

Hot Shots Sports: Covid-19 Proposed Enhanced Procedures



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. Classes will follow all DOC, State, Local, and City health guidelines.

Main Focus Points:

- One (1) player per color zone
- Players should not share equipment unless instructed to by the coach
- Players will be given their own equipment to be used in the class
- 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.
- Equipment permitted to be brought by Players for their use only:
 - Bats, Gloves, Balls (one per player), and Water Bottles
- Impermissible Equipment:
 - Netted Goals (cone goals only), Pinnies, Shared Jerseys, any equipment that cannot be provided to every player and easily sanitized.

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 when necessary. The following policy enhancements will be required for participants in our classes:

- Players ages four and under MUST have a parent/ guardian attend class with them. This limits the number of participants for this age group to seven (7)
- In classes for children five years and older, parents MUST wait in their cars. Details on check out are provided in the section on dismissal.
- 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 follow DOC and State guidelines according to the phase, risk, and level system. Participants will be notified if there is a shift in programming requirements. Our classes are engineered to ensure they can program under all phases in which programming is allowed.

Coaches

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

- Must be a certified Coach with Hot Shots Sports
- Must have their temperature taken prior to conducting a class
- Must wear masks at all times, indoors or outdoors
- May not have physical contact with any participants and should maintain 6 feet of space

Impermissible Coaching Activities

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

- Group water breaks, group bathroom breaks, or any game or activity prohibited by DOC guidelines and State and Local health agencies.
- Always follow the demonstrate, evaluate, educate training model.
- No physical contact of any kind. Hi-Fives and Fist Bumps are banned.
 - Suitable Replacements: Dean Smith Point, Exploding Firework, Tiger Fist
- Group Clean up – players should clean up only their station.

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 their attendance and provide them with their color and number for the day.
- Coaches and Class Participants will wear a face covering at check in, and at all times while indoors.
- After check in the player must proceed directly to their area where they begin warming up.
- Once all players are checked in, class will begin, and the gym will be sealed for indoor classes.
 - Doors to the gym may only be opened by the coach unless there is an emergency.
- 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 for any reason.
 - No hi-fives, no hands in, no group get togethers or circle ups.
- ***Players must wear masks at all times indoors.***

Dismissal and Cleaning Procedure

For all classes, coaches will perform dismissal at the exit of the facility and in a sanctioned car line. Players will be checked out one at a time. Check out must be performed within ten (10) minutes.

- Coaches and Class Participants will wear a face covering at check out.
- All used equipment will be disinfected using a method agreed upon with partners.
- Check in for any subsequent class will not begin until all equipment is clean and ready.