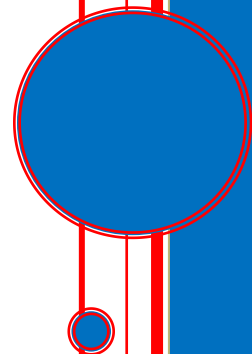


# BASKETBALL BC

*RETURN TO SPORT PLAN*

*Update to Phase 3*



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## INTRODUCTION

The goal outlined within this plan is to provide guidelines, recommendations and educational support to our stakeholders, coaches, participants, and program organizers in helping them to initiate the Return to Sport for basketball within their programs and community.

*The Basketball BC Return to Sport plan adheres to all directives from the Ministry of Health and WorksafeBC, complies with viaSport Sector Guidelines for Sport and is aligned with the recently released [Canada Basketball's Return to Sport Guidelines](#).*

In the current Provincial Phase Two, some easing of restrictions has enabled certain businesses and activities to open and operate within the orders of the Provincial Health Officer (PHO). This is not a return to normal, but rather to a "new normal" which will require everyone to modify their behavior, stay informed, apply protective measures, and follow public health advice. ***Restarting is not mandatory – each club and organization must assess and decide for itself whether and when it is appropriate to restart operations.***

Prior to restarting, every organization must have an explicit plan for the measures they will implement and maintain over the coming 12 to 18 months. These plans must comply with orders and guidance from the Provincial Health Office and ***be made available to the public either by posting on the wall of the organization's facility or on its website.***

To help organizations in their planning, Provincial Sport Organizations have been asked to create sport-specific guidance documents. The Ministry of Health and viaSport advise that all provincial sport organizations and their clubs should use both the Sector Guidelines developed by viaSport and the Sport Specific Return to Sport Guidelines from their P.S.O. when planning, preparing and executing their own specific programs and activities.

***It is strongly recommended that all club and team administrators and programmers familiarize themselves with both [viaSport Return to Sport Sector Guidelines](#) as well as [Basketball BC's Specific, Sport Guidelines](#) prior to developing their own specific organizations plan.***

As BC's COVID-19 Go-Forward Management Strategy states "Recreation and involvement in sports are important developmental activities for many children and young people". As we seek to re-start basketball in BC, this plan outlines measures that we can take to help ensure that our sport begins to resume in a safe and responsible manner.

**This document is current as of August 24, 2020, with the addition of:**

- **Phase 3 information on page 16**
- **Appendix C – Illness Policy on page 22**
- **Appendix E – Return to Sport Updates on page 24**

## SUMMARY OF RETURN TO SPORT SECTOR GOVERNING GUIDELINES

- Reopening must be planned around assessing the risks and developing a sport specific Plan for your organization.
- The Return to Sport Plan developed by your organization should be based on a risk assessment and analysis that considers the risks presented by the type of activities and the place where these activities occur.
- Your plan should include a detailed Risk Management and Mitigation Plan that includes an Outbreak Plan that must be in place for both participants and staff, coaches etc. ***A sample Outbreak Plan is shown on Page 14.***
- Protocols and Procedures need to be in place that allow for Contact Tracing in event of any participant, coach, staff etc. contracting COVID-19.
- ***All organizations are required to develop a COVID-19 Safety Plan in accordance with WorkSafeBC.***  
[Safety Plan Template](#) (provided by [viaSport Return to Sport Guidelines](#))
- Your Return to Sport Plan must be made easily available to staff, volunteers, participants, and other stakeholders, through the organization's website or posted in the facility.
- Staff, volunteers, and participants should be trained on the Return to Sport Plan (as appropriate to age/role). The Return to Sport Plan should be consistent with the guidelines and directives set by government, WorkSafe BC and health authorities.
- Limitations to group size – no more than groups of 50 in large or outside spaces. Group size will vary depending on the space. *Gyms would be much less. WorkSafeBC uses a ratio of 5sq. metres / person when determining group size.*
- Maintain physical distance of 2 meters during duration of all activities.
- Use Engineering controls – physical barriers, increased ventilation, traffic flow when needed.
- Restrict access to non-essential personnel and have designated Points of Access (i.e. drop off and pick up areas).
- Use Non-medical masks (and other PPE) when able and appropriate.
- Activities need to be modified to meet and maintain all guidelines.
- ***When possible re-locate activities to the outdoors – if so, investigate how to obtain a permit.***
- Reduce touch points (equipment, facility etc.).
- Primary focus should be on skill development. Non-contact activities only.

- *All programs should be community focused. Staying within the home sport community or club(s) where participants are members. No inter- provincial or inter regional travel.*
- Have in place some form of daily Symptom Screening for Participants and Coaches.
- Develop and implement an Illness Policy, that outlines procedures for staff and participants that may be experiencing symptoms and ensures no one attends when sick.
- Pro-Active Cleaning Protocols for facilities and equipment.
- Daily Training/Camp Plan should be posted and visible at site and should be also on organization's website.

