



# QUEENS WOMEN'S BASKETBALL

FALL 2020 ELITE CAMP

**\*\*COVID-19 ADAPTED FOR SAFETY & STUDENT-ATHLETE WELLNESS\*\***

Welcome Queens Basketball Camper and Family!

We are looking forward to seeing you at our 2020 Queens University of Charlotte Elite Camps. This year's Elite Camp will certainly be unlike any we have ever hosted as we are all facing unprecedented events and unique challenges. It is of the utmost priority that we follow all local and state guidelines in relation to every safety measure associated with COVID-19 in particular [North Carolina Department of Health and Human Services Guidance](#) (NCDHHS).

Our training will focus on specific college-level basketball skills training and development, limited numbers of campers per court, and condensed size half court live drills. If we as a state are in Phase 3 on the day of Elite Camp, we will be able to safely conduct full-court games and drills. We believe in the importance of sports, in particular basketball, to our community and want to provide an opportunity for participants to get a taste of our collegiate level training, as well as an opportunity to compete in front of our staff in a safety conscience environment.

This information packet includes pre-camp requirements, daily camp procedures, important COVID-19 adaptations, and a detailed outline of how we are fulfilling all recommendations provided by NCDHHS. If you have any questions please contact Head Coach Jen Brown ([brownj16@queens.edu](mailto:brownj16@queens.edu)) or Assistant Coach Brittany Clark ([clarkb3@queens.edu](mailto:clarkb3@queens.edu)). Thank you again for being part of our Fall Elite Camps. We sincerely appreciate your assistance in helping us ensure we all are safe, learning, and enjoying the game of basketball.

Sincerely,

Jen Brown  
Head Women's Basketball Coach  
Queens University of Charlotte  
[brownj16@queens.edu](mailto:brownj16@queens.edu)

#### PRE-CAMP PROCEDURES:

- If you have not already done so, complete your registration and payment online. Simply log into your Oasys account to complete registration and process payment.
- Send a copy of your insurance card to [clarkb3@queens.edu](mailto:clarkb3@queens.edu). This can be done by attaching a front and back picture of your insurance card to an email.
- Confirm your attendance to camp in the same email.

#### CHECK-IN:

- Check-in will occur outside the front entrance of the Levine Center (#27 on the [campus map](#)). Please park in the lot F or E. Although we are discouraging spectators if you choose to stay and watch camp please use parking lot E off Wellesley Ave.
- Participants will be asked a series of health screening questions and have their temperatures taken. Please wait at a safe distance until a staff member calls you to the front of your respective line.
- Masks are required during check in for both players and parents! Athletes will be able to remove their masks once official camp begins on the court.

#### DURING CAMP:

- Elite Camp will be held at the Queens University of Charlotte Levine Center.
- We will keep players distanced with masks off-the-court.
- No water will be provided by the university due to COVID Regulations. Please bring your own!
- There will be no food provided. If camper is attending both morning and afternoon sessions, they can bring their own snacks/lunch and will be asked to eat outside of the facility during sessions all while practicing social distancing. Please be mindful of the weather and plan accordingly.

#### END OF CAMP:

- Staff will walk campers out of the Levine Center for pick-up. We ask parents/individuals picking up participants remain in their cars.

#### MORNING SESSION SCHEDULE:

7:00 – 7:45am – **Check-in in front of Levine Athletics Center (1900 Selwyn Ave)**  
8:00am – **Staff Introductions & Program Expectations**  
8:10am – 8:20am – **Dynamic Warm-Up**  
8:20am – 10:00am – **Skills & Drills**  
10:10pm – 11:45pm – **Half Court / Full Court Live Drills** (*Scrimmages if in Phase 3*)  
11:45pm – 11:55pm - **Closing Notes**  
11:55pm – 12:00pm – **Escort Players to Pick-Up Lot**

