



M.A.D.E. Basketball  
Social Distancing Protocols

Thank you for coming to camp or workouts with safety and fun in mind. Please follow the below standards set in place by the CDC and M.A.D.E. Basketball:

When you arrive please go to a cone for check in. Refrain from touching cones. Parents and players remember to arrive 10 minutes prior to the camp or workouts for the safety protocol guidelines speech. This is mandatory.

**Recognize Signs and Symptoms**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

All players will have their temperature checked and acknowledge they have none of these symptoms prior to participating every session.

**Follow Five Steps to Wash Your Hands the Right Way**

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.



Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Players will wash hands at the mid point and end of the camp or workouts. We have supplies for hand washing even though we are outside. Hand Sanitizing will take place at every water break. Players should have hand sanitizer in their bag. MADE will also have some on site. Please make sure your child has a hand towel to wipe their face to avoid. An adult will supervise proper hand washing and players will be staggered when its time to wash their hands

#### **How to use hand sanitizer**

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

#### **Preventing the spread**

While people who are sick or know that they have COVID-19 should isolate at home, COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That’s why it’s important for everyone to practice social distancing (staying at least 6 feet away from other people) and wear cloth face coverings in public settings. Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.

Coaches will wear face covering throughout camps and workouts when talking in close proximity of a players. Wearing face covers for players is not required. It would be difficult to breath and keep them on your face. Our goal is to make sure players understand they importance of spacial awareness and do their best to follow the rules. Its not easy!! Players will work with the same group every session, the usage



of cones to keep the correct distance and staggering drills to lessen interactions is our strategy to keep your child safe.

### **Sharing Objects**

All players are required to use their own personal stuff. NO SHARING. Have a labeled basketball to use during camp. We have a pump for players to use for their basketball if they are flat. Jump ropes will be provided and goes home with the camper after every session. Please sanitize the jump rope handles, wipe down basketball, clean water bottles and come to camp with a new hand towel. Bring the jump rope every session. They will be returned at the completion of the session.

### **Bathrooms**

Due to gym limitations, we are outside and there are not any bathrooms. Please have your child go prior to coming to camp or workouts. The only option is the woods right near the court for emergencies. An adult will have to go close to the area with their back turned to make sure the child is safe from any others people in the area. There is not heavy traffic near any of our courts.

MADE Basketball does have a sexual abuse and molestation policies in place to protect your child.

### **Extra Safety (Camp only)**

A canopy is available for some shade. First aid and CPR mask for emergency. There is a electric cooler if anything needs to be refrigerator.

### **Watch Camp or Workouts**

The workouts are live and you can view them a safe distance from the court! The zoom meeting ID is 406 623 1110.

### **Pickup and Emergencies**

Please don't gather with other parents. We may have you stay in your car and you text us when you arrive to avoid direct contact with other families. For camp contact:

Alea Boyd (202) 615 - 3965 (Camp)

Marissa Richardson (240) 392 - 9412 (Workouts)

Tori Moten (301) 452 - 4040 (Programs Director)