

**UPWARD BASKETBALL AT CHRIST CHURCH  
HEALTH AND SAFETY POLICIES FOR 2021-2022 SEASON**

In order to keep everyone safe, particularly children who are ineligible for vaccination, the following rules are adapted for participants, parents, and volunteers in the Christ Church Upwards Basketball program:

1. All persons entering the facility are expected to self-screen for any of the common symptoms of Covid-19 exposure, including, but limited to: fever over 100.4 degree or chills, cough, shortness of breath, fatigue, muscle or body aches, loss of taste or smell, congestion or runny nose, or known close contact with any who have been confirmed to have Covid-19. By entering the building, individuals certify that they are free of such signs or symptoms. Those exhibiting such symptoms will be asked to leave.

2. Participants, including coaches, players, referees and volunteers, are asked to wear face coverings while interacting with our children and others. Players and referees may remove their masks while actively engaged in a practice or game; coaches may remove their masks as necessary.

3. Spectators, including parents, are encouraged to wear masks and to maintain appropriate social distance between themselves and others who are not a part of their families.

4. To minimize exposure, team sizes are limited to eight players or less and additional time is scheduled between practice and game sessions. Players are asked to bring and use their own water bottles, each of which shall have a lid or cap. Common practice jerseys will not be used. All appropriate cleaning and health protocols shall be followed, including disinfecting basketballs and making hand sanitizers and other disinfectants available throughout the facility.

5. Individuals who are diagnosed with Covid-19 may not return to league activities until all three of the following criteria are met: (a) At least 10 days have passed since symptoms appeared, AND (b) at least 24 hours have passed with no fever without fever-reducing medication, AND, (c) other symptoms of Covid-19 are improving.

6. Individuals who have been required to quarantine due to contact with positive Covid-19 individuals may not return to league activities until one of the following criteria are met: (a) At least 10 days have passed from the last day of exposure to the Covid-19 case, OR (b) At least 5 days have passed since a negative FDA approved PCR Covid-19 test result; tests should be administered on day five or later after the last exposure.

7. Individuals experiencing symptoms that could be Covid-19 may continue to participate if they have obtained a negative FDA approved PCR Covid-19 test and at least 24 hours have passed since the onset of symptoms, OR they have a note from a physician indicating an alternative diagnosis.

8. Players, coaches, referees or volunteers with a confirmed case of Covid-19 should notify the Upward Leadership Team which will notify parents or guardians of any who have had a possible exposure to that individual.

9. The Upward Leadership Team reserves the right to temporarily suspend an individual or team from participating in practices or games, or to adjust these policies, if circumstances warrant. Games will be rescheduled as possible.

### RELEASE FORM

As the parent or guardian of \_\_\_\_\_, I/we acknowledge these policies and agree to abide by them. Though Christ Church will make every effort to protect everyone involved in the program from contracting communicable diseases including Covid-19, I/we also acknowledge that some risks may still remain of doing so, and we knowingly and freely assume such risks, known and unknown.

I/we hereby release and hold harmless Christ Church and Upwards Basketball, their officers, agents, and/or employees, other participants, and sponsoring agencies with respect to any and all illness, disability, death, or loss or damage to person, whether arising from the negligence of releasees or otherwise, to the fullest extent of the law.

I/we acknowledge that this policy is a supplement to any existing policies adopted by Christ Church and, in the event that a church policy is more restrictive than this policy, the church policy will control.

**I/WE HAVE READ THESE POLICIES AND AGREE TO ABIDE BY THEM, AND I/WE FULLY UNDERSTAND THIS RELEASE AND RISK AGREEMENT, AND SUBMIT TO ITS TERMS.**

\_\_\_\_\_

Signature of parents/guardians

\_\_\_\_\_

\_\_\_\_\_

Date