*Ensuring safety measures are being met and adhered to depends on everyone being aware of and understanding the health and sport specific guidelines. Communication of the guidelines to your participants and spectators is an important component of your Return to Sport Plan.*

## **ADDITIONAL GUIDELINE INFORMATION**

[ViaSport Return to Sport Guidelines for B.C.](#)

[Canada Basketball/Wheelchair Basketball Canada – Back to Basketball Return to Sport Guidelines](#)

[BC Recreation and Parks Association COVID-19 Restart Guide](#)

[WorkSafeBC](#)

viaSport will be updating with new information on their [Return to Sport page](#)

## **GUIDELINES AND CONSIDERATIONS FOR RETURN TO SPORT**

- Participant safety is paramount.
- Adhere to ALL public health restrictions in your community (e.g. maximum group gatherings, facility access).
- Returning to basketball should only be considered if regional restrictions and physical distancing measures allow for it.
- Programs should be local only – participants should come from a local area to participate, rather than from outside an area.
- Basketball activities should be skill development only. Competition will return at a later phase.
- Limit number of people within gym setting – no non-essential personnel i.e. parents/spectators.
- Physical distancing of 2 meters should be in effect at all times.

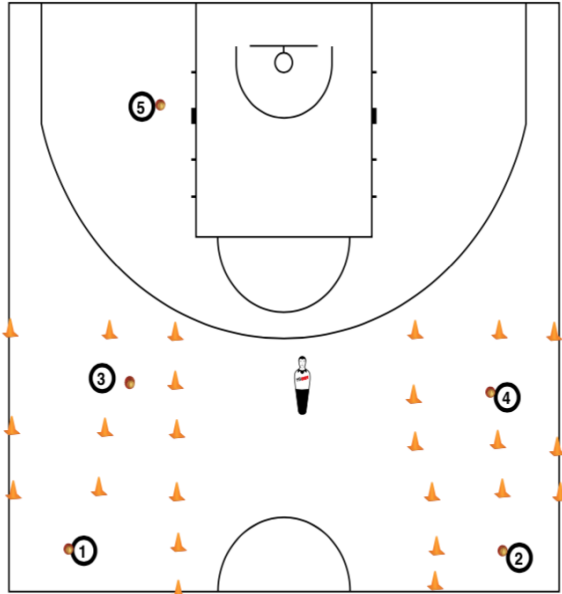
## **GENERAL HYGIENE GUIDELINES**

- All participants, coaches and staff should wash their hands before and immediately following participation in basketball activities.
- Employ scheduled breaks to ensure hand washing or sanitizing at intervals throughout the activity.
- All participants, coaches and staff should avoid touching one's face and when needed should sneeze/cough into their elbow.
- No sharing of water bottles, towels, or other personal items.
- Have some form of participant training uniform recommended sanitizing controls – e.g. all (tops and shorts) are washed and clean after each training session.
- No handshakes, or other unnecessary physical contact.
- Participants, coaches, and staff should consider wearing a mask. Especially if in proximity of each other.

## BASKETBALL PROGRAM RECOMMENDATIONS & MODIFICATIONS

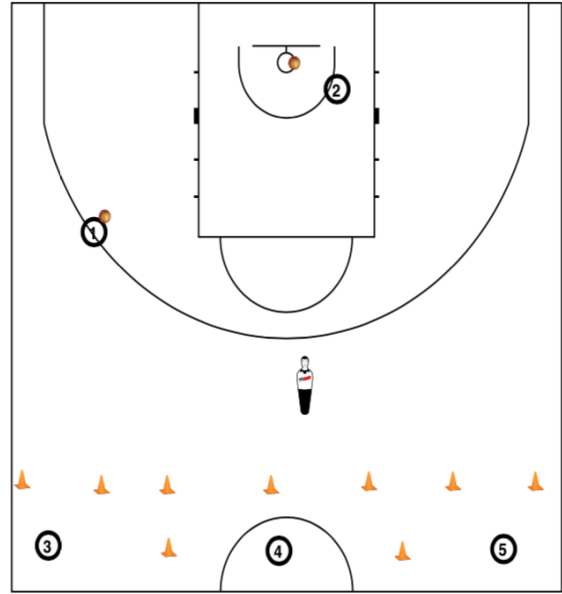
- Ensure safe physical/social distance.
- Limit ratio of players per hoop (max. 2).
- Players use personal basketball – no sharing of equipment – players get their own rebound – stay on specific side of court.
  - *i.e. Player 1 uses various rim attacks from the right side, Player 2 uses various rim attacks from the left side. – then rotate after certain number of attempts.*
- Employ Best practices with regards to coaching and instructional techniques – no physical contact – using words and examples to paint a picture for the athletes.
- Since in this phase there is no player to player contact allowed coaches need to load drills through increasing:
  - complexity of drill i.e. dribble move rather than straight attack
  - number of completions – i.e. must make 5 in a row
  - time – number of makes in 30 sec.
  - creativity – must use various moves and/or finishes
- Limit number of people within gym setting – no non-essential personnel i.e. parents/spectators.
- Easy access to Hand hygiene.
- ***Follow all facility operator guidelines, including those outlined in Facility and Equipment Requirements on page 10 of this document as well as Page 12 to 15 in [viaSport Return to Sport Guidelines](#).***
- Look to Modify the flow of training so that there are no congregation points.
- Adjust training time due to individual focus. ***Canada Basketball recommends sessions in this first phase should be 1 hr. max.***
- Look to Maintain a participant/coach ratio of 4 or 5 to 1.

