



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

What to Expect at Winter Basketball?

As we begin our Youth Sports program, we have implemented additional safety procedures for the health and safety of youth development participants, volunteers, and staff.

- Winter basketball will consist of an 8-game season with a post season tournament. League format is 5v5. If participation numbers do not allow 5v5, 3v3 format will be used.
- All athletes, volunteers, and staff will check in at a predetermined table outside the gym where every child's, volunteer, and staff member's temperature will be taken with a No Contact Infrared Forehead Thermometer and a wristband will be provided once this is complete. No one should attend practice or a game if not feeling well, has a fever, currently under quarantine, or has been in contact with someone with COVID-19 in the last 14 days. Personal health and safety are the responsibility of all players, volunteers and spectators.
- Children and staff with a 100-degree temp or the below health and safety questions answered yes will not be allowed to stay for the program. Those with a temperature over 100 degrees will not be allowed to return for 3 days at this point there must be a proven improvement in temperature.
- YMCA of Greater Tulsa sports staff as well as Janitorial Staff are routinely cleaning, sanitizing and disinfecting equipment.
- We highly encourage all participants to follow CDC protocols for face coverings as well as the YMCA of Greater Tulsa current facility guidelines on health and safety. YMCA of Greater Tulsa staff will wear face coverings in program areas.
- Please limit the number of personal items that are brought to practices and games.
- During this time there will not be a lost and found. Please ensure that your child is responsible for the necessary items that they bring to practices and games. The limiting of lost and found will result in items that are left not being in the facility the next day.
- Equipment will be sanitized between each practice.
- Basketball equipment will be provided by YMCA, no personal equipment should be brought to practice. Players are discouraged from bringing their personal ball to games and practices.
- Players should not share water bottles and drink containers; we encourage you to bring your own drinks to practices and games.
- YMCA Game Balls will be cleaned routinely during games by Y Staff.
- Avoid having large group team meetings before or after the game where distancing cannot occur.
- Post-game congrats will be given by players in the form of a friendly wave to the opposing team by lining up across from each other after the game.
- The YMCA Youth Sports Pledge will be done with each team spread out along the midline with distancing before all games.
- Winter basketball will consist of an 8-game season with a post season tournament
- Travel to other YMCA locations may be required for games. Practice times will be limited 45 minutes. Game start times will be scheduled for 60 mins or 75 mins depending on

locations. Please do not arrive or enter the facility more than 10 minutes prior to tip off. This will allow teams & spectators to exit and Y staff to clean. When possible, branches will use a communication method to alert teams the gym is ready to enter.

- Ages 3-6 game will consist of 4 quarters lasting five minutes each. Half time will be 5 minutes. Each team will be allowed 2-time outs per half consisting of :30 seconds
- Ages 7 & up will play 2 halves lasting 16 minutes each with a 5-minute half time. Clock will run continuously. Clock only stops during time-outs. Each team will be allowed 2-time outs per half consisting of :30 seconds
- Limited spectator space will be available in the gyms. We ask spectators to practice social distancing. If locations allow, there will be specific entrance and exit locations.
- If a positive COVID-19 test is reported to the YMCA, teams impacted will be notified, while keeping the individual's identity confidential.
- To ensure participant health and safety, as well as enjoyment of our facilities and programs, we will continue to review and update these guidelines regularly to remain in line with federal, state and local guidelines. Please visit our website for up to date information.