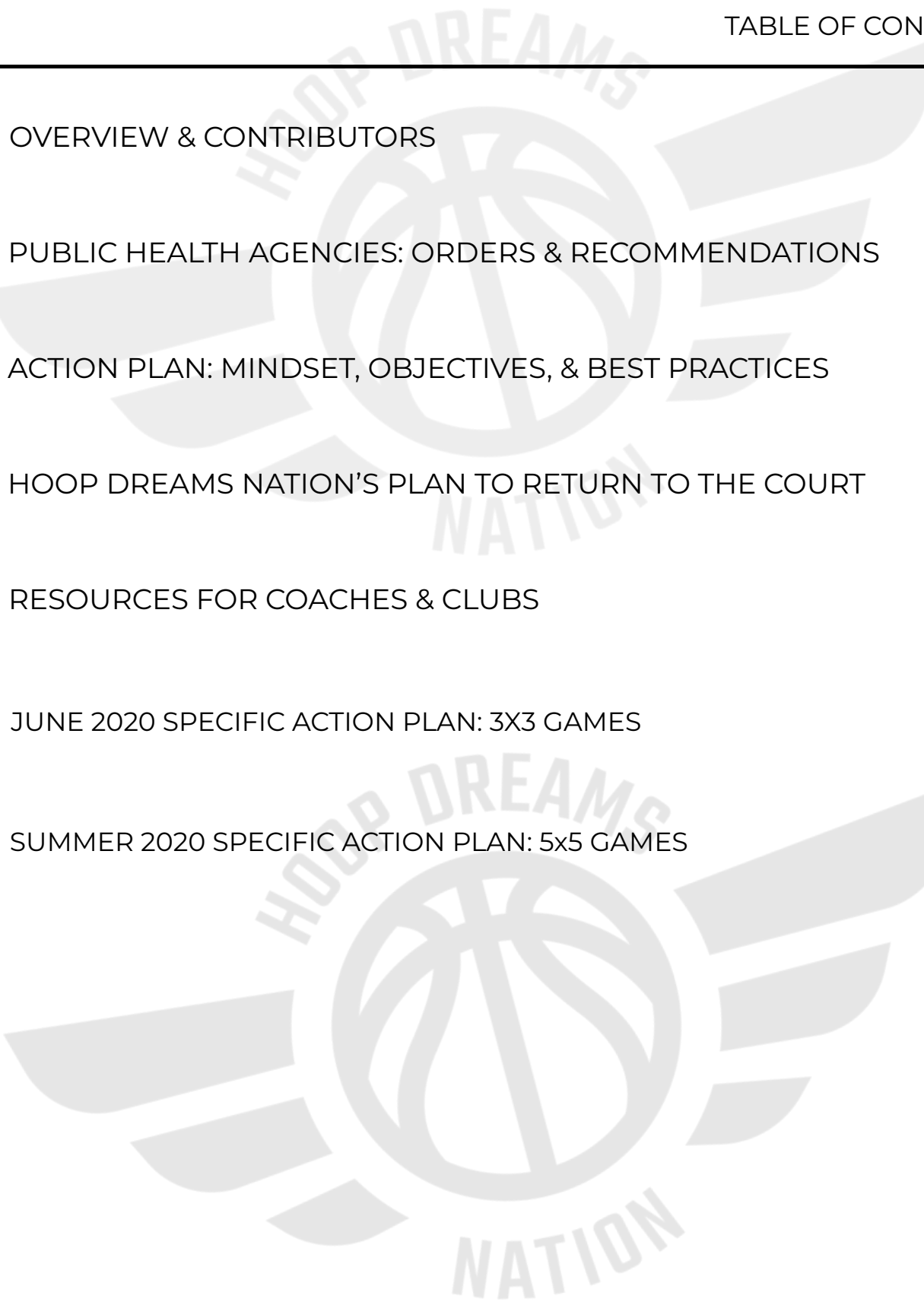


Hoops During a Pandemic:

An Action Plan & Best Practices for Event Operators and Teams



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Hoop Dreams Nation is a Colorado youth basketball organization that operates leagues and tournaments for boys & girls 2nd-12th grade, and is led by Karla Chappel. Like so many others, we have been anxiously awaiting a return to normalcy on the court, but it is clear that basketball will need to look very different within the context of a public health epidemic.

We have been working with local Colorado health departments for the last month to reimagine what basketball must look like moving forward. As a result of dozens of conversations with health officials, coaches, and policy makers, we have developed an Action Plan with Best Practices for how basketball should be played moving forward. The following pages include public health resources, our Action Plan & Best Practices, plan to return to the court, and resources for clubs & coaches. It is meant to be a starting point. We must remain flexible and be ready to pivot, as new information becomes available. If you have any suggestions on additional steps we can take, please contact Karla at kchappel@hoopdreamsnation.com.