*Sample gym set-up for safe social distancing drills with 5 players and a coach on a half court*



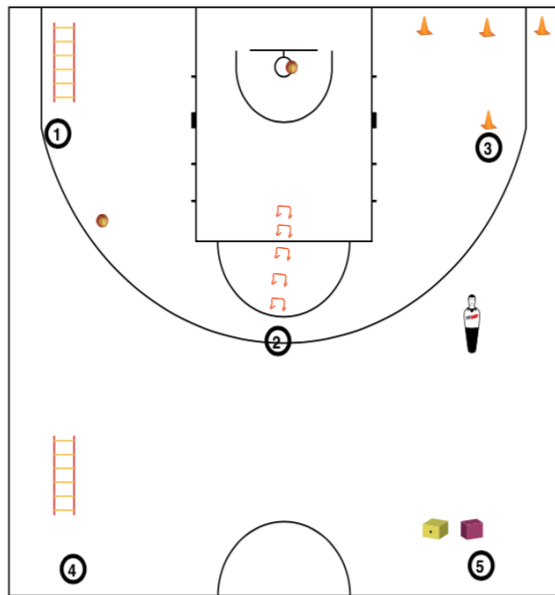
**4 players dribbling or passing off the wall and 1 shooting**

3/4

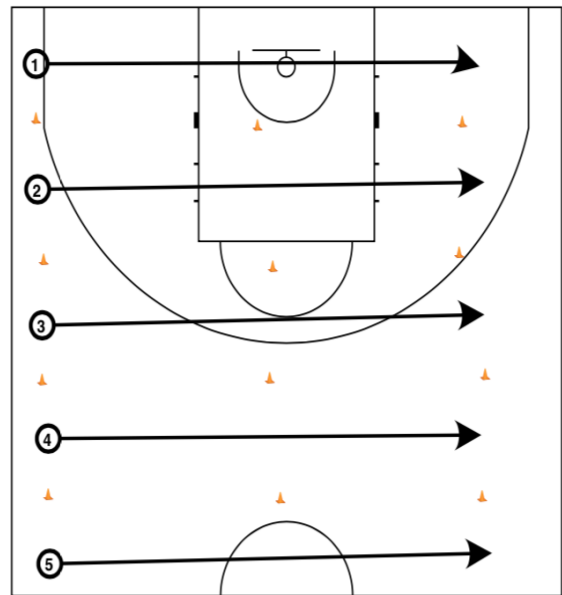


**2 players alternating basket finishes and 3 players doing conditioning**

4/4



**5 players doing conditioning stations**



**5 players sprinting and doing defensive slides**



## PARTICIPANT GUIDELINES

- All participants should be pre-registered so that organizations have full name and contact information in the event of an outbreak.
- All participants should be aware of the risks associated with participation, including the risks of contracting COVID-19.

A sample copy of a **Participant Agreement Declaration** can be found on Page 19 Appendix D of this document and Page 31 of [viaSport Return to Sport Guidelines](#).

A sample of a **Participant Release and Indemnity Agreement** can be found on Page 19 Appendix E of this document.

- Group sizes must abide by regional public health restrictions (This is currently a maximum of 50 individuals while maintaining physical distance of 2 meters in BC). Allowable groups sizes will vary based on size of gym or location being used.
- Participants should be healthy with no signs or symptoms of illness.

***Organizers should screen participants for symptoms at the start of each session. Written acknowledgement should be given that a participant is symptom-free and healthy to participate. If a participant is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.***

***Canada Basketball recommends that prior to leaving home participants and coaches should use the [COVID 19 self assessment tool created by Health Canada](#)***

- Participants and Parents should know the common symptoms of COVID-19 and stay away if displaying symptoms. These symptoms should be posted on program website and displayed at the facility.
- Participants must stay home if they have been in contact with a known or presumptive case of COVID-19 in the previous 14 days.
- Participants who live with high-risk individuals should consider their participation carefully.
- Should a participant subsequently be diagnosed with COVID-19 within 14 days of participating in a basketball activity, they should notify the organiser as soon as possible and follow current govt. mandated recovery practices. ***See Outbreak Plan on Page 14 of this document.***

## COACH AND STAFF GUIDELINES

- Coaching should occur while ensuring physical distancing guidelines.
- Coaches should be current in Best Practices with regards to coaching in a COVID-19 environment
- Coaches and staff must be healthy with no signs or symptoms of illness. Individuals should know of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Head Coach or Administrator should screen coaches and staff for symptoms at the start of each session. ***Verbal and written acknowledgement must be given that a coach or staff member is symptom-free and healthy to participate. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.***
- Coaches and staff must stay home if they have been in contact with a known case of COVID-19 in the previous 14 days.
- Coaches and staff who are immune-compromised, or with underlying health conditions should not participate. Those who live with high-risk individuals should consider their participation carefully.
- Coaches and staff should consider wearing a mask and gloves when appropriate during the activity.
- Coaches should lead and instruct using their own ball.
- Coaches should use hand sanitizer and/or gloves when they move between different individuals or groups.

## PARENT/GUARDIAN REQUIREMENTS

- Where possible, participants should be dropped off and picked up outside of the facility. *Please note that this arrangement must not compromise safe sport guidelines (e.g. there must be 2 responsible and screened adults with a group of minors at any one time).*
- If present, parents/guardians must abide by physical distancing guidelines.

