

UPBasketball Plan & Safety Guidelines



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Welcome

Dear UPB Families,

We hope that your families are staying safe and healthy during this uncertain time. We understand that this has been a troubling time and we are working towards figuring out a new normal. We have missed you all and cannot wait for you to be back in the gym!

We have set in place safety guidelines to keep our clients and trainers as safe as possible. We have new procedural changes that will be implemented into our day to day operations that align with California's re-opening guidelines.

We ask that you wash your hands before and after every session, bring your own balls, maintain a 6-foot distance, avoid hi-fives or handshakes and you will not be permitted to come in if you have any COVID-19 related symptoms.

Be well and stay healthy and we cannot wait to see you back in the gym!

The UPBasketball Team

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Opening Guidelines

SAN MATEO COUNTY GUIDELINES

Our team is working hard to create a safe and clean space for children to learn and grow during this tough time. We ask you to please have patience as we implement rules that are required by San Mateo County. We have spoken with County Health Representatives as recent as 7/9 to make sure we are in compliance, so your athletes can return safety.

	STATE REQUIREMENTS	UPBASKETBALL REQUIREMENTS
GROUPS	Stable Groups of 12 or Fewer	Private training and stable small groups only
STAFF TO CHILD RATIO	6:1	6:1
INTERMINGLING	No intermingling of groups	No intermingling of groups
CAPACITY	Not Allowed to Operate at 100% Capacity	No large group training allowed only privates and small groups
FACE MASKS	Must wear when difficult to maintain compliance with Social Distancing Requirements.	Masks must be worn upon entering and exiting the building and if there is a situation where someone cannot maintain 6 ft distance.

*The County Order requires each person engaged in recreational activity to bring a Face Covering and wear that Face Covering in circumstances where it is difficult to maintain compliance with Social Distancing Requirements (i.e. staying six feet away), and that they carry the Face Covering in a readily accessible location, such as around the person's neck or in a pocket, for such use.

(<https://www.smcgov.org/covid19-face-covering>)

Rules & Safety Procedures

- Social Distancing must be maintained at all times.
 - Athletes and trainers will maintain a 6ft distance.
 - Masks must be worn upon entering and exiting the building and if there is a situation where someone cannot maintain 6 ft distance.
 - Wait in your car until the coach comes out and notifies you it is time for your session.
- Athletes must bring their own ball
- Private training and small group (5 athletes) training only
- No more than 12 athletes in the gym at one time
- Camp capacity 12 or less kids
- No shared equipment
- No parents are allowed in the gym, athletes and trainers only
- Sessions will be 50 minutes instead of 1 hour to make sure that everything gets cleaned and wiped down in between the workouts

Rules & Safety Procedures Continued

- Anyone with a temperature above 100.4 degrees Fahrenheit, a constant cough, runny nose and/or sneezing will be asked not to enter the facility.
- If you have been exposed to someone with a positive COVID test please wait 2 weeks and take a COVID-19 test before entering our facility.
- If you have been diagnosed with or have been in contact with anyone known to be diagnosed with COVID-19 and/or may be showing symptoms, we ask that you please wait two weeks from first contact to attend.
- Before you enter the facilities, your temperature will be checked by one of the staff members.
- Athletes must wait outside until a trainer comes and lets them inside.
- Must bring your own basketball (if you do not OWN a basketball, we will provide one, and it will be wiped down before and after every workout).
- No backpacks, hoodies, outside shoes, or any other equipment will be allowed into the facility.
- Only reusable water bottles and phones are allowed in the gym, unless for health reasons (inhalers, EpiPen, insulin, medication, etc.)
- The water fountain is off limits, except for the bottle refill.

Safety Procedures



Please bring your own ball



Please wash your hands before and after every in-person session.



Parents are not allowed in the gym.



Players must bring their own water bottles.



Maintain a minimum of 6-foot distance from one another.



No high-fives or handshakes.



Do not enter the premises if you have a cough or fever, or any COVID-19 symptoms.



Face masks must be worn at all times except during workouts.

Required

Wait in your car until your coach comes out and notifies you it is time for your session.

Players must come in the gym ready to go and cannot bring in gym bags.

Sanitation Steps and Procedure

Before and During Workout

- Wait for a staff member to let you inside of the gym
- Wash hands with provided hand sanitizer or soap and water
- Please have your water bottle filled up
- Athletes rebound their own ball, coaches stay 6 feet away
- No outside shoes are allowed in the gym
- Wipe down your basketball before and after every workout
- No handshakes, high fives or fist bumps

After Workout

- No handshakes, high fives or fist bumps
- Wash hands with provided hand sanitizer or soap provided
- Grab your belongings (water bottles, phones, basketballs)
- Check-out with a trainer
- We ask that you please disinfect your own equipment after your training. We will have cleaning products ready for you so you can quickly wipe things down.
- After you wipe down your equipment please grab your things and leave the gym.



Thank You!

Thank you for your continued support. Our goal at UPBasketball is to always provide a safe space for athletes to learn and be challenged. Thank you for choosing to train with us!

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