Contributors:

This plan was developed by Karla Chappel, in discussion with officials from the health departments of Larimer County, Tri-County, and El Paso County, in addition to youth and high school coaches and athletic directors from across Colorado. Karla has seven years of experience operating youth sports events, in addition to being a former teacher. Furthermore, her research for her Masters thesis was focused on analyzing & redesigning systems and policies to align with desired outcomes, which served her well through the process of reimagining youth basketball.

Special thanks to the following, whose expertise and conversation was incredibly beneficial to understanding the content & implications of public health orders:

- Katie O'Donnell, Larimer County Health Department
- Catherine McGarvy, El Paso County of Health
- Jason Wendleton, Colorado Small Business Development Center
- Various employees with the Tri-County Health Department

Additionally, it takes a village to keep kids in a gym, and off the couch & streets. We cannot do what we do without the various coaches and clubs who were a part of the process to determine how to play the game in a safe and responsible manner. We thank you for being a part of our village, and we cannot have put together this plan without the numerous phone calls, text messages, and emails. Colorado youth basketball is in debt to you.

Our Action Plan & Best Practices directly adhere to and aligned with Public Health Departments, including, but not limited to:

1. [Center for Disease Control](#)
2. [Colorado Department of Public Health & Environment](#)
3. [El Paso County Health Department](#) (Colorado)
4. [Larimer County Health Department](#) (Colorado)

Additional References:

- a. The most recent (6/2/20) Executive Order detailing personal recreation from Colorado Governor, Jared Polis:
https://drive.google.com/file/d/14NuOF9K4SXJQwvSB-sOse5FoNes_veD5/view
- b. State of Colorado: Regarding Personal Recreation, including organized sports leagues:
<https://covid19.colorado.gov/safer-at-home/recreation#indoor%20everything>
- c. State of Colorado: Regarding Youth Sports "Camps:"
<https://covid19.colorado.gov/safer-at-home/childrens-day-camps-youth-sports-camps>
- d. [Larimer County Health Department Variance Information](#)
- e. Center for Disease Control "Considerations for Youth Sports:"
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

It is important to identify the values and beliefs that Hoop Dreams Nation is operating with, and expects all participants to operate with. The following are guiding principles and perspectives that influence our Action Plan & Best Practices moving forward.

OPERATING VALUES AND BELIEFS:

1. We are in the middle of a public health pandemic, to which there is no precedent for how to operate sports within the context.
2. We must reimagine the game of basketball by re-evaluating every rule, structure, process, and interaction within the game as we have known it, while still maintaining the root of what the game is: A team activity that requires close contact.
3. We must believe and trust in science and experts.
4. We must take every action possible to mitigate risk, and plan for when, not if, exposure occurs..
5. We must fully understand and appreciate our fiduciary duty to players, parents, coaches, staff, and referees.
6. We must adhere to established policies & best practices without exception.

ACTIONABLE PUBLIC HEALTH OBJECTIVES WITHIN THE GAME OF BASKETBALL:

1. Reduce Group Size
2. Reduce Exposure of Respiratory Droplets and Aerosols
3. Reduce Physical Interactions
4. Proactively Prevent
5. Contain & Trace
6. Educate Participants

OBJECTIVE #1: REDUCE GROUP SIZE Whenever possible, reduce group size of a typical group by limiting players, coaches, spectators, referees, and staff. (division of 4 teams) from 48 to 22 by playing 3x3 instead of 5x5.

1.1	Reduce players from 8+ per team to a maximum of 5.
1.2	Reduce coaches from 2 per team, to 1.
1.3	Reduce Officials from 4 per division to 2.
1.4	Include coaches in the maximum of 5 people per team to maintain a group size of 50 or less within 4 walls.
1.5	Cap the size of a group (division) at 4 teams maximum to stay under 25 players competing with each other, and 50 maximum between 4 walls.
1.6	If playing inside, spectators will not be allowed until a group size within 4 walls reaches at least 100 for 3x3 events, and 150 for 5x5 events. If playing outside, spectators are not allowed to be courtside and must stay in their cars, parked a minimum of 1 parking spot and 1 row away from other cars.

HOOP DREAMS NATION'S ACTION: Start with 3x3 events prior to 5x5 events, limited to 4 teams of 5 PEOPLE total per division, 2 officials, and no spectators. Total Group Size: 22

OBJECTIVE #2: REDUCE EXPOSURE Reduce exposure of respiratory droplets whenever possible by altering the environment, structure of the game, and equipment used, while requiring use of masks at all times except when a face covering inhibits the participants ability to participate in a fitness activity (Larimer County Variance).

2.1	Play games in a half-court instead of full-court to eliminate running full speed up and down a court, to a half court format which requires less cardio and respiratory activity, while also limiting the square footage of spread from 4,200 square feet (84'x50') to 2,100 sq ft (42'x50')
2.2	Officials should use electronic whistles instead of hand-to-mouth whistles to reduce the spread of droplets from blowing a whistle via mouth, hand-to-mouth interaction, while also allowing officials to wear a mask if preferred and possible.
2.3	Require all staff, officials, players, coaches, etc. to wear a mask at all times except when a face covering inhibits the participants ability to participate in a fitness activity.
2.4	Play games outside instead of inside, expanding air circulation space.

