

BPS

Open Gym, Tryouts and Practice for Basketball 20/21 Season

A family's role in maintaining safety guidelines for themselves and others is very important. The ultimate decision for the participating athlete to compete in the Girls Basketball Season should be discussed among the family concerning the risk factors and health issues of every individual in the household. Opting out of the season will be based on their own risk factors of Covid-19 and participation will be a personal decision made by each family. Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).

Open Gym Girls Program:

- ❖ One gym for each program per week. (example: Boys Program at High School Gym, Girls program at Browning Elementary Gym all week switching each week)

- ❖ Four Sessions for play in 60 minute blocks of time. (4pm start time)
 - Starting at first by grade level all of which is subject to change.
 - Freshmen group at 4pm, Sophomore group 5pm, Junior group 6pm, Senior group 7pm.
 - In the 60 minute block time-10 minute break out sections
 - 10 minute check in, stretch & warm up section,
 - 4X10 minute 5 on 5 play,
 - 10 minute end and leave section.
 - Sanitation after each session. Sanitation of equipment during session when possible.

TIME: 60 mins.	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Check in, Stretch & Warm-Up	4:00 - 4:10 pm	5:00 - 5:10 pm	6:00 - 6:10 pm	7:00 - 7:10 pm
Play scrimmage	4:10 - 4:20 pm	5:10 - 5:20 pm	6:10 - 6:20 pm	7:10 - 7:20 pm
Play scrimmage	4:20 - 4:30 pm	5:20 - 5:30 pm	6:20 - 6:30 pm	7:20 - 7:30 pm
Play scrimmage	4:30 - 4:40 pm	5:30 - 5:40 pm	6:30 - 6:40 pm	7:30 - 7:40 pm
Play scrimmage	4:40 - 4:50 pm	5:40 - 5:50 pm	6:40 - 6:50 pm	7:40 - 7:50 pm
End play and	4:50 - 5:00 pm	5:50 - 6:00 pm	6:50 - 7:00 pm	7:50 - 8:00 pm

leave area.				
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- ❖ Come prepared ready to play, (example: playing gear under weather gear.) No locker room.
- ❖ Temperature check, facility check in for contact tracing, (name, phone number, temperature recording) Hand sanitation area available upon check in and during sessions. Mask requirement in and around the court area, and social distancing when possible.
- ❖ Areas are available for each group to change and get into gyms shoes. Areas will follow social distancing requirements. Each session will have different changing areas. (Example: Session 1 group will be on the northside of court, and Session 2 will be on the south side of court.)
- ❖ Always maintain social distancing of 6 feet while in the facility when possible.
- ❖ Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval of water sources. No sharing of food or items is allowed.
- ❖ Before, during and after the session, players, coaches, and administration will wash and sanitize their hands as often as possible.
- ❖ Social distancing requirements must always be followed.
- ❖ Cloth facial coverings are required for all players and coaches. Face Coverings do not have to be worn during play, due to safety issues.
- ❖ The ball will be cleaned and sanitized throughout the sessions. Sanitation of areas and equipment will take place during and after each session.

Try-Outs:

- ❖ One gym for each program for try-out days. (example: Boys Program at High School Gym, Girls program at Browning Elementary Gym for all tryout days)
- ❖ Two Sessions for try-out in 90 minute blocks of time. (4pm start time)
 - Starting with two grade levels, all of which is subject to change.
 - Freshmen and Sophomore group 4pm-5:30pm,
 - Junior and Senior group 6pm-7:30pm.
 - Sanitation after each session. Sanitation of equipment during session when possible.

	Session 1	Session 2
Try Out	4:00 - 5:30pm	6:00 - 7:30pm
Try Out	4:00 - 5:30pm	6:00 - 7:30pm

Try Out	4:00 - 5:30pm	6:00 - 7:30pm
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- ❖ Temperature check, facility check in for contact tracing, (name, phone number, temperature recording) Hand sanitation area available upon check in and during sessions. Mask requirement in and around the court area, and social distancing when possible.
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- ❖ Social distancing requirements must always be followed.
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Practice:

- ❖ Varsity team will be located at the high school coordinating with the boys varsity on practice time.
 - Times: 4:00-6:00pm and 6:30- 8:30pm. Switching times weekly.
- ❖ JV team and Freshmen team will be located at an available gym. Choices between Browning Elementary or Browning Middle School. (Coordinating with A.D. and Boys Basketball on choice of gym)
 - Times: 4:00-6:00pm and 6:30- 8:30pm. Switching times weekly. (Between Girls teams)
- ❖ Sanitation after each session. Sanitation of equipment during session when possible.

BHS GYM	Varsity Girls	Varsity Boys
1st Practice	4:00pm - 6:00pm	Vice-Versa
Sanitation Time & Check-In	6:00pm - 6:30pm	6:00pm - 6:30pm

2nd Practice	6:30pm - 8:30pm	Vice-Versa
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Elementary or BMS	JV Girls	Freshmen Girls
1st Practice	4:00pm - 6:00pm	Vice-Versa
Sanitation Time & Check-In	6:00pm - 6:30pm	6:00pm - 6:30pm
2nd Practice	6:30pm - 8:30pm	Vice-Versa

- ❖ Come prepared ready to play, (example: playing gear under weather gear.) No locker room.
- ❖ Temperature check, facility check in for contact tracing, (name, phone number, temperature recording) Hand sanitation area available upon check in and during sessions. Mask requirement in and around the court area, and social distancing when possible.
- ❖ Areas are available for each group to change and get into gyms shoes. Areas will follow social distancing requirements. Each session will have different changing areas. (Example: Session 1 group will be on the northside of court, and Session 2 will be on the south side of court.)
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