



August 31, 2020

#### LSC Covid-19 Re-Opening Rules and Regulations

As we prepare to come back the LSC courts, we must keep in mind that creating a healthy environment for our participants is first and foremost. We are excited to have the kids back in the gym but are taking seriously precautions to open our operations and facility back up to the public.

There is a new normal every day and it changes swiftly. Once we know of a change we will communicate that with you via social media and email. Since our industry is one where we come into contact with each other in closed space we need to take all precautionary measures to adequately protect our participants. As the new normal changes we will adjust, when you are ready to come back, we will be here ready for you.

We cannot thank you enough for your calls, text and emails of such great support during these trying times. Your positive interactions and communications is what kept us going to know that we will make it through this and we will be back and here we are! Thank you

Please see the next page for the new protocols and procedures for the Ladera Sports Center



**\*The following pertains to athletes and staff who are in a good state of health (not been sick or run a fever in the last 14 days), have not been exposed to COVID-19 in the last 14 days, have been diligently self-isolating and social distancing, and are not currently identified in a contact tracing situation.**

**If you and your family are not comfortable at this time to return we completely understand and will be here when you are ready.**

**New Summer Hours of Operation- 2pm-9pm Monday-Friday (Practices, Workouts and Small Groups only, No Games or Competitions at this time)**

**LIMITED ACCESS:**

In an effort to limit touch points, certain areas of the Ladera Sports Center will remain closed:

- A. Parents/Guests will not be permitted inside the gym under any circumstances.
- B. The following areas will be closed during initial reopening:
  - 1. Upstairs Concourse areas
  - 2. All Star Café
  - 3. No water fountain access
  - 4. 1<sup>st</sup> Floor Restrooms

**ENTRY GUIDELINES:**

- 1. **PARKING** – parents will drop off kids at the curb with the following:
  - a. Personal bag or backpack,
  - b. their own water,
  - c. **And wearing a face covering.**
- 2. If athletes are not ready to step on the court and train, they must stay in their cars or in the parking lot and get ready before entering the facility. Parents please wait at the curb while your child is checked in before entry
- 3. **DESIGNATED GYM ENTRANCE** – Stanchions will be set up for guiding players one way in and one way out to courts and entrances and exits. Groups are staggered to limit number of players entering and exiting the facility at a time.
  - a. **Requirements before entering** –
    - i. **COVID 19 waiver must be signed, no exceptions**
    - ii. All Athletes and Staff will have their temperature checked. If they are running a fever of 100.0 or higher, they must wait 10 minutes to be checked again. If they are still running a fever, they will not be permitted in the gym.



- iii. Athletes must use hand sanitizer prior to entering the gym
  - iv. Athletes and coaches must have face coverings on at all times while in the gym; *the only exception will be when athletes start their training, coach must wear face coverings during training*
4. **DESIGNATED GYM EXIT** – all must exit through their designated door and proceed immediately to the curb to be picked up or wait in the parking lot, *practicing social distancing and wearing face coverings.*

#### **TRAINING:**

1. **INITIAL COURT CAPACITY** – PHASE ONE: a maximum of 10 athletes and 1 coach allowed on each half court at a time; absolutely no movement from court to court to limit touch points and contact tracing; this number will gradually increase as restrictions relax
2. **All Court Dividers will be placed Down at ALL TIMES.**
3. **BREAKS** – Athletes will have limited water breaks, the water fountain may NOT be used; and athletes are encouraged to refrain from using the restrooms unless absolutely necessary
4. **COURT INTERACTION** – athletes and coaches are discouraged from close contact through barrier nets with other athletes and coaches to help limit contact tracing
5. **HAND WASHING** – athletes are expected to use the provided hand sanitizer on every court regularly; should you need to cough or sneeze, cover your nose and mouth then thoroughly wash your hands and arms
6. **No Handshakes and High Fives** will be allowed from player to player or player to coach.
7. **Bathrooms**- 1 Person at a time in each bathroom.

#### **FACILITY AND HEALTH:**

1. **PERSONAL PROTECTIVE EQUIPMENT** –
  - a. ***athletes will not be required to wear face coverings or gloves during training unless they prefer to***, however will be expected to practice social distancing when applicable in training and limit touch points to their designated court and balls. When not training, athletes are required to wear face coverings
  - b. Coaching staff will be required to wear face coverings at all times while in the facility conducting training or interacting with other staff and athletes.



- c. Staff are also expected to continue to practice social distancing and wash their hands or use hand sanitizer between each training session

**ENHANCED CLEANING PROCEDURES:**

1. **FACILITY** – in addition to a thorough cleaning and disinfecting daily, the facility will adhere to the following procedures to help limit the spread of viruses and bacteria:
  - a. **EQUIPMENT** – balls, court floors will be disinfected at the end of the day
  - b. **AIR/DOORS** – for maximum air distribution, AC Units will be running
    - i. Lack of air flow is a serious factor in contracting COVID 19. By keeping air constantly moving through the facility particles in the air are dispersed quickly and efficiently
  - d. **RESTROOMS** – All Restrooms will be cleaned regularly throughout the day
  - c. **HIGH CONTACT POINTS** – check in, courts, hand sanitizers, benches, etc. will be disinfected regularly

**WHAT TO DO IF YOU BECOME INFECTED WITH CORONAVIRUS:**

1. Stay home! Except for getting medical care, you should not leave your house.
2. Notify Ladera Sports Center immediately so that we take the following precautions:
  - a. Membership will be notified
  - b. Facility will close immediately, and professional cleaning crew will come in and disinfect the building and equipment
3. Follow the proper protocols set by the CDC before leaving your quarantine. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with your healthcare provider, and in accordance with state and local guidelines.