HOOP DREAMS NATION'S ACTION: Start with outdoor events in a half court setting, and require officials to use electronic whistles and all others to wear masks, except when a face covering inhibits the participants ability to participate in a fitness activity (Larimer County Variance).

OBJECTIVE #3: REDUCE INTERACTIONS Reduce risk of transmission via physical interactions by minimizing surfaces, materials and equipment, and altering game processes and procedures mitigate and eliminate cross-contamination.

3.1	Require individually labeled water bottles which should be sanitized upon arrival.
3.2	Outside basketballs will be limited to 2 per team, and should be sanitized upon arrival.
3.3	Basketballs will be sanitized at the beginning, middle, and end of games.
3.3	No benches, tables, or chairs for outdoor events when possible.
3.4	No handshakes, elbow or fist bumps at the conclusion of the game.
3.5	Hands should be sanitized before the game, at half time, and at the conclusion of the game.
3.6	Stagger arrival of teams and game times.
3.7	Schedule divisions to play all games together, without alternating with a different division.
3.8	Sanitize all surfaces in between divisions.
3.9	For 3x3 games, the basketball referee will be the scorekeeper and timekeeper, in addition to officiating the game. This is in an effort to reduce group size and reduce cross-contamination with regards to the clock and/or scoreboard.
3.10	All efforts will be made for basketball referees to refrain from touching the ball, especially when they are scheduled to ref more than one division in a weekend. Typical interactions will be replaced with new mechanics and processes: tip-off, free throws, in bounds, etc. These new mechanics and processes will be created by a focus group of Colorado High School Athletic Association and/or NCAA Certified officials.
3.11	Eliminate admissions and concessions, which eliminates interactions via cash, card, and materials.

HOOP DREAMS NATION'S ACTION: Hoop Dreams Nation will follow all best practices as stated to reduce interactions, and therefore exposure.

OBJECTIVE #4: PROACTIVELY PREVENT Implement proactive measures to prevent exposure.

4.1	Require health screenings for all participants (staff, players, coaches, & instructors.), including temperatures checks and health questions.
4.2	Establish a space to isolate ill participants Immediately.
4.3	Whenever possible, limit activities that are not conducive to the required 6 feet of physical distancing.
4.4	Provide adequate personal protective equipment (PPE) for staff who supervise and interact with participants.
4.5	Ensure sufficient cleaning and disinfecting of commonly touched surfaces, equipment, and vehicles throughout the camp, especially in areas used for the temporary isolation or quarantine of ill or exposed staff, volunteers, and campers.
4.6	Require staff and campers with suspected exposures, such as ill household contacts, to be sent home with a recommendation to get tested immediately and adhere to requirements for isolation and exclusion.

HOOP DREAMS NATION'S ACTION: Hoop Dreams will adhere to all best practices as stated in order to proactively prevent exposures.

OBJECTIVE #5: CONTAIN & TRACE Contain any outbreaks, when they occur, with proactive measures that will allow for quick response from the organization and local health departments.

5.1	Collect information necessary, in advance, for each group (division) in order to begin contact tracing quickly for local health departments.
5.2	Require teams to collect the necessary information to be able to contact trace, should someone with their team be knowingly exposed.
5.3	Schedule events on an every 2 week interval to provide plenty of time in between for symptoms to develop and cases to be identified.
5.4	Encourage teams and players to play every other week.
5.5	Encourage teams and players to participate in events in their geographic region.
5.6	Encourage teams and players to participate with one organization, consistently, to reduce interactions that are untraceable, and ensure proper process and policies are being followed.
5.7	Have a direct line to the local public health department to report, isolate, and contain any outbreaks.
5.8	Prepare for closures following a case or outbreak of COVID-19.

HOOP DREAMS NATION'S ACTION: Prior to arrival, all participants will complete a form recommended by a local health department that will allow for health departments to quickly trace contacts. We will also provide resources to coaches and clubs to allow for quick containment and expanded contact tracing when an exposure occurs. We, furthermore, have direct contacts with El Paso County, Tri-County, Larimer County, and Boulder County Health Departments, in addition to the State Task Force for Covid-19 Response.

OBJECTIVE #6: Standardize & educate all participants on the prevention, transmission, and symptoms of COVID-19, along with how to abide by best practices for youth basketball to prevent exposure & transmission of COVID-19 among participants.

6.1	Train staff and officials on current executive & public health orders in Colorado
6.2	Provide educational materials and resources to coaches and clubs in an effort to coordinate and standardize best practices across the basketball community.
6.3	Train staff on prevention, transmission, and care of COVID-19 illness.
6.4	Provide guidance and signs to maintain required physical distancing, respiratory etiquette, and hygiene.
6.5	Post relevant information from federal, state, and local health agencies about behaviors that mitigate the spread of disease.

