

The Church of Jesus Christ of Latter-day Saints  
UTAH AREA SPORTS



## **Coach's Tournament Checklist:**

*Welcome to the basketball tournament!*

### **YOU SHOULD HAVE ALREADY:**

- ◆ Attended the Pre-Tournament Meeting and received general tournament information, your game brackets, game times and locations.
- ◆ Turned in a final LDS Team Roster form, with appropriate signatures and rule waivers.

### **PRIOR TO THE TOURNAMENT:**

- ◆ Completely review *and know* all the information in your packet.
- ◆ Make a list of all team members' names with uniform numbers, to make check-in easier.
- ◆ Inform all team members regarding game times and locations, tournament rules, sportsmanship, uniform standards, etc.
- ◆ Remind team members to come in proper clothing. This includes uniform shirts (that match in color with **legal numbers on front and back**), proper shoes, pants or modest shorts (spandex shorts must be covered by other shorts), and NO jewelry or hats.
- ◆ Be prepared! Have a pencil/pen, paper, tape (for changing uniform numbers), extra team uniforms, etc.
- ◆ NO FOOD in the building, only water in a spill resistant container.
- ◆ If you must forfeit a game please call the tournament director so that we can contact those affected.

### **GAME DAY CHECK-IN PROCEDURE:**

- ◆ Be at the game **20 minutes prior to game time** to allow time to check-in (turn in line-up) and have a team prayer. If the line-up and a full team, **5 players**, are not present at the posted game time the team will forfeit the game.
- ◆ Deliver Team Line-up to check-in personnel, include:
  - All team members' names, as they appear on the LDS Team Roster form.
  - Uniform number for all team members.
- ◆ Home team is the team which wears the light colored uniforms (NFHS rule 3-4-6b).
- ◆ Team bench will be opposite of the basket/court choice, so that the teams will finish in front of their own bench during the second half of the game (NFHS rule 4-5).
- ◆ *Any roster additions must have Tournament Director approval PRIOR to being allowed to play.*

### **DURING THE GAME:**

- ◆ You are the team spokesman. Please encourage only the very best from your players, bench personnel and spectators. They will follow your example.
- ◆ No spectators on team bench, only identified team members may sit on the bench. (NFHS Rule 4-34)
- ◆ Women coach female teams and men coach male teams. (Church Handbook of Instruction Bk.2 sec.10 p.274)
- ◆ Have your team ready for play at game time, when the horn sounds for the next quarter, and especially after time outs. Help us keep the games on schedule.





## **COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES**

The risk for blood-borne infectious diseases, such as HIV and Hepatitis B, remains low in sports and too date has not been reported. However, proper precautions are needed to minimize the potential risk of spreading these diseases. In addition to these diseases that can be spread through transmission of bodily fluids only, skin infections that occur due to skin contact with competitors and equipment deserve close oversight, especially considering the emergence of the potentially more serious infection with Methicillin-Resistant *Staphylococcus aureus* (MRSA). (See position statement on this on NFHS web site and in the third edition of the NFHS Sports Medicine Handbook)

### **Universal Hygiene Protocol for All Sports**

- Shower immediately after all competition and practice
- Wash all workout clothing after practice
- Wash personal gear, such as knee pads, periodically
- Don't share towels or personal hygiene products with others
- Refrain from (full body) cosmetic shaving

### **Infectious Skin Diseases**

Means of reducing the potential exposure to these agents include:

- Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.
- Follow NFHS or state/local guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if in accordance with NFHS, state or local guidelines and is no longer considered contagious.

### **Blood-Borne Infectious Diseases**

Means of reducing the potential exposure to these agents include:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.
- Certified Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
- Immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

For more detailed information, refer to the "Infectious Disease" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

