

Menehune Basketball League COVID-19 Protocol and Rules

Requirements:

- Face masks are to be worn at all times covering your nose and mouth by participants, players, coaches, officials, and scorekeepers.
 - The only time you can take off your mask is you are on the sideline taking a water break.
 - Mask Requirement: minimally a cloth mask but we strongly advise a surgical mask, KN-95, N-95, or a 3 layer mask.
 - If the mask gets wet please report to the scores table for a new one.
- Social distancing when not participating in the game is required. It is advised that everyone should be spaced minimally 6 feet apart when not participating in the sport (E.g. during warming, skill building activities, simulating drills, games strategies, or playing)
- Everyone participating must sign the acknowledgement of the risk of sports participation at this time and agreement to comply with the guidelines put in place by Menehune Basketball/Menehune Sports Foundation for adult and youth leagues or tournaments.
- Promoting good behaviors to reduce the spread of COVID-19 by advising participants not to come if:
 - You are experiencing these symptoms of COVID-19: Fever or chills, Cough, Shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
 - Someone in your home was tested for COVID- 19 and is waiting for results.
 - Someone in your home tested positive for COVID-19.
 - Recently being in close contact with a person with COVID-19 should stay home for a minimum of 10 days and monitor their health even if they get tested negative for COVID-19.
- Menehune Basketball League will conduct health screen checks by taking temperature and asking the questions above before the start of each game.
 - Each player must sign the attendance sheet to acknowledge they were there and will abide by Menehune Sports Foundation rules.

Contact Tracing:

- If someone were to test positive for COVID, they or the captain would need to bring it to our attention as we will cooperate with the department of health and aid with any contact tracing there is.
- Captains must write down and take temperatures of each player present at the start of there game each week to verify who was present during the exposure.

Hand Hygiene:

- Hand sanitizer will be offered at both ends of the scores table, Please have your teammates follow the protocol of cleaning their hands before they step on the basketball court.
- Disinfectant wipes will be used to wipe down the game basketball, pens, and Non-contact thermometer.
- Shaking hands are not allowed. We are trying to minimize contact.

Team Area:

- Team area must be kept clean and disinfected if there is anything that is shared.
- As soon as the game is over the team must exit the area. The following team must wait until the area is fully cleared and disinfected (if anything is shared amongst teams).
- Participants, players, and officials should remain in their cars until just before the beginning of their game. No gathering allowed before or after the game.
- No sharing any bottle of water and food.
- Everyone should space 6 feet apart from each other while on the sideline.

Communal Space:

- If someone wants to watch the game they would need to be physically spaced 6 feet apart from everyone else and bring their own seating.
- No spectators are allowed in the court area to limit the amount of people.
- No eating is allowed in the permitted area.

Communication Plan:

- Anyone taking part of the Menehune Sports Foundation or Menehune Basketball League events should self-report to Jimmy Miyasaka or Ben Dela Cruz if they:
 - Have symptoms of COVID-19
 - Get tested positive for COVID-19
 - Had close contact with someone with COVID-19 within the last 10 days.
 - Jimmy Miyasaka Contact: Email@MenehuneBasketball.com or call/text: 808-378-0933
 - Ben Dela Cruz Contact: Ben@MenehuneBasketball.com
 - Any case will be reported to Hawaii Department of Health.
 - Oahu: M-F: 7:45am -4:30pm, 808-586-4586 or 808-587-6845 ask for school liaison.
 - Oahu: After Hours: 808-600-3625
- If a case of COVID-19 occurs
 - If anyone has symptoms of (fever, cough, shortness of breath, sore throat of any symptoms) they should not come to the facility.
 - If anyone starts to feel symptoms after they arrived they should leave and notify their captain to inform Menehune Basketball League site manager.
 - Anyone that has had contact with the person should be monitored and noted down for contact tracing. Menehune Basketball will notify those teams involved with the person who has been tested positive to take precautions.

- The Hawaii Department of Health (HDOH) will be notified within 24 hours of the reported incidence.
 - Anyone with symptoms or who has been tested positive will need to provide:
 - Player Name, Date of birth, and contact information. (Kept confidential with Menehune Basketball)
 - Date of when player last had close with them (Sign in sheets/attendance sheet will be disclosed to the HDOH)
 - Date of Player symptom onset or, if asymptomatic, when player was tested.
 - Whether a player has siblings on other teams or if a player been in contact with anyone else participating in the league.
 - Full contact information will be needed for the HDOH (cell number, email address, and living address).
 - Any one that has been in close contact with a player/person tested positive for COVID-19 will be notified. Which is defined:
 - Anyone who has been near him or within 6 feet from him/her for 15 minutes over a 24 hour period.
 - Or had any interaction or touched him/her (e.g. being coughed on).
 - The player will need to disclose who he/she thinks they been in contact with during the event other than their game.
 - Player information will be kept confidential. Only the HDOH will know their information.
 - Park will be notified about an incident and will need to take action in cleaning common areas (bathroom, courts, area of permitted)
- WHEN CAN THEY RETURN TO PLAY AFTER COVID-19?:
 - All people exposed to COVID-19, regardless of symptoms, are required a minimum 10 day resting period of the date of a positive test and must be asymptomatic for 24 hours without medication before returning to exercise or playing in the league.
 - In the Menehune Sports Foundation event any Youth player must be cleared by their physician to participate in any contact or sports related event. They should be cleared for shortness of breath, chest pain, fatigue, palpitation or syncope.
 - If diagnosed with severe symptoms please follow what your doctor recommends.

Attendance/Record keeping:

- Prior to each game every the coach/captain will pick up a sign in sheet and must fill out:
 - Date of the game
 - Player Name
 - If player was vaccinated for COVID-19

- Document their temperature reading (Must be less than 100.4 degrees F per CDC guidelines).
- And answer the following questions of each player. If he/she has any symptoms of COVID-19, Has been in contact with anyone with COVID-19 in the last 10 days, or has traveled in the last 14 days.

Message on behalf of Menehune Sports Foundation:

Our goal for Menehune Sports Foundation is to provide a safe environment for the Menehune Basketball league. Safety is our number one priority during this pandemic. Please do your part on keeping others safe. Please be honest and follow these guidelines. We will follow the Hawaii Department of Health and the City and County Parks and Recreation guidelines to ensure the safety of everyone. We strongly encourage getting vaccinated for those who qualify.

For any questions or concerns please contact Menehune Sports Foundation President Jimmy Miyasaka.

Mahalo to you all for participating in the Menehune Basketball League and following the guidelines.

Jimmy Miyasaka
Menehune Sports Foundation President
Email@MenehuneBasketball.com
Email@MenehuneSportsFoundation.org
Tell: 808-378-0933

Resources:

Hawaii Department of Health Return to Youth Sports Guidance:
<https://health.hawaii.gov/coronavirusdisease2019/files/2021/02/HDOH-Return-to-Youth-Sports-Guidance.pdf>

Center for Disease Control and Prevention, Coronavirus Disease 2019, Consideration for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Centers for Disease Control and Prevention, Coronavirus Disease 2019, Youth Sports Program FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>

American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports:
<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinicalguidance/covid-19-interim-guidance-return-to-sports/>