HOOP DREAMS NATION'S ACTION: Hoop Dreams will adhere to all best practices as stated in order to standardize and educate the basketball community on best practices, including sharing our Action Plan & Best Practices with other organizations who also have basketball games.



“Back on the Court” Series: 3x3 Tournaments

1 day, 3 games for Boys & Girls 2nd-12th Grade

Colorado Springs: June 20 & 28

Metro-Denver: June 21 & 27

Details for 3x3 Events can be found at HoopDreamsNation.com.

Colorado Summer Basketball League

July 4-August 23, 2020

Powered by Hoop Dreams Nation

FULL DETAILS CAN BE FOUND HERE.

POSSIBLE ADJUSTMENTS NEEDED IN ORDER TO ADHERE TO BEST PRACTICES & PUBLIC HEALTH ORDERS:

5x5 FORMAT: If registering to play 5x5, teams **MUST BE PREPARED** to split their team and play 3x3 if state guidelines do not allow for 5x5 to be played. If they allow for 5x5 to be played (at least 40 players competing against each other (10 per team) and at least 60 people within 4 walls, then teams who register to play 5x5, will play 5x5. If 5x5 is not possible, in lieu of the 5x5 games, each team will be scheduled to play 3x3 as two different teams.

Example: Bobcats are registered to play 5x5 on July 19, but we cannot do so yet, per state guidelines. Bobcats will then be split into Red and Black (team colors) and both teams will play 3x3 instead against other 3x3 teams.

ENVIRONMENT & FACILITY: We will make every effort to hold events indoors, but that may not be possible due to Public Health restrictions or facility availability. As such, teams must be prepared to play outdoors if playing inside is not possible. This will be communicated the week of the event.

REPORTING A KNOWN OR SUSPECTED EXPOSURE: If known or suspected exposure occurs, coaches and/or parents should contact Hoop Dreams Nation at 719-696-3055 (text or call) and/or

info@hoopdreamsnation.com with “Urgent” in the subject line, along with the following information:

Name of Team
Division of Team (Gender & Grade)
Team Contact (Name & Number)
Previous/Upcoming Schedule

RESCHEDULED GAMES: If a division needs to be canceled for any reason related to Covid-19, it will be done on August 15/16, or for a different Qualifier. If rescheduling games is not possible, then a refund will be issued for that weekend.

REFUNDS: We will issue refunds for the following reasons:

- Team exposure to Covid-19, no questions asked.
- Cancellation of a division due to exposure of Covid-19, that cannot be rescheduled for August 15/16.
- Prorated amount if a 5x5 team can only field 1 3x3 team (if necessary) instead of 2.

SPECTATORS: Spectators will not be allowed at indoor events until:

- The policies of our rented facilities allow for it.
- The Public Health Orders allow a group size within 4 walls of at least 100 for 3x3 events (assuming 2 courts), and 150 for 5x5 events (assuming 2 courts). These numbers are sufficiently large enough to account for players, coaches, referees, staff, and spectators. Any group size less than 100 for 3x3 events and 150 for 5x5 events is not large enough to accommodate participants and spectators.
- Spectators, once allowed, must adhere to requirements such as social distancing, wearing a mask, etc.
- If playing outside, and facilities allow for it, spectators will not be allowed to be courtside and must stay in their cars, parked a minimum of 1 parking spot and 1 row away from other cars.

Coaches, please read the letter below, and utilize the resources provided in operation of any and all team activities, including best practices.

It is important that all teams participating in Hoop Dreams Nation events understand their responsibilities to not just their own team(s), but to the entire basketball community. We encourage coaches to utilize the following resources and adopt our best practices to utilize within your team activities.

HDN reserves the right to refuse to allow a team to participate in one of our events if we feel that the team has not taken the proper steps to protect not just themselves, but other teams as well.

A LETTER TO COACHES & DIRECTORS

LIABILITY RESOURCES:

There are understandable concerns about the liability coaches and clubs have in light of the Covid-19 virus. **However, coaches and clubs can minimize their liability in three ways:**

1. Utilize a waiver. This does not mean that coaches and clubs are 100% covered, but it is one of many steps you can take.
2. Obtain personal liability insurance.
3. Most importantly: TAKE ACTION! Follow proper protocols & best practices during practices, travel, and competitions.

Customizable Waiver for Coaches & Clubs to Utilize: [Click here to access & then download to edit.](#)

Sources for Liability Insurance for Coaches & Clubs:

- The Camp Team: CampTeam.com and 800-747-9573
- [Colorado High School Coaches Association](#)
- Call your Car/Home Insurance Company and ask for a personal Umbrella Policy.

