

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 with seven (7) colors (white, blue, purple, green, orange, red, and yellow) 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.

Main Focus Points:

- One (1) player per color zone
- Each player will receive a number and color upon check in
- The player cannot use any space or equipment outside their color/ number unless instructed to by the Coach – each zone will consist of cones, hula hoop, and player spot of their color.
- Players should not share equipment under any circumstances
- 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.
- Permitted Shared Equipment during Class:
 - Colored cones, hula hoops, and player spots
 - Basketball rims attached to a wall or ceiling
 - Bases (**Fielders and Runners may not share bases**)
- 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 outside of permissible goals 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 four (4)
- 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 permit no more than 9 participants (10 total including the coach) on the court at any given time. The standard class formation will have four colored zones on each side, with a total of eight (8) numbered stations. The coach will be centered and there will be an aisle created that ensures coaches and players can easily get on and off the court without walking through a zone. If a ninth zone/station is required, it will be placed opposite the entrance to the gym/court so players still have access to the exit.

Coaches

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

- Must be a certified Head Coach with Hot Shots Sports
- Must have their temperature taken prior to conducting a class.
- Must wear masks at all times.

Impermissible Coaching Activities

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

- Group water breaks, group bathroom breaks, passing drills, group games, scrimmages, sharing of equipment, or any game requiring players to be within six (6) feet of one another.
- 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 may only use the balls and equipment assigned to them.

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.
- 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.
 - 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.