## FACILITY AND EQUIPMENT REQUIREMENTS

- Minimize the total amount of users in one space at any given time. The more users of the space the higher the risk - this is especially true for indoor spaces with increased contact surfaces and less air circulation.
- Limit access points in and out of the area/facility to control numbers in the space.
- Use signage, tape, and stanchions to direct the flow and position of participants (e.g. sign-in at the start, waiting for drills).
- Close all common areas including change rooms, water fountains, meeting spaces and team benches.
- All common contact surfaces within the facility should be cleaned and disinfected regularly, including door handles, chairs and tables. Work with the facility owner to determine cleaning protocols. Bring your own cleaning materials if necessary.
- When scheduling, allow a break between sessions to permit equipment and facility sanitation.
- Players should use their own ball and sanitize after and prior to each session.
- If association provides the balls - ensure that balls are sanitized between each session and/or user-group. Set up a "clean bin" to ensure that sanitised balls are separated from those requiring cleaning.
- Ball cleaning: Balls should be sanitised using a wet, warm cloth with a mild/gentle cleaning solution or with wet wipes (e.g. Clorox wipes).
- Follow all facility operator guidelines, including those outlined in this document as well as Page 12 to 15 in [viaSport Return to Sport Guidelines](#).

## ADDITIONAL CONSIDERATIONS FOR BASKETBALL CLUB AND TEAM ORGANIZERS

- Participant safety is paramount at all times.
- Develop a COVID-19 Safety Plan in accordance with WorkSafeBC. [Safety Plan Template](#) (provided by [viaSport Return to Sport Guidelines](#)).
- You must adhere to ALL public health restrictions in your community (e.g. maximum group gatherings, facility access).
- Retain detailed records of all participants in sessions. Details should include full contact information, date, time, and location of basketball activities.
- Ensure that all programs and activities require pre-registration so that you minimise the physical exchange of documentation and paper in-person and have all participant contact information on file.
- Programs should be advertised locally. Participants should come from your local region to participate, to limit unnecessary travel and risk of spreading COVID-19. Notify all participants to practice physical distancing while commuting to and from the activity.
- Start small to test out the new way of running activities. Refine and tweak your procedures to ensure that all guidelines are adhered to and to ensure that all participants are safe.
- Basketball activities should be exclusively focused on individual player skills development only. Competition will return at a later phase.
- *Prior to starting any activity or program check with your insurer to ensure that you are fully aware of any risks or liability associated with resuming basketball activities. Ensure that participants are fully informed and consent to risks associated with participating in basketball activities.*
- *The Province of B.C.'s [announcement](#) extending liability protection to not-for-profit amateur sport organizations for damages resulting from exposure to COVID-19.*
- Ensure that all staff and coaches are fully educated on symptoms of COVID-19, Best Practices in Coaching, the Return to Play govt. policy and all associated procedures to minimise risk.

## **ADDITIONAL CONSIDERATIONS FOR OPERATORS OF BASKETBALL FACILITIES**

- Work with local authorities to ensure that your facility meets all public health and WorkSafe BC guidelines required for operation.
- Conduct a full and comprehensive review of your facility, analyzing risk and exposure areas.
- Determine what areas will be open and available to patrons and what will be closed off.
- If feasible, consider making your facility “one-way”, with one entrance and one exit to simplify physical distancing.
- Fully clean and sanitize your complete facility before reopening. Set up a “clean bin” to ensure that sanitised basketballs can be separated from those requiring cleaning. See useful links at the end of the document.
- Ensure you have sufficient supplies of sanitizing materials and disposable gloves and masks for staff.
- Hand sanitizer at all entry and exit doors to the courts and at key locations.
- Adjust scheduling of programs or activities to allow the safe arrival/departure of guests and adequate time for cleaning of all equipment between sessions.
- Update your Hygiene & Safety Guidelines protocols for maintenance staff, for staff, for Coaches and for participants/parents and guardians.
- Ensure all staff and coaches are fully educated on symptoms of COVID-19, the Return to Play and all associated procedures to minimise risk.
- Establish policies for participants, staff, and coaches to report and manage sickness. Ensure that you incorporate a daily assessment of staff health to ensure that no one attends work if they show symptoms of being sick.
- Put in place signage to educate and direct participants about handwashing, personal hygiene, directional flow through the facility and other safety considerations. See appendix at the end of the document.
- Close all common areas including change rooms, water fountains, meeting spaces and team benches. Remove seating in public viewing areas.
- Ensure that courts and training areas are set up with adequate space around them and to allow the safe movement of individuals practicing social distancing of 2m.
- Remove trash cans and ask patrons to take their trash home.

- Ensure that you keep detailed track of all activities and participants in your facility in the event of an outbreak.
- Communicate all new safety protocols and measures via email / website / social media to your participants or anyone entering your facility.
- Check with your insurer to ensure that you are fully aware of any risks or liability associated with resuming basketball activities. Ensure that participants and users are fully informed and consent to risks associated with participating in basketball activities.

## **EMERGENCY PREPAREDNESS**

- Ensure that you have necessary gloves, masks, hand sanitizer and cleaning materials at hand.
- When dealing with an injury (i.e. sprained ankle, abrasion etc.) use gloves and mask.
- Ensure that there is a clear procedure for handling any participant, staff member or coach if they develop signs of cold, flu or COVID-19 during a basketball activity. This should include identification of an isolation area, notification processes, and education of staff on the procedure.
- Notify all participants of possible exposure to COVID-19 if you become aware of any suspected or confirmed cases that attended the activity.