Customizable letter to parents about team guidelines: [Click here to access & then download to edit.](#)

Practice Form for Health Checks: [Click here to access & then download to edit.](#)

TO SOURCE SANITIZING SUPPLIES & THERMOMETERS:

- If you have a business card, most stores will allow you to purchase bulk sanitizing spray, gel, wipes, etc.
- Western Paper for bulk orders of hand sanitizer & wipes: 303-371-6000
- A temporal thermometer from a distance is the best option

JUNE 2020 SCHEDULE

- **Colorado Springs:**
 - Dates: Saturday, June 20 & Sunday, June 28
 - Location: El Pomar Youth Sports Park, 2212 Executive Cir, Colorado Springs, CO 80906
 - 4 half courts, outside
 - See FIGURE A
- **Denver-Metro**
 - Dates: Sunday, June 21 & Saturday, June 27
 - Location: Sport Stable, 1 Superior Drive, Superior, Co, 80027
 - 6 half courts, inside
 - See FIGURE B

ACTION PLAN FOR THE ABOVE DATES:**1. Reduce & Control Group Sizes:**

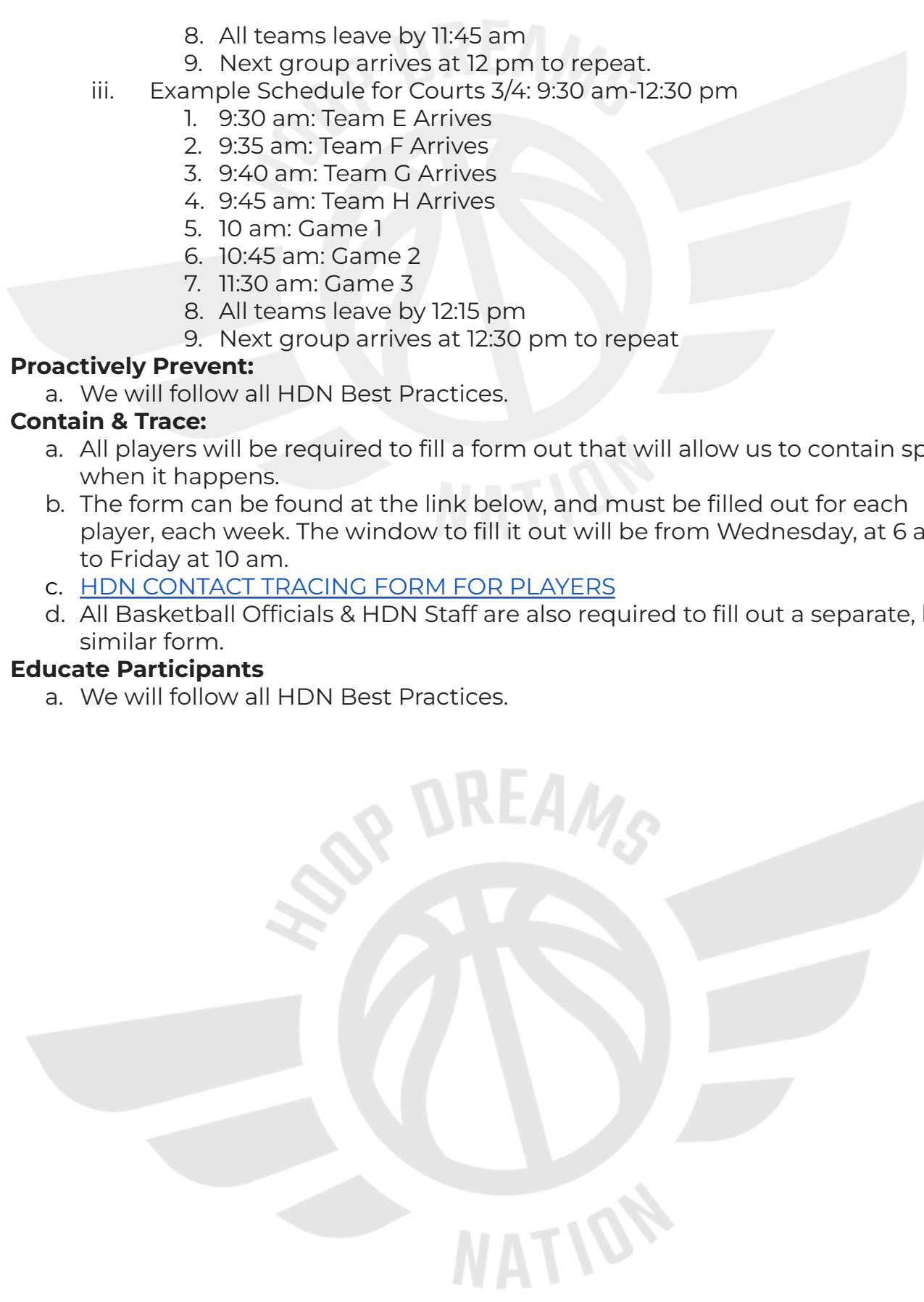
- a. Organized by gender & grade level
- b. Each Group will be a maximum of 22 people
 - i. 4 teams of 5 PEOPLE maximum (could be 4 players and a coach, or 5 players)
 - ii. 2 basketball officials
- c. Spectators will NOT be allowed for June events.

2. Reduce Exposure to Respiratory Droplets & Aerosols:

- a. All officials will use electronic whistles.
- b. Games will be played outside, in a half court, 3x3 format.
- c. All staff, officials, players, and coaches must wear a mask upon arrival until they get to their assigned team area and begin the physical activity.

3. Reduce Physical Interactions

- a. All HDN best practices for Objective #3: Reduce Interactions will be followed. Please see Figure A below for the set up for Colorado Springs & Figure B for the Sport Stable.
- b. Barriers will be in place to ensure groups are not interacting with each other.
- c. Flow of traffic will be clearly marked.
- d. A distance of 6 feet will be marked off for team areas and check in areas.
- e. Schedule Structure:
 - i. Groups will be scheduled for a 3 hour period to play all three games (each are 25 minutes long).
 - ii. Example Schedule for Courts 1/2: 9 am-12 pm
 - 1. 9 am: Team A Arrives
 - 2. 9:05 am: Team B Arrives
 - 3. 9:10 am: Team C Arrives
 - 4. 9:15 am: Team D Arrives
 - 5. 9:30 am: Game 1
 - 6. 10:15 am: Game 2
 - 7. 11 am: Game 3

- 
8. All teams leave by 11:45 am
9. Next group arrives at 12 pm to repeat.
- iii. Example Schedule for Courts 3/4: 9:30 am-12:30 pm
1. 9:30 am: Team E Arrives
 2. 9:35 am: Team F Arrives
 3. 9:40 am: Team G Arrives
 4. 9:45 am: Team H Arrives
 5. 10 am: Game 1
 6. 10:45 am: Game 2
 7. 11:30 am: Game 3
 8. All teams leave by 12:15 pm
 9. Next group arrives at 12:30 pm to repeat

4. Proactively Prevent:

- a. We will follow all HDN Best Practices.

5. Contain & Trace:

- a. All players will be required to fill a form out that will allow us to contain spread when it happens.
- b. The form can be found at the link below, and must be filled out for each player, each week. The window to fill it out will be from Wednesday, at 6 am, to Friday at 10 am.
- c. [HDN CONTACT TRACING FORM FOR PLAYERS](#)
- d. All Basketball Officials & HDN Staff are also required to fill out a separate, but similar form.

6. Educate Participants

- a. We will follow all HDN Best Practices.

