



Upward COVID Safety Measures 2022 Season

- We will monitor and follow state guidelines related to indoor youth sports to ensure both compliance and safety for everyone.
- Practices and games – For practices and games, a maximum of two basketball teams will be scheduled in the gym at any one time. Extra time will be built in between practices and also between games to allow participants and guests to depart the gym before next teams enter.
- Spectators - Based on state guidance, the number of spectators at practices and games may be limited.
- Skill assessments and uniform fittings – Skill assessments will be scheduled by online sign-up. Players will sign-up for 15-minute time slots with a maximum of 5 players per slot. Parents will order uniforms when they register online. There will be no in-person uniform fittings.
- Equipment – Players will be issued their own set of wrist bands. The league will provide basketballs for all practices and games. Basketballs may be shared during practices and games. All balls will be cleaned after each practice and game.
- Face coverings – Based on state guidance, players and spectators may be required to wear face coverings during practices and games.
- Hand sanitizer will be available in the Family Life Center for players and spectators.
- Peer and coach interaction – We are encouraging coaches and players to limit high fives, fist bumps and other peer-to-peer/coach-to-peer contact and instead emphasize sportsmanship through applause or with verbal praise such as "Good game!" or "Well done!".
- In the event that a participant, Upward staff member or participant's family member reports a positive COVID-19 test the current state and King County guidance will be followed. Potential necessary actions may include the cancellation of practices or games.