## OUTBREAK PLAN - VIASPORT

Early detection of symptoms will facilitate the immediate implementation of effective control measures.

In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

- Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone, or cancel activities.
- If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
- Implement your illness policy and advise individuals to: self-isolate
  - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - use the [BC COVID-19 self-assessment tool](#) to help determine if further assessment or testing for COVID-19 is needed.
  - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
  - In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
- If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities. For more information on cleaning and disinfecting:
  - [COVID-19 BC Centre for Disease Control](#)
  - [Regional Health Authorities](#)

## VIA SPORT COVID-19 SAFETY PLAN TEMPLATE (WORKSAFEBC)

This tool can be used to guide you through the planning process. Currently, there is no standard document for your COVID19 Safety Plan – you may use this document, or another document that meets your needs, to develop your plan.

This COVID-19 Safety Plan, in accordance with the order of the Provincial Health Officer, must be posted by your organization.

[Safety Plan Template](#)

### RISK ASSESSMENT AND MITIGATION CHECKLIST

Routine planning includes conducting risk assessments to determine the overall risk of disease spread. In view of the current outbreak of COVID-19, a disease-specific and sport-specific risk assessment and mitigation checklist has been developed to assess the specific risk of COVID-19 for clubs and organizations

To accurately provide answers to the following risk assessment and mitigation checklist, those responsible must be knowledgeable on the current COVID-19 outbreak. They should reference the daily provincial, local and global COVID-19 situation reports provided by WHO, Health Canada and provincial health authorities. The tool should be completed in this Excel spreadsheet (see Risk Assessment and Mitigation Checklist tabs), as the scores are automatically calculated.



club\_risk\_assessment  
\_and\_mitigation\_chec

***Canada Basketball strongly encourages all clubs and organizations to complete the Club Risk Assessment and Mitigation Checklist prior to returning to training noting that is intended to supplement and not replace any local, provincial or national regulations which organizations must comply with.***



## PHASE 3 RETURN TO SPORT: PROGRESSIVELY LOOSEN

**British Columbia is in Phase 3 of the Restart Plan and as of August 24 the Sport Sector has moved to this “Progressively Loosen” Phase. In this phase there can be a careful increase to the number of contacts and contact intensity in sport.**

The purpose of this document/update is to help clarify the conditions for safe sporting activities in Phase 3. Everyone plays an important role in gradually returning to sport activities safely. When clubs and organizations are making decisions about return to play in Phase 3, it is advised to start conservatively and slowly introduce new activities within this phase. **Clubs and organizations are asked to update their safety plans to reflect the addition of any new activities.**

This guidance has been developed following a review of best practices in other parts of Canada and the world, while using the following public health guidance on reducing transmission:

Risk management is still the key to determining whether or not your organization is ready to include new activities. **All guidance pertaining to personal hygiene, cleaning protocols, symptom screening and other risk mitigation practices still apply in Phase 3. It is also still imperative that sport organizations consult and collaborate with their municipal and facility partners before resuming and adding activities. Facility users (Clubs, Organizations, teams etc.) safety plan needs to be reviewed and deemed acceptable to the facility before commencing any activities**

## CONTACT ACTIVITIES

**Purpose:** to introduce sport activities that may involve instances of contact in a safe way.

In order to align with health guidance, this document defines contact as both close proximity (within two metres) or physical contact.

Activities with less physical contact or close proximity carry less risk of COVID-19 transmission, while those with more contact and close proximity carry more risk.

*Levels of COVID-19 transmission risk with respect to contact activities are as follows from lowest to highest risk:*

- *Skill-building drills or training at home, alone or with family members*
- *Group or team-based skill-building or drills that maintain physical distancing*
- *Group or team-based drills that require close contact*
- *Non-contact competitive activities between teams*
- *Group or team-based activities that include physical contact*
- *Competitive activities that include physical contact between teams*

**Phase 3:**

- Close physical proximity **should still be minimized** as much as possible.
- When activities and drills involve interaction between participants at a distance of less than two metres, it is recommended that:
  - If possible, modify the activity or rules occur to minimize contact in order to keep participants at a safe distance as much as possible
  - The number and duration of contacts between different participants is limited (when physical distancing is not possible)
  - Physical distancing when not participating is maintained
- Any introduction of activities involving either close proximity or physical contact should be done within a sport cohort (see next section).

**SPORT COHORTS**

**Purpose:** Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time.

**Phase 3:**

- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- **Cohorts should be regional based, and participants should be from the same Regional Health Authority**
- PSO and NSO High Performance Camps and Training Programs are allowed to involve players from various regions.
- Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- At least two metres distancing should be maintained between all participants when not actively participating in activities.
- Cohorts should be made up of individuals/teams of similar age and skill level.
- Cohorts may not exceed 50 – (e.g. 4 teams of 12)
- When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people (see PHO Order).
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.

- Cohorts should remain together for an extended period of time. **If looking to change cohorts, a two-week break between activities is recommended.**
- **Where possible, individuals should consider limiting the number of cohorts to which they belong in order to reduce the number of people they are interacting with.**
- Where officials (if being used) are unable to physically distance, it is recommended to assign an official(s) to a specific cohort and avoid having them interact with multiple cohorts.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.

## COMPETITION

**Purpose:** to introduce competitive sport activities. This includes formal, organized games, matches and tournaments between participants where scores are recorded, and standings are kept.

