

Exeter Parks & Recreation Department



2021 Youth Basketball Skills and Drills

Grades 1-2, 3-4, 5-6, & 7-8

Parent Handbook



This Youth Basketball Skills and Drills parent handbook was created from guidelines found in the Safer at Home 2.0 "Amateur & Youth Sports" document, which was created and reviewed by the New Hampshire Department of Health & Human Services and the Governor's Reopening Task Force. Additional resources and guidance used to create this handbook are from the Centers for Disease Control and Prevention. Throughout this document, you will find our updated policies and procedures, game rules/format, coaches' background consent/release form, EPRD sports waiver and health screening information. For additional information, please visit the Exeter Parks & Recreation website or call our office at 603-773-6151.

Registration

We are currently waiting on approval from the SAU to use gym space at both Lincoln Street and Main Street Schools, therefore, we are only taking registrations to reserve your spot(s) in this year's program at this time. We will know if gym use is approved in December and announce the decision to anyone registered.

Registration for grades 1-8 begins on Monday, November 16th. Registration can be done online, in person, or over the phone. Payment will not be accepted at time of registration. You are reserving your spot at the time of registration. Payment will be accepted **MONDAY, JANUARY 4 THROUGH FRIDAY, JANUARY 8, 2021. If you do not make a payment the week of January 4, 2021, you will lose your spot in the program.** Each family is required to sign this parent handbook, Exeter Parks & Recreation waiver (included in this handbook and on our website), and the SAU16 (ERCSD) waiver (attached in this packet). EPRD waiver can be signed online via Google Forms, see our website for link. **All payments and signed documents must be completed by Friday, January 8, 2021 or you will lose your spot in the program.**

Coaches

Our programs depend on volunteer coaches, especially in the world we live in today. Each team will require at least two coaches. Due to COVID-19, we are experiencing extreme delays in processing background checks, therefore if you are interested in coaching or co-coaching, please fill out and deliver a background check form to the Parks and Recreation office ASAP! You can find background check forms on our website under the Modified Winter Youth Basketball program page, in this document (background consent/release form), or you can email David Tovey, Recreation Coordinator at dtovey@exeternh.gov.

Coaches' responsibilities include, but are not limited to: 1.) Ensuring each child's health screening questionnaire has been completed within 1 hour of practice start time 2.) Complete a self reported health screening questionnaire within 1 hour of practice 3.) Monitoring children's overall health and report any signs of symptoms to the designated gym supervisor and EPRD staff. 4.) Attend training before season starts 5.) Implement adequate breaks for water, hand washing and cleaning/sanitation of shared equipment. 6.) Wear a face mask, covering your nose and mouth, at all times.

Arrival

Parents/guardians will park in either Lincoln Street or Main Street School's designated parking area and walk towards the entrance of the gymnasium (rear of the school buildings), where they will be greeted by one of their coaches for a health screening. Parents/guardians and athletes must wear a face covering upon arrival. Once the health screening is completed, children may enter the school facility **(NEW: PARENTS/GUARDIANS/SPECTATORS ARE NOT ALLOWED TO ENTER FACILITIES FOR PRACTICES/SCRIMMAGES)**. Families must not arrive more than 10 minutes before their scheduled start time. **All coaches, athletes, and staff must wear face masks at all times during the program.** Coaches will be provided with a google form document for their team to record health screening answers. Parents/guardians will also have access to their team's Google Form document to complete their child(ren)'s health screening questions prior to arrival if the parent/guardian cannot drop off their child. Health Screenings should be done in person as much as possible (Note: health screening questions must

be completed within 1 hour of arrival). **No parent(s)/guardian(s) from other teams may drop off your child(ren).**

Health screenings will be done for all staff, athletes or volunteers. Health screenings will include a series of questions. Any person with symptoms, reports they have been in contact with someone suspected or confirmed to have had COVID-19 in the past 14 days, or reports travel risk factors will not be allowed into the program area.

Gym Supervisor

A dedicated, paid staff member will be present at each location for practices/games to monitor health screenings, help with cleaning and sanitation of equipment and distribute first aid supplies when needed. Parks and Recreation staff will assist when needed and to verify policies and procedures are being followed.

Anyone who is interested in applying to become a field supervisor should contact the Parks and Recreation office at 603-773-6151 or email David at dtovey@exeternh.gov.

Program Format

Grades 1-2 coed basketball teams will have no more than 12 players per team. Grade 1-2 basketball is a co-ed basketball program for SAU16 students, which runs from January 18 through February 19, 2021 (Season end date could be extended to accommodate missed practices/scrimmages). This program will play at Main Street School. This will be purely instructional with some play while encouraging kids to enjoy themselves and make new friends. Teams will meet once per week for 1.5 hours. Only one team in the gym per night. First half will be drills/practice and the second half will be intrasquad scrimmages. No spectators allowed in the gymnasium during program hours. Full list of game rules can be found on our website under Winter Programs -> Modified Basketball Grades 1-2.