#### AFTERNOON SESSION SCHEDULE:

- 1:00 – 1:45pm – **Check-in in front of Levine Athletics Center (1900 Selwyn Ave)**
- 2:00pm – **Staff Introductions & Program Expectations**
- 2:10pm – 2:20pm – **Dynamic Warm-Up**
- 2:20pm – 4:00pm – **Skills & Drills**
- 4:10pm – 5:45pm – **Half Court / Full Court Live Drills** (*Scrimmages if in Phase 3*)
- 5:45pm – 5:55pm - **Closing Notes**
- 5:55pm – 6:00pm – **Escort Players to Pick-Up Lot**

#### PACKING LIST:

- **Personal water bottle(s)** – per COVID-19 Guidelines water fountains and communal water sources will not be available. Campers should have enough water needed for the duration of the camp day.
- **Cloth face covering(s)** – per COVID-19 Guidelines face coverings are required. We will allow campers to voluntarily remove these coverings during physical participation or eating but will ask they wear them at all other times.
- **Individual hand sanitizer** – we will have hand sanitizer at check-in and on all courts. However, we recommend that participants bring an individual bottle if able.
- **Positive Attitude & Ready to Compete!**

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The below ADDENDUM outlines all of the relevant NCHHS recommendations related to participation in Youth Sports adopted May 22, 2020. [Click Link](#)

Below each provided recommendation in *blue* is our camps policy to ensure full compliance. Please read through carefully. Thanks

Contact Jen Brown (brownj16@queens.edu) or Brittany Clark (clarkb3@queens.edu) if you have ANY questions or concerns.

*The novel coronavirus, COVID-19, has been declared a global pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal state, and local governments and health agencies recommend measures to prevent the spread of the virus. We have taken enhanced health safety measures for you, other participants, and our staff. We expect all participants to follow instructions and guidelines. An inherent risk of exposure to COVID-19 exists where people are present. It will be particularly difficult for us to maintain the recommended 6 feet of social distance throughout the entire camp and physical contact with others may occur. The Camp cannot guarantee that you or your child(ren) will not be exposed or infected with COVID-19. Individuals who are considered high risk for complications related to COVID-19 ([CDC information](#)) or live with individuals at high risk should not attend camp. By choosing to participate in a Queens Women's Basketball camp you voluntarily assume all risks related to possible exposure to COVID-19. Please help all of us maintain a healthy training environment.*

## ADDENDUM

### **Interim Guidance for Administrators and Participants of Youth, College & Amateur Sports Programs (May 22, 2020)**

DHHS Recommends Limiting Sports Activities to Those in Which Participants Can Maintain Social Distancing, or Close Contact is Limited and Brief:

*Basketball can be practiced in a method that allows for a minimum of 6ft of social distance. Further, we will be limited camp activities to help ensure that any inadvertent contact is limited and brief.*

Spectators are allowed when in compliance with the limit on mass gatherings and social distancing is adhered to:

*We would prefer parents not attend camp to help us maintain reduced capacity within our facility. If a parent chooses to enter the Levine Center to observe it is required that they wear an appropriate cloth face covering and maintain social distancing from others..*

Phase 2 of the North Carolina Reopening limits indoor gatherings to 10 people to allow for proper social distancing and limiting exposure:

*Lunch will feature multiple small groups to adhere to state guidelines. This allows us to comply with specific Phase requirements.*

#### It is recommended that administrators of sports programs:

Close or mark off all common seating areas like dugouts and bleachers or other areas that promote individuals gathering in groups.

*The court will have designated bag/personal belonging areas that will be marked 6ft apart. During water breaks participant campers will be asked to return to these designated areas and avoid huddles and other forms of gathering.*

Clearly provide 6 feet floor markings on sidelines, waiting lines, and other areas where there may be a group of people.

Designate and arrange specific equipment for use that is properly spaced at 6 feet apart.

*All courts will have cones and other floor markings designating waiting areas 6ft apart. It is expected that campers adhere to these markings.*

Consider workouts in groups/pods of individuals with the same group always working out together, including weight training, to limit exposure should someone become sick.