### Phase 3:

- It is recommended that activities continue to be slowly phased in. Return to sport activities should not jump straight to the highest threshold of activities without having tested safety protocols. It is still recommended that organizations start with training activities and slowly layer in different levels of competition after a minimum period of 14 days.
- Cohorts should be created in order to introduce competition.
- **Competitive activities must stay within cohort and does not include regional play**
- Inter-provincial competitions are not recommended at this time.
- All competitions are required to have a detailed safety plan in place.
- Contact a Regional Health Authority if you have questions or require additional guidance for competitions. See Appendix F for information on Regional Health Authorities.
- Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting group numbers to 50 people.
- Limit contact as much as possible:
  - Plan arrivals and departures of different teams/groups to avoid co-mingling
  - Avoid participants waiting on site between games/activities
  - Discourage groups of people gathering before or after sport activities (e.g. social events)
  - Schedule activities over a longer period of time (days or weeks) or at different locations
- Conduct symptom-screenings using the [BC COVID-19 Self-Assessment Tool](#)
- Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure an illness policy is in place.

- Community spectators are not encouraged until Phase 4. If parent and guardian spectators are permitted, implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the public while at the venue.
- Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches, and volunteers and how to mitigate risk to those individuals.
- Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if an athlete or other personnel develop COVID-19 symptoms.
- If outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended. See Appendix C on Via Sport Return to Sport Plan.

## APPENDIX

### A. PRE-ACTIVITY CHECKLIST

- √ All participants must pre-register
- √ Email all participants beforehand with information about common symptoms of COVID-19, how to minimise risk, and the rules that they will adhere to during the program.
- √ Ensure that all participants have provided full contact information in the event of an outbreak.
- √ Ensure that all participants have been fully informed and consented to the risks involved in participating, including the risk of COVID-19.
- √ Inform all participants beforehand that organizers will screen participants for symptoms at the start of each session. ***Written acknowledgement will need to be given that a participant is symptom-free and healthy to participate. If a participant is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately***
- √ Ensure that all staff and coaches are fully educated on COVID-19 symptoms and Return to Play procedures.
- √ Set up the program space with clear signage to direct participants and ensure safe movement in the space.
- √ Limit entry and exit points to the space to minimise numbers and direct flow of people.
- √ Clean and sanitize all balls and equipment.
- √ Check that all staff, coaches, and participants are not displaying symptoms of cold, flu or COVID-19.
- √ Ensure that all participants have washed their hands before starting the activity.
- √ Provide a pre-activity briefing to recap all the safety rules and requirements

## **B. EDUCATION AND SUPPORT**

### **RESOURCES – GUIDELINES AND RESTART PROTOCOLS**

- [viaSport Return to Sport Guidelines](#)
- [viaSport Return to Sport page for latest news and updates](#)
- [BC Recreation and Parks Association COVID-19 Restart Guide](#)
- [Province of BC self-assessment tool for COVID-19](#)
- [Australia Sport Institute Framework for Rebooting Sport](#)

### **RESOURCES – QUESTIONS AND ANSWERS REGARDING COVID-19 AND RESTART PLANS**

- [FAQ from viaSport](#)
- [BC Centre of Disease Control – Questions and Answers](#)

### **RESOURCES FOR HYGIENE BEST PRACTICES**

- [Govt. of Canada hand-washing guide](#)
- [BCCDC Physical Distancing Poster](#)
- [BCCDC Handwashing Poster](#)
- [BCCDC Cleaning and Disinfectants for Public Settings](#)
- [WorkSafeBC COVID-19 guidance](#)
- [Do not enter Poster](#)

## C. ILLNESS POLICY – UPDATED AUGUST 24

In this policy, “Team member” includes an employee, contractor, volunteer, participant, or parent/spectator.

### 1. Inform

Communicate to an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea or diarrhea.

See [BCCDC website](#) for a full list of symptoms.

### 2. Assessment

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. If Team Members are unsure please have them use the [BC COVID-19 self-assessment tool](#).
- c. Managers/coaches may visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.

### 3. Awareness

If a Team Member is feeling sick with COVID-19 symptoms:

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while within the sport environment, they
- c. should be sent home immediately and contact 8-1-1 for further guidance.
- d. No Team Member may participate in a practice/activity if they are symptomatic.

### 4. Confirmation

If a Team Member tests positive for COVID-19, follow the direction of health officials.

### 5. Quarantine or Self-Isolate

Procedure to follow if:

- a. You have travelled outside of Canada or the province within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.

## D. FREQUENTLY ASKED QUESTIONS

### *Is outdoor training safer than indoor training?*

Yes, Droplet transmission is more likely to happen in contact in an indoor setting. Transmission is less likely in an outdoor setting where there is more space to keep physically distanced.

### *How often do participants and staff, coaches etc. need to complete a Health Declaration?*

Prior to every session

### *What types of activities are not allowed during this phase?*

- Activities that cannot maintain physical distancing (e.g. contact activities)
- Activities that have a higher risk of injury
- Activities that encourage or require a large group gathering
- Activities that require travel

### *Is it better for a player to use their own ball or have the organization provide one?*

It is preferable that no equipment is shared between individuals so having a personal ball is best. Otherwise if the ball is provided it must be thoroughly cleaned prior to being reassigned.

