

Basketball and Fitness Training Proposal

YEDA 2021 Basketball and Fitness Training Sessions

- Training for youth ages 8-14
- Basketball training focused on skill development
- Illinois is currently at phase 4:
<https://dceocovid19resources.com/restore-illinois/restore-illinois-phase-4/indoor-and-outdoor-recreation/>
- Any changes in training approach will need to meet the municipality guidelines and be approved by the Village of Matteson and each individual child's parents
- Parents will need to approve the training strategy developed for their child
- Training to occur March-May at the Matteson Community Center
- The said facility should meet requirements for effective and safe ventilation
- All coaches, support need to have meet all PPE and testing requirements, prior to assisting with the training
- Though I will have insurance, parents will need to sign a waiver(s), relieving YEDA, BGYSMG and the Matteson Community Center from any potential litigation, as a result of COVID

YEDA Safety Procedures

- All coaches, support need to have meet all PPE and testing requirements, prior to assisting with the training
- COVID Test for all coaches where appropriate
- Temperature testing for all coaches and players prior to workout sessions- Temperatures logs should be recorded and saved for future reference
- Coaches must wear facial mask and gloves at all times, while in the gym, during workouts
- Each participant will need to enter and exit through the same door
- All chairs, gym door handles will need to be sanitized after each session, and before for the next session (YEDA responsible)
- No facility water fountains can be used by coaches and players, everyone will need to bring their own hydration and there can be no sharing
- Each individual player must bring their own basketball and the ball will need to be sanitized by the player prior to the workout starting
- Social distancing will be explained to each participant and they must adhere to the rules
- Before participating in each practice each participant will need a signed document indicating that the participant and no one in the family to their knowledge, has been exposed to COVID in the last (7) days

YEDA Training Focus

- All sessions will be focused on developing individual Basketball skills along with Strength and Conditioning
- Participants must be told that there will be no scrimmages, no contact with other players these sessions will be focused on workouts only
- 8-12 participants will be allowed per session
- Sessions will begin and end on time with 15-minute intervals between sessions for cleaning
- Participants must leave the gym immediately after the session is over, no exceptions (for safety reasons)
- No one other than the participant is allowed in the gym prior to, during or after a session. Parent must pick up their children immediately after the training session is over. Only parents/or anyone a parent deems appropriate can transport a child. Coaches will not be able to assist to for safety reasons
- We encourage the kids not to congregate outside after the sessions are concluded
- Participants who violate the rules will not be allowed to return and all fees will be forfeited