FIGURE A: Court Set Up For Colorado Springs

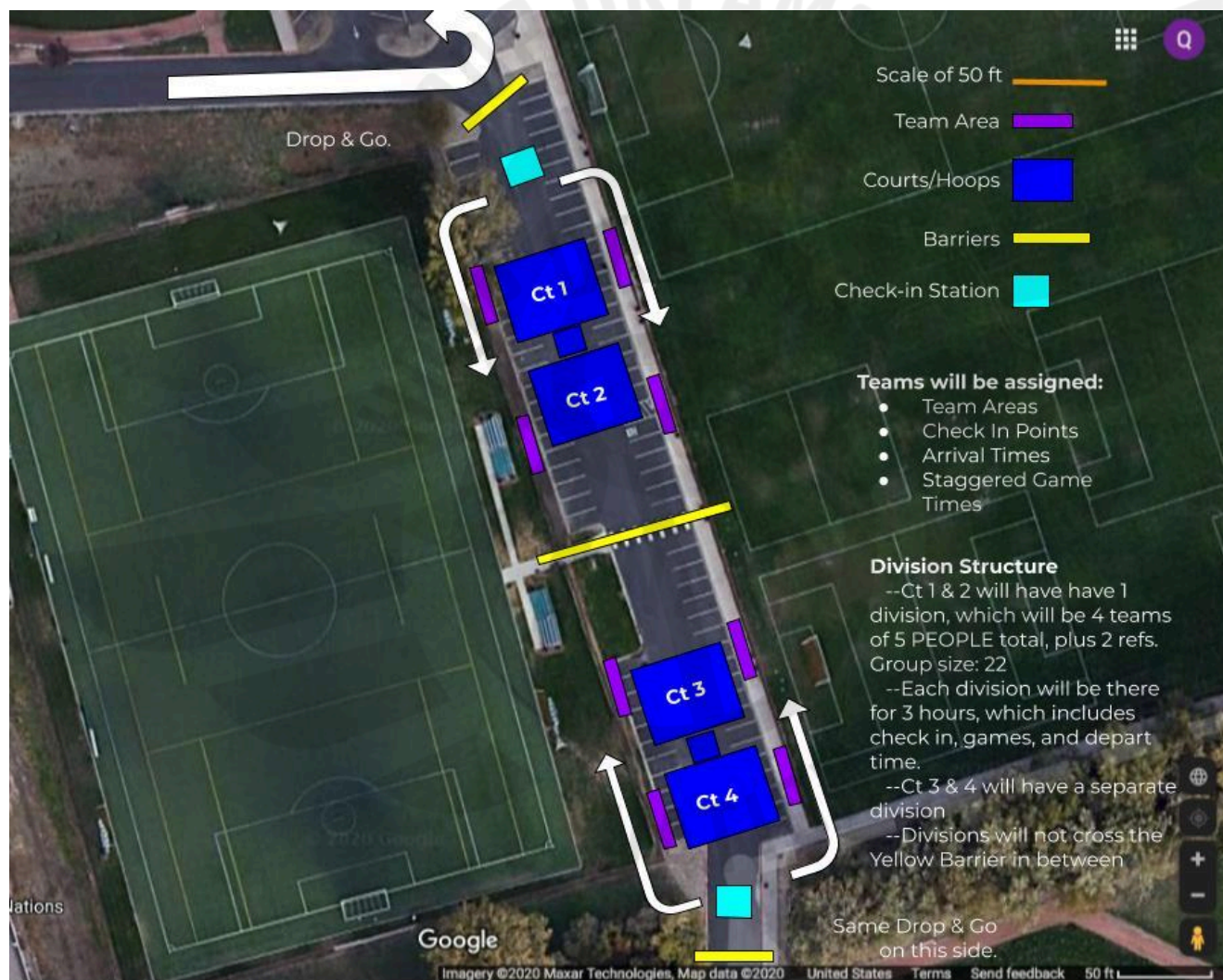


FIGURE B: Court Set Up For Sport Stable

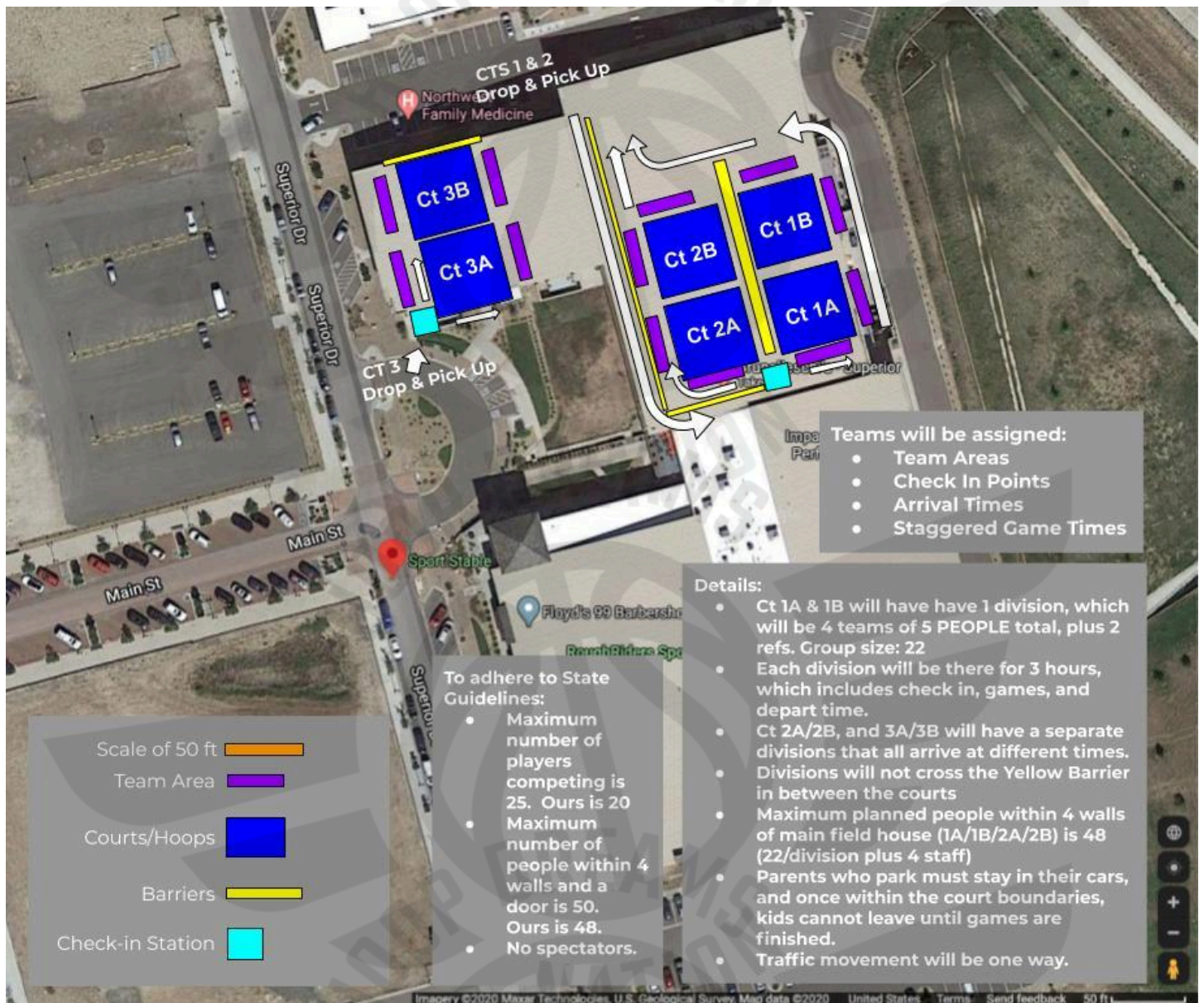
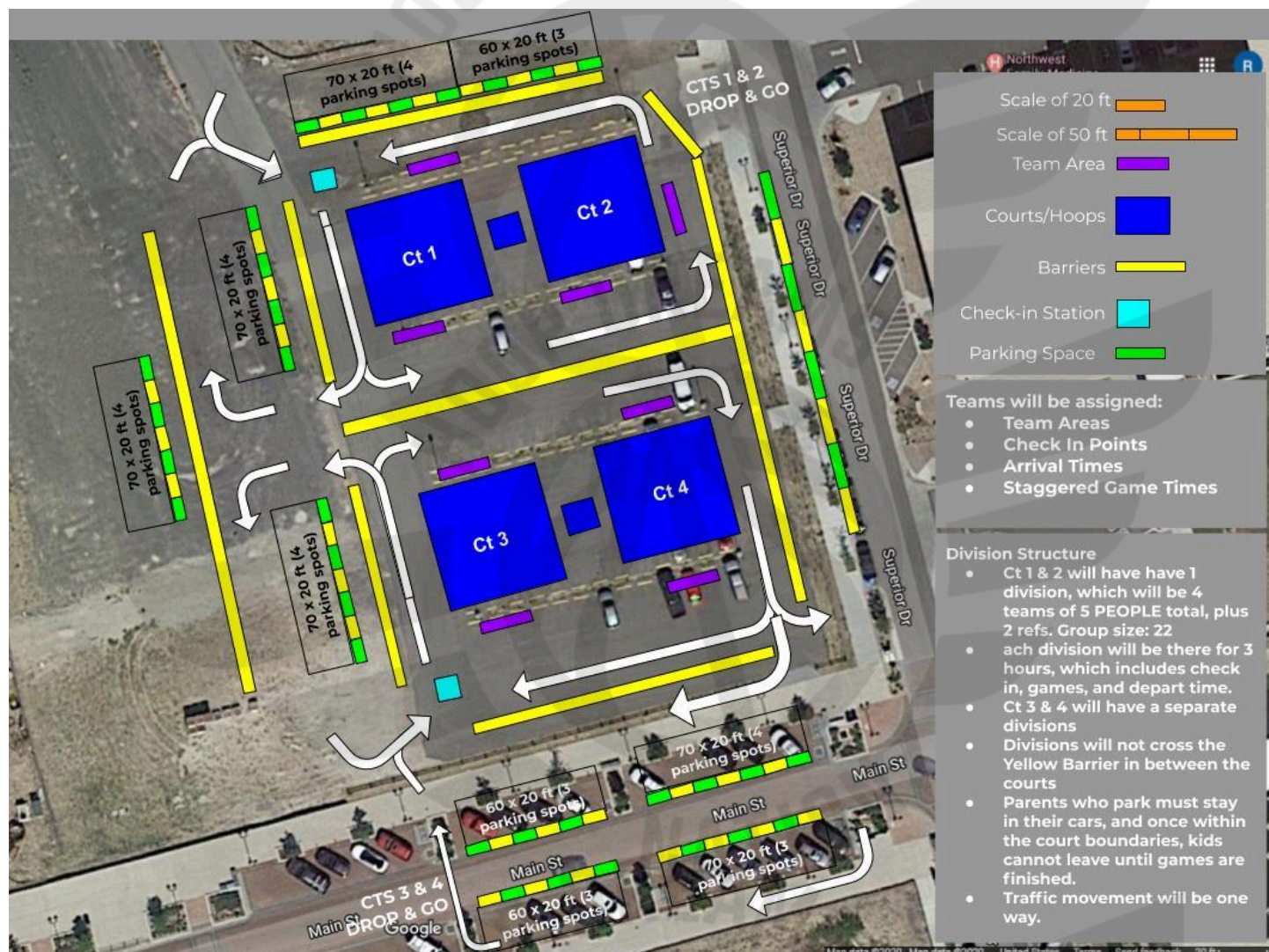


FIGURE C: Court Set Up OUTSIDE with Spectators in Cars

This set-up will not be utilized unless it is necessary to hold events outside at the Sport Stable



Our specific plan for 5x5 games will be outlined by July 1st, 2020. We do know that we will not be able to operate 5x5 games until the following:

- A minimum of 60 people within 4 walls and a door are allowed inside.
 - 4 teams of 10 players: 40 total
 - 3 adults (2 coaches and score keeper) for each team: 12 total
 - 4 officials: 4 total
 - 2 HDN Staff Members: 2 total
 - Total Group Size: 58 within 4 walls.
- A minimum of 40 players can participate in games against each other. This would amount to 10 players for 4 teams in a division/group

We will not have spectators at 5x5 games until:

- Group size within 4 walls is at least 100: 58 for players, coaches, refs, staff, plus 1 person per player (an additional 40 people).
- Spectators will be required to wear masks and will need to bring their own chairs.