### *What is the definition of Community Sport Activities?*

Community focused sport activities take place within the home sport community or clubs where participants are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

If an athlete is a part of a club/training group/team, but they are travelling from another neighboring community, e.g. Burnaby / Coquitlam - that is okay. What we want to limit is exposure to various groups across numerous communities.

The key is neighboring community.



## E. RETURN TO SPORT UPDATES - JUNE 26 TO AUGUST 21

### August 21, 2020

The next update will be delayed until Monday, August 24<sup>th</sup>.

### August 14, 2020 Update #8

As mentioned in previous updates, viaSport's proposed Phase 3 addendum to the Return to Sport Sector Guidelines is currently under review by the Ministry of Health and BC Centre for Disease Control. The approved guidelines are expected to be released shortly.

Once approved, this revised document will outline how each sport can apply the Sport Activity Chart in Phase 3. We will both post these changes to our RTS plan on our website and communicate them to our membership through email and social media.

Currently, we continue to be in the Transition Measures Stage – see [Appendix A – Sport Activity Chart](#) (from viaSport Return to Sport Guidelines for BC). **This stage stresses the importance of maintaining physical distancing (2m) at all times, keeping group numbers small, training groups within your community and limited sharing of equipment.**

### August 7, 2020 Update #7

There has been no change in the Sport Sector Guidelines or the Basketball Return to Sport Plan. We continue to be in the Transition Measures Stage – see [Appendix A – Sport Activity Chart](#) (from viaSport Return to Sport Guidelines for BC). **This stage stresses the importance of maintaining physical distancing (2m) at all times, keeping group numbers small, training groups within your community and limited sharing of equipment.**

### July 31, 2020 Update #6

#### *Has there been any change in the current status of the viaSport Sector Guidelines?*

There has been no change in the Sport Sector Guidelines. We continue to be in the Transition Measures Stage – see [Appendix A – Sport Activity Chart](#) (from viaSport Return to Sport Guidelines for BC). **This stage stresses the importance of maintaining physical distancing (2m) at all times, keeping group numbers small, training groups within your community and limited sharing of equipment.**

#### *When will there be new and/or amended guidelines released from viaSport?*

As mentioned in UPDATE #4, viaSport has submitted new recommendations to the Ministry of Health with regards to loosening or adjusting restrictions and guidelines with regards to:

- Contact
- Group and Cohort Size
- Competition
- Travel

To date, viaSport is still waiting for approval.

Once viaSport receives approval from the Ministry of Health, the new and/or amended sector guidelines will be released to Provincial Sport Organizations to implement into their specific

sport Return to Sport Plans. Indications are these new guidelines may be released by the end of August.

## July 24, 2020 Update #5

### *What is the current status of the viaSport Sector Guidelines?*

Currently, we continue to be in the Transition Measures Stage – see [Appendix A – Sport Activity Chart](#) (from viaSport Return to Sport Guidelines for BC). **This stage stresses the importance of maintaining physical distancing (2m) at all times, keeping group numbers small, training groups within your community and limited sharing of equipment.**

### *Who governs compliance to the Sector and Return to Sport Guidelines?*

Compliance is being overseen by WorkSafeBC with regards to adhering to facility and operational guidelines within the sport sector as established by the Ministry of Health. viaSport is aware of the emerging challenges in addressing Return to Sport and public health compliance issues. For the last several weeks, they have been working to establish a process to better connect with regional health authorities to develop a strategy to help the sport community better respond to compliance inquiries. They hope to provide clarity on this issue soon.

### *How important is compliance to the basketball and overall sport sector guidelines?*

**It is vital that all participants – coaches, players, and organizers adhere to the Ministry of Health’s current Sport Sector guidelines and for the basketball community to adhere to the sport specific guidelines outlined in the Basketball BC Return to Sport Plan.** Failure to do so jeopardizes the entire basketball and sport communities with regards to delaying further loosening of restrictions and in providing a safe environment for all participants.

### *Are there guidelines for sport and recreation facilities?*

Similar to the workplace environment, it is essential that recreation and sport environments are adhering to Best and Safe Practices. Please [see WorksafeBC – Sport and Recreation: Protocols for Returning to Operation](#) for information on what protocols should be in place for those who are providing indoor and outdoor facilities for recreation and sport.

## July 17, 2020 Update #4

### *What is the current status of the viaSport Sector Guidelines?*

Currently, we continue to be in the Transition Measures Stage – see [Appendix A – Sport Activity Chart](#) (from viaSport Return to Sport Guidelines for BC). **This stage stresses the importance of maintaining physical distancing (2m) at all times, keeping group numbers small, training groups within your community and limited sharing of equipment.**

### *When will there be new and/or amended guidelines released from viaSport?*

ViaSport has recently submitted new recommendations to the Ministry of Health with regards to loosening or adjusting restrictions and guidelines with regards to:

- Contact
- Group and Cohort Size
- Competition
- Travel

On approval, the new and/or amended sector guidelines will be released to Provincial Sport Organizations to implement into their specific sport Return to Sport Plans.

### *What is a training cohort?*

A COVID-19 cohort, also referred to as a bubble, circle, or safe squad, is a small group whose members – are always the same people. As mentioned above, viaSport has currently submitted a recommendation to the Ministry of Health to loosen restrictions that includes cohort training.