*We will be assigning groups prior to your child's arrival at camp. These groups will be maintained throughout the day.*

Remind individuals not to shake hands, give high fives, or fist pumps before, during, or after the game or practice.

*We will be encouraging cheering through claps throughout the camp. This will be continually reinforced by our staff.*

Individuals should refrain from any unnecessary physical contact with others.

*The majority of our training will be skill based allowing for proper spacing and allow individuals to refrain from unnecessary physical contact. That being said, accidental contact with another camper may occur. Campers will be asked to refrain from handshakes, high fives, and other forms of personal contact.*

- ❑ Coaches, officials, and others should modify communication and avoid up close face to face communication.  
*Coaches will work to maintain distance while demonstrating and instructing. Further, all coaches will wear masks if there are instances where distancing cannot be maintained. No activities will require physical contact between a coach and participant.*
- ❑ Where possible, provide separate and clearly marked points of entry and exit for spectators.  
*We discourage spectators. However, if you choose to observe camp you will be limited to the stands socially distanced.*
- ❑ When sinks or showers are not 6 feet apart, consider limiting use to every other sink or shower so individuals can maintain social distancing while using.  
*We have groups on break rotations and only allow 3 individuals in the bathroom at a given time. This will allow individuals in these facilities to maintain distancing.*
- ❑ Provide readily available alcohol-based hand sanitizer (with at least 60% alcohol).  
*We will have hand sanitizer available at each court entrance and at check in. However, we recommend that campers bring an individual hand sanitizer if able.*
- ❑ Personal training services and fitness coaching should practice social distancing to the extent possible. When these services require physical contact between coach and athlete, wash hands immediately prior to and following the contact and face to face contact should be minimal.  
*Coaches will work to maintain distance while demonstrating and instructing. Further, all coaches will wear masks if there are instances where distancing cannot be maintained. No activities will require physical contact between a coach and participant. If inadvertent contact occurs activities will cease momentarily to allow for sanitation and hygiene.*

#### Cloth Face Coverings:

- ❑ It is strongly recommended that athletes, coaches, staff, and participants wear a cloth face covering when not actively engaged in physical activity or when they may be near (less than 6 feet from) other people.  
*Coaches will wear face coverings at all times except during lunch. Parents, spectators, and any other individual tasked with transportation of participants will be required to wear a face covering during check-in. Camper participants are required to wear a face covering if not on the court participating in activities or eating lunch.*
- ❑ It is encouraged that Administrators of Sports programs provide cloth face coverings for athletes, coaches, staff and participants. If provided, they must be single use or properly laundered using hot water and a high heat dryer between uses.  
*We are not able to provide camper participants or parents face coverings. Please plan to provide these yourselves. We will furnish masks for our staff.*

These links provide important information about the proper use of face covering:

- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

#### Cleaning and Hygiene – It is recommended that administrators of sports programs:

- ❑ Promote frequent use of hand washing and hand sanitizer for athletes, coaches, staff and participants. Require handwashing of athletes, coaches, staff and participants upon arrival, after contact with other individuals, after performing cleaning and disinfecting activities, and frequently throughout the sports program or activity.  
*We will have hand sanitizer available at the court entrances and at check in. However, we recommend that campers bring an individual hand sanitizer if able.*
- ❑ Frequently check and refill hand sanitizers (at least 60% alcohol) and assure soap and hand drying materials are available at all sinks.  
*We will have custodial staff on site to make sure the bathroom available at court level is regularly stocked and cleaned.*

Perform ongoing and routine environmental cleaning and disinfection of high-touch areas (e.g., doors, doorknobs, rails, lockers, dressing areas) with an EPA approved disinfectant for SARS-CoV-2 (the virus that causes COVID-19), and increase disinfection during peak times or high customer density times.

*All doors needed to access the facility will remain propped to eliminate these high touch surfaces.*

Limit sharing of equipment and assign individual equipment (e.g., batting gloves, catcher's equipment, discs, racquets, balls) to avoid sharing between participants.

