



## Windy City Fieldhouse's Windy City Sports Academy (WCSA): Covid-19 Enhanced Procedures Phase IV

### **Colors and Numbers System - Zones and Permissible Equipment**

All training and sports classes will be utilizing a color and numbers system. We will use colored disc cones to clearly lay out the boundaries and space. Only one (1) participant may be inside a color zone at a time. Players may rotate zones simultaneously if the class will be using stations.

#### ***Main Focus Points:***

- Masks will be required at all times when feasibly possible. Breaks will be given where players will be socially distanced and may remove the masks for brief stretches.
- Personal belongings/equipment stations have been marked on the activity area for kids to put their stuff when they arrive.
- One (1) player per zone when doing drills
- Players will be given their own equipment to be used in the class
- If equipment is needed to be shared for specific drills, it will be under strict supervision by coach.
- Limited contact games will be allowed. Games will be limited to 8-10 minutes with hand washing breaks scheduled after all contact games.
- Players may bring their own ball but must have their First and Last name clearly visible.
- Any equipment used must be cleaned after class is dismissed.
- Class times have been shifted to allow at least 10 minutes between classes using the same area.

### **Parents**

Parents are a vital part of the sporting experience. Due to the nature and restrictions necessary to run programming, we will need to restrict Parent access. The following policy enhancements will be required for participants in our classes:

- Players ages five and under MUST have ONE parent/ guardian attend class with them. This limits the number of participants for this age group to eight (8) per class.
- Players ages six and older MUST have parent wait in their cars until 5 min before class end time. They will not be allowed to enter WCF. Parents will wait outside at front of facility for pickup. Details for Check-in and out are provided below.
- Parents will be emailed all protocols and policies prior to the start of classes.

### **Class Size, Coach Protocol, Check In Procedure, and Dismissal**

Classes will permit no more than 15 participants on the court at any given time. The standard class formation will have colored zones on each side of activity area, with the coach centered between zones. A walkway will also be created that ensures coaches and players can easily get on and off the court without walking through a zone.

## ***Coaches***

Coaches must abide by the following measures in order to run a class:

- Must be a certified Head Coach with Windy City Sports Academy.
- Must have their temperature taken before and after conducting a class.
- Must wear masks at all times, social distance at all times, and adhere to all company protocols here-within. Masks may be temporarily removed if taking a break and/or needing to give instructions better for the players to hear/understand. If removing their mask, coach will be social distanced from all players.

## ***Impermissible Coaching Activities***

Coaches are not permitted to do the following activities during class:

- Group water breaks, group bathroom breaks, or any game requiring players to be within six (6) feet of one another for a prolonged amount of time. Limited Scrimmaging will be allowed.
- Always follow the demonstrate, evaluate, educate training model.
- No additional physical contact of any kind. Hi-Fives and Fist Bumps are banned. (Minimal incidental contact may incur during game play)
  - Suitable Replacements: Dean Smith Point, Exploding Firework, Tiger Fist
- Group Clean up – players may only use the balls and equipment assigned to them.

## ***Starting Class and Check-In***

Coaches will be required to place cones/ spots at the entrance of the gym to ensure players do not enter the gym prematurely, and players remain six (6) feet apart upon arrival. Upon check-in, player will receive the following information and be required to do the following actions:

- Coach will take child's attendance, temperature and provide them with their zone for the day.
- After check-in the player must proceed directly to their area where they will wait for further instructions.
- Once all players are checked-in, class will begin
- Coaches will always begin with stretching and stationary warm up to permit players to acclimate to their surroundings, and the coach will go over protocol TWICE to ensure players understand the rules and how to respectfully social distance throughout class.
- Players will not make physical contact with anyone, except potentially during game play.
  - No hi-fives, no hands in, no group get togethers or circle ups.

## ***Dismissal and Cleaning Procedure***

For all classes, coaches will perform dismissal at the exit of the facility. Players will be checked out one at a time to meet their parents waiting outside the front door of the facility while observing social distancing. The dismissal process must be performed within ten (10) minutes.

- All used equipment will be disinfected with an approved solution recommended by CDC.
- Check in for any subsequent class will not begin until all equipment and activity area is clean and ready.