

Covid Update for Athletics

Home Basketball Games During Distance Learning

During the brief Distance Learning period prior to Christmas break, the Floodwood Varsity Basketball teams will still be participating in practice and games. We are focused on providing safe and healthy opportunities and experiences for the students and adults who participate in our activities and keeping all participants (students, coaches, officials and others) healthy is critical and important. We ask that all participants adhere to the following requirements and recommendations in order to make this experience as positive as possible and protect our student-athletes, our opponents, coaches, officials and spectators.

COVID positive

- Individuals who test positive for COVID-19 cannot participate in interscholastic in-person competition until all three of these things are true:
 - They have had no fever for at least 24 hours, without using medicine that lowers fever, and,
 - It has been at least 10 days since they first experienced symptoms or tested positive, and,
 - The symptoms of cough, shortness of breath, or other symptoms are better.
- (Day 1 is the earlier of the first day of symptoms or the day of the test. Student is eligible for competition on Day 11 if all three conditions have been met.)

Masks

- Masks must be worn on any public transportation including school transportation.
- Universal indoor masking for all students, staff, teachers, and visitors to K-12 schools, regardless of vaccination status is strongly recommended.
- Masks/face coverings are strongly recommended and encouraged in activities when individuals are not active in participation or competition.
- The wearing of masks indoors is also of great benefit in limiting the spread of other respiratory infections.

Physical Distancing

- Maintain at least six feet of distance between people whenever possible and limit the amount of time of possible exposure to another individual. This includes participants, coaches, and spectators.

Cohorts/Pods

- Keeping participants in smaller pods that practice and compete together is recommended.

General Hygiene Practices

- Promote regular handwashing and/or use of hand sanitizer.
- Participants should use individual water bottles.
- Clean equipment and uniforms consistently and frequently.
- When showers are not available for post-practice or post-competition, the use of soap and water wipes is strongly recommended as an alternative. This is especially important when physical contact has been part of practice or competition.

Interscholastic scrimmages/competitions:

- Spectators should be separated from the playing surface. The recommended distance is 12 feet. In Floodwood, we will have the fans sit on the north side of the gym and the players and coaches on the south side of the gym.
- Spectators should not be on the playing surface until the officials and teams have left the court.