*All basketballs must be wiped down prior to returning back into the ball rack. This allows each camper to use a sanitized ball each time.*

Individuals should wear their own appropriate workout clothing and not share towels.

Disinfect all shared fitness and sports equipment (if provided) between users, with EPA approved disinfectant for SARS-CoV-2 with adequate contact time allowed for disinfectant as stated by manufacturer. If equipment is to be cleaned by the individual, instructions on how to properly disinfect and appropriate contact time for disinfectant must be provided.

Remind individuals to bring their own water bottles, and that those water bottles not be shared.

*Participant campers should bring enough water to for their personal use throughout the camp. If additional water is needed camp staff will assist in refill camper provided water bottles.*

Limit use of hydration stations (water cows, water troughs, water fountains) and provide disposable cups or labeled water bottles for individuals when using any water fountains.

*Water fountains will not be used and may only be accessed to refill camper provided water bottles.*

If water or food is offered at any event, have pre-packaged boxes or bags for each attendee and provide labeled water bottles or disposable cups, instead of a buffet or family-style meal and shared water coolers/fountains.

*No food may be shared between campers or staff.*

Provide tissues for proper cough and sneeze hygiene.

*Tissues will be provided on the court and in the facility.*

#### Monitoring for Symptoms:

Conducting regular screening for symptoms can help reduce exposure. Athletes, coaches, staff and participants should be encouraged to self-monitor for symptoms such as fever, cough, or shortness of breath. More information on [how to monitor for symptoms](#) is available from the CDC.

*We ask all participants to begin monitor for symptoms now to ensure proper reporting during daily health screenings.*

#### It is recommended that administrators of sports programs:

Have a plan in place for immediately removing athletes, coaches, staff and participants from activity or the sports setting if symptoms develop. Athletes, coaches, staff and participants who have symptoms when they arrive or become sick during the day should immediately be separated from other athletes, coaches, staff and participants and sent home.

*Any participant or staff member who develops will be removed from activity immediately and asks to wear mask if not already doing so. The listed emergency contact will be asked to pick up their child immediately.*

Conduct symptom screening (use this standard interview questionnaire English|Spanish) of athletes, coaches, staff and participants at beginning of the sports activity with immediately sending symptomatic athletes, coaches, staff and participants home to isolate.

*Health screenings including a temperature check will be conducted by our staff daily. A sample of this form will be sent prior to the start of camp.*

If applicable, post signage at the main entrance requesting that people who have been symptomatic with fever and/or cough not enter, such as Know Your Ws/Stop if You Have Symptoms flyers (English - Color, Black & White; Spanish - Color, Black & White).

*Signs are posted at the entrance of our facility.*

Per CDC guidelines, if an athlete, coach, staff or participant has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, they should be excluded from sports program or activities until: o No fever for at least 72 hours since recovery (without the use of fever-reducing medicine) AND o Other symptoms have improved (e.g., coughing, shortness of breath) AND o At least 10 days have passed since first symptoms

Per CDC guidelines, if an athlete, coach, staff or participant has been diagnosed with COVID-19 but does not have symptoms, they should remain out of sports activity until 10 days have passed since the date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since their positive test.

*Any staff member or camper who has been diagnosed with COVID-19 in the past 14 days will not be eligible to participate in our camp offering. Our pre-participation form asks that you confirm this and further requests that individuals that reside in homes with or have been exposed to a confirmed/probable COVID-19 case within the past 14 days refrain from participation.*

Require symptomatic athletes, coaches, staff and participants to wear masks until leaving the facility. Cleaning and disinfecting procedure should be implemented by designated personnel following CDC guidelines once sick employee leaves.

*Proper disinfection will begin immediately after the symptomatic person is removed from participation.*

#### IMPORTANT RESOURCES:

- Hope4NC Helpline (1-855- 587-3463)
- [NC DHHS COVID-19](#)
- [Know Your W's: Wear, Wait, Wash](#)
- [NC DHHS COVID-19 Latest Updates](#)
- [NC DHHS COVID-19 Materials & Resources](#)