

**FBC, Hot Springs 2021 Upward Basketball CAMPS  
Procedures and Protocols to Minimize Spread of COVID-19**

December 13, 2020

1. We will follow COVID-19 safety and sanitizing protocols, for example but not all-inclusive,
  - a. We will have a staggered entrance. No entry into the facility until families are called in.
  - b. Masks and COVID-19 waivers are required before entry into the FBC FLC.
  - c. COVID-19 screening of all personnel before entry, including temperature checks for everyone.
  - d. All persons are required to wear masks properly while in the FLC. Players can remove their masks while actively participating in the practice or scrimmage.
  - e. All persons will be required to maintain the required minimum 6-foot social distancing.
  - f. We will maintain small groups (max of 2 teams with 8 players max/2 coaches per team)
  - g. We will limit spectator attendance based on crowd protocols (2 persons max per camper)
  - h. Teams and spectators are expected to stay on their designated court to reduce widespread interactions with other teams. You are welcome to visit with each other outside of the facility. Please use facemasks and social distancing if you visit with others outside the facility.
  - i. We will limit touching common items (each player gets their own ball for practice; teams receive a sanitized game ball for scrimmage).
  - j. We will provide multiple hand sanitizer stations.
  - k. Players and spectators need to bring their own water bottles, towels.
  - l. We will not provide snacks or foods in the FLC this season.
  - m. We will provide coaches with electronic whistles to use during practice and scrimmages.
  - n. Coaches will officiate and coach during their team scrimmages.
  - o. We will collect, clean, and store player/team basketballs each week. Players will take their ball home on February 6.
  - p. We will sanitize (fogging) before and after team practices/scrimmages (includes court, high touch areas, bathrooms).
  - q. We will enforce prompt exiting to allow proper cleaning before the next teams enter.
  
2. We will follow the quarantine guidelines established by the Arkansas Department of Health and our First Baptist Church COVID Response Team, specifically:
  - a. **Anyone (a player, coach, Upward staff, or family member of any of these) who receives a positive test OR is a close contact to a person with COVID-19 is not allowed to return to Upward until their quarantine period has expired.**

*“Quarantine is an important way to stop the spread of COVID-19. It means staying home and away from others **after you have been exposed to the virus that causes COVID-19.***

***If you are a close contact to a person with COVID-19,** you need to quarantine for a period from the time of the exposure. Close contact, generally, means you were within 6 feet of the person for at least 15 minutes total while they were infectious. COVID-19 patients are considered infectious two days before their symptoms started, or two days before their positive test if they do not develop symptoms. All close contacts should get tested for COVID-19 at least five (5) days after the last exposure to the positive person.*

*If you are a close contact, you need to quarantine even if you don't feel sick and even if you have received a negative test.*

#### **LENGTH OF QUARANTINE**

*The incubation period of the virus that causes COVID-19 is up to 14 days. Therefore, the safest quarantine period would last **14 days** from the most recent exposure to the positive patient.*

*In accordance with new CDC guidelines, quarantine can end after **10 days** without testing if no symptoms have occurred. Or, it can end after **7 days** if no symptoms have occurred **and** a test returned a negative result. Note that the test sample must have been collected at least 5 days after exposure. Send-off PCR tests are preferred, but rapid PCR or antigen tests are acceptable.*

*If you are exposed again during quarantine, the period must start over again. If you develop symptoms or test positive for COVID-19 during the quarantine period, you must follow the instructions for isolating yourself.”*

***([www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-self-home-quarantine](http://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-self-home-quarantine))***

- b. Anyone who must quarantine must also inform Wallace Yamauchi as soon as possible so we can take the necessary actions regarding a positive COVID-19 test.

We will update these procedures as necessary. Thank you for your cooperation and understanding.

**Wallace**  
**wallace@firsthotsprings.com**