Grades 3-4, 5-6, & 7-8 Non coed basketball will have no more than 14 players per team. This youth basketball program is for SAU16 students, which runs from January 18 through February 19, 2021 (Season end date could be extended to accommodate missed practices/scrimmages). Program is designed to instruct students in the fundamental aspects of the sport, build and improve on individual skills, while encouraging kids to enjoy themselves and make new friends. Program does not stress competition, but recreation and good sportsmanship. Teams will meet once per week at Lincoln Street School or Main Street School for 1.5 hours. First half will be drills/practice and the second half will be intrasquad scrimmages. Up to 2 teams are allowed in the gym at LSS with a partition at half court, MSS will only have 1 team per night in the gymnasium. No spectators allowed in the gymnasium during program hours. Full list of game rules can be found on our website under Winter Programs -> Boys and Girls Grades 3 & 4 Non Coed Modified Basketball or Boys and Girls Grades 5-8 Modified Basketball.

Each team's arrival and end times will be staggered to ensure social distancing from other teams and coaches. Most games will be played on weeknights. Only students from SAU 16 will be allowed to participate in this year's skills and drills program. Teams will only meet one day per week with intersquad practices and games. This helps cut down on possible transmission within the entire program if COVID-19 is found within one team.

Grades 1-8: Each player must bring their own basketball to their practice. If a player forgets theirs or cannot afford one, a sanitized ball will be provided. Any shared equipment provided by coaches, staff or volunteers will be cleaned and disinfected after use. Uniforms are for players to keep at the end of the season, mouth guards are recommended for grades 3-8.

Adequate break for water and sanitation will be implemented into the program format. No sharing of water bottles and EPRD will not provide water jugs for refilling. Athletes must bring their own water bottle with their name labeled.

Each family is required to sign this parent handbook, Exeter Parks & Recreation waiver (included in this handbook and on our website), and the SAU16 (ERCSD) waiver, also attached in this packet.

Isolation Area

There will be a designated area at MSS or LSS for any athlete, coach, staff or volunteer who begins to display symptoms during a practice or scrimmage. This area will be clearly marked and communicated before the season begins and will be located a safe distance from the program. The isolation area will be cleaned and disinfected after someone with symptoms leaves.



EXETER PARKS & RECREATION

32 COURT STREET • EXETER, NH • 03833 • (603) 773-6151 • www.exeternh.gov



I, _____ (print name) have read and understood the Exeter Parks & Recreation 2021 Skills and Drills Parent Handbook and agree to abide by the policies in this document.

I HAVE READ THIS RELEASE

I HAVE READ THIS RELEASE

____/____/____
date participant's signature

____/____/____
date parent's or guardian's signature
(if participant is legally a minor)



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Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The Town of Exeter Parks and Recreation has created new protocols and put in place preventative measures to reduce the spread of COVID-19; however, EPRD (Exeter Parks and Recreation Department) cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending any program may increase you or your child(ren)s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to, or infected by COVID-19 by attending a EPRD program, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the EPRD program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, EPRD employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself including, but not limited to, personal injury, disability, and death, illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)s attendance at the EPRD program. On my behalf, and on behalf of my child(ren)s, I hereby release, covenant not to sue, discharge, and hold harmless Town of Exeter, Parks and Recreation and, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of EPRD, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any EPRD program.

I HAVE READ THIS RELEASE

I HAVE READ THIS RELEASE

____/____/____
date participant's signature

____/____/____
date parent's or guardian's signature
(if participant is legally a minor)

Background Consent/Release Form (Coaches only)

Applicant's Legal Name (printed)

Social Security Number _____ Date of Birth _____

Applicant's Address

City _____ State _____ Zip _____

I, _____, authorize and give consent for the above named organization to obtain information regarding myself. This includes the following:

- Criminal background records/information
- Sex Offender Registry Checks
- Addresses
- Social Security Verification

I the undersigned, authorize this information to be obtained either in writing or via telephone in connection with my application. Any person, firm or organization providing information or records in accordance with this authorization is released from any and all claims of liability for compliance. Such information will be held in confidence in accordance with the organization's guidelines.

Print Name: _____ Date: _____

Email: _____

Signature: _____

Please return original form to the office at:
32 Court St
Exeter, NH 03833

For Office Use Only

Coach: _____

Season: _____

Employee: _____

Activity: _____

Exeter Region Cooperative School District Waiver

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The Exeter Region Cooperative School District (ERCSD) has created new protocols and put in place preventative measures to reduce the spread of COVID-19; however, ERCSD cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending any program may increase you or your child(ren)s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to, or infected by COVID-19 by attending a ERCSD or affiliates program, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the ERCSD program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, ERCSD employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself including, but not limited to, personal injury, disability, and death, illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)s attendance at the ERCSD or Affiliate program. On my behalf, and on behalf of my child(ren)s, I hereby release, covenant not to sue, discharge, and hold harmless the Exeter Region Cooperative School District, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of ERCSD, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any EPRD program.

I HAVE READ THIS RELEASE

I HAVE READ THIS RELEASE

_____/_____/_____
date participant's signature

_____/_____/_____
date parent's or guardian's signature
(if participant is legally a minor)