## **July 10, 2020**

### **Update #3**

### *How does the Canada Basketball Return to Sport guidelines align with the Basketball BC Return to Sport Plan?*

There is general alignment with Canada Basketball's Return to Sport guidelines, but each province's restart plan for sport is different and is based on each province's situation. Provincial plans must adhere to provincial Ministry of Health and provincial Sport Sector Guidelines.

For example – we are currently aligned with Phase 2 of Canada Basketball's guidelines while Ontario is still in Phase 1 of the same guidelines.

As a Provincial Sport Organization, our directive from the provincial government, viaSport and WorksafeBC, was to develop the restart plan for the sport of basketball that reflects and best serves our own provincial COVID-19 landscape.

### *What guidelines should be used when developing an organization's, club's, or team's, safety and program and facility plans?*

**You should always use the Basketball BC Return to Sport Plan guidelines** as they are the most current and adhere to our government and sport sector guidelines.

### *What is the current stage of the Sport Sector Guidelines?*

We are currently in the **Transition Measures Stage** – see [Appendix A – Sport Activity Chart](#) (from viaSport Return to Sport Guidelines for BC).

### *Is any type of competition currently allowed within the Provincial Sport Sector?*

Currently, competition is not allowed for basketball. However, some sports can have competition within their club or organization, if the 2m distancing requirement can be maintained during competition. These sports would include tennis, golf, badminton, etc.

## **July 6, 2020**

### **Update - OFFICIATING**

We are starting to see and hear news of basketball training starting up again. However, this does not mean that approval has been given for basketball games to be played.

Due to the provincial health guidelines for physical distancing, Basketball BC and the BCBOA will not be approving the assigning of referees until the safety and security of referees and table officials can be maximized and the Provincial Government Health and Sport authorities activate a phase of reopening that includes sports competition involving physical contact.

We will keep you informed as new information becomes available, with the continued focus on moving safely through the COVID-19 issues facing the world. Safety of our BCBOA members remains the number one priority.

In the interim, we highly recommend that referees consider implementing a personal physical conditioning plan and registering for the CBOC Webinar series, to help keep body and mind ready for return to game officiating.

## **July 3, 2020 Update #2**

### *Are 2 and 3 person passing drills allowed at this time? If so, what cleaning protocols should be in place regarding ball/player sanitizing?*

Yes, based on the latest viaSport recommendations, 2 or 3 person **passing** drills are now allowed in the Basketball BC Return to Sport Plan Phase 1 **but physical distancing must be maintained.**

Minimum standards recommend that players wash/sanitize hands before and immediately after drills involving ball sharing and partner involvement. In addition, balls or any shared equipment are to be cleaned before and after use in the shared drills. Generally, the greater frequency of cleaning the better.

### *How often should sanitization/cleaning occur in a practice for players, coaches, and equipment?*

Depending on the length of the practice, you should break every 20 minutes (or in between drills) to wash hands and clean equipment.

### *Are small sided games (1 on 1, 2 on 2, 3 on 3) allowed?*

No. As social distancing of 2m is still a key component of current sport sector guidelines, basketball competition is not allowed in any form - including 1 on 1, 2 on 2, 3 on 3, etc.

### *When will officials be assigned games?*

Officials will not be assigned to officiate games until viaSport Sector Guidelines allows for competition.

### *When will competition be allowed?*

In order to advance to competition:

1. Physical distancing restrictions would need to be eased by the Ministry of Health. This easing of restrictions would allow for body contact.
2. Adjusted Sector Guidelines would also need to include hygiene and facility requirements that would ensure a safe integration of officials, players and coaches.

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## **June 26, 2020 Update #1**

### *How does the announced plans for the province to move into the third phase of its restart plan effect the Return to Sport Sector Guidelines and implications for basketball?*

This new phase allows for non-essential travel within the province but still stresses the importance of maintaining social distancing of 2 metres and to continue to stay within your own community of contacts. Adhering to training within your own community of participants is still crucial with regards to contact tracing and exposure. **At this point there is no change in the viaSport Sector Guidelines.**

### *As government restrictions ease or change, how will it affect the Return to Sport for basketball and how will it be communicated?*

When any new directives are announced from the provincial government, viaSport will make

the needed amendments and edits to the Sport Sector Guidelines and will inform the Provincial Sport Organizations. Basketball BC will then make the appropriate adjustments and changes to our Return to Sport plan and will post those changes on our website and announce /communicate them through emails and social media.

### ***How do you maintain Social Distancing with the two player per hoop scenario?***

Our recommendation of two per hoop is still based on being able to maintain physical distancing and not sharing equipment (ball). The players would still individually use the hoop and retrieve their own ball – players would alternate use of the hoop – so at any given time only one player would be using the hoop.

### ***How does gym size effect my programming?***

Each club, organization, and individual, when planning their program needs to base their plan on their own situation with regards to the size of the gym or facility they are using. For example many smaller elementary size gyms would only allow 1 player per hoop in order to maintain social distancing and perhaps not even use the side hoops, while a large high school gym, two per hoop as described above would be able to maintain the proper distance while ensuring no equipment sharing.

### ***Why do Return to Sport plans vary between Sports and Provinces?***

Each Provincial Sport Organization (PSO) develops a Return to Sport plan that best adheres to the Sector Guidelines. Each sport's guidelines reflect the requirements of the sport and its ability to align with those guidