



## COVID Guidelines:

Rocky Mountain Fever Basketball Club has a responsibility to provide a safe environment and to protect our players, their families, and our coaches from known dangers; COVID-19 poses such a threat, and thus Rocky Mountain Fever must take reasonable measures to minimize the threat of infection to players, coaches, and families whenever possible.

## Health and Safety Guidelines

- All practices and training sessions will be optional. Rocky Mountain Fever is sensitive to families who are not comfortable participating in Fever activities at this time. No players or parents should be pressured by their coach to return to practice before they are comfortable and willing to assume the risk of participation in Fever activities.
- If you or a member of your household is in a high risk category, we strongly recommend you assess your personal situation and weigh the increased risk of exposure before attending a Fever activity and/or wait until a later date to begin in-person training and practices. Please consult with your doctor or health professionals if you have questions.
- All families **will be required to sign** a COVID-19 waiver release form prior to participating in any Fever activities this season.
- If anyone in your household has been in close contact with anyone over the last 14 days who has tested positive for COVID-19 or who is suspected to have COVID-19, your child will be restricted from participating in Fever activities for 10 days since the last exposure. Close contact is defined by public health officials as being less than 6 feet from a person for more than 10 minutes.
- If your child is showing any cold or flu-like systems, **do not attend** practices, training sessions, or tournaments/games. Ultimately we need the help of parents to ensure the athletes attending Fever activities are not showing symptoms of illness. Symptoms that would prevent a player from participating may include (but are not limited to) the following:
  - Fever
  - Cough
  - Sore throat
  - Body aches
  - Fatigue
  - Chest tightness
  - Shortness of breath
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - Bluish lips or face

Symptoms, especially early on, may be mild and feel like a common cold. Early symptoms could include a combination of the symptoms noted above. Some people may not develop fever or fever may not appear until several days into the illness.

- As players arrive at practice, Fever coaches will ask players if they feel ill in any way. If players respond that they are feeling ill in any way, the coach will send the player home. Fever coaches reserve the right to deny participation at a Fever activity if they believe the health and well being of their team, parents, and coaches is at risk.
- Fever has purchased thermometers for each team. Your child's temperature will be taken when he arrives at practice. Players with a temperature above 100.3 will not be allowed to participate and will be asked to go home.
- Coaches will be required to document the temperature of players when it is taken and to record attendance at each practice to aid in contact tracing if necessary.
  - If a player has been checked and it is determined he has a fever, families should check with a doctor and/or telehealth professional to assess when it is safe for your child to return to participate. Generally the accepted guidelines are:
  - He has had no fever for at least three (3) days without taking medication to reduce fever during that time; AND
  - Any respiratory symptoms (cough and shortness of breath) have improved; AND
  - At least ten (10) days have passed since any symptoms have began



BASKETBALL

- A player may continue participation earlier if a doctor confirms the cause of the player's fever or other symptoms is not COVID-19 and releases the player to return to participation.
- If you have questions about your child's health as it relates to their ability to participate in Fever activities, seek guidance from your doctor or other health professional.

## Practice/Training Guidelines

- Players will be required to wear a face covering when entering the facility and at all times except when a face covering inhibits the participants ability to participate in the activity.
- **Players are required to bring their own basketballs to practice. Fever will not provide basketballs at practice until further notice.** Although it is possible players may touch a basketball that is not their own, we will try to limit the amount of contact with equipment that does not belong to the player.
- **Players must bring their own water/beverage to consume during or after practice.** Players will not be permitted to drink from another player's bottle nor will they be allowed to use drinking fountains.
- **Players must bring their own snacks to consume during and after practice.** No shared/communal snacks.
- Coaches will try to ensuring social distancing between players as much as possible. Additional spacing will be provided between participants when waiting to participate in a drill or exercise. There will be no congregating of players while waiting to participate in a drill or exercise.
- Per current State of Colorado orders, Parents must remain in their cars, drop-off participants, or follow all social distancing requirements if observing practice. Parents will not be allowed to observe practices at some of the facilities we use.
- If parents are allowed in facilities to observe practice, you will be asked to follow all social distancing requirements. Please be sensitive to spacing with other parents when attending Fever activities. Some of our parents may be more sensitive and/or may have conditions that require they maintain greater distance from other parents and children.
- At the start and conclusion of practice, all players will be required to wash hands and/or use hand sanitizer or sanitizing wipes to clean hands.
- Player's equipment (backpacks, bags, water bottles, street shoes, etc) should be lined up at least 6 feet apart.
- Any equipment that is used by Fever staff will be properly cleaned and disinfected.

## Tournament/League Guidelines

Rocky Mountain Fever will follow guidelines set by tournament and league organizers. Requirements may include mandatory use of facemasks by players, coaches and spectators, limited or no admission of spectators, temperature checks, and mandatory use of hand sanitizer before, during, and after games. Requirements may be different from tournament to tournament and may change as health and safety guidelines from our state and local health departments change.

If a COVID-19 case is reported and/or there is an outbreak on a team, all cases will be reported to:

Larimer County Health Department  
1525 Blue Spruce Drive  
Fort Collins, CO 80524  
970-498-6700

**Thank you for your commitment to the safety and wellbeing of our players, coaches, and all Fever families.**

## Additional resources:

**How to isolate instructions:** <https://covid19.colorado.gov/how-to-isolate>

**CDC What to Do If You Are Sick:** <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

**Larimer County Health Dept. COVID-19 site:** <https://www.larimer.org/health/communicable-disease/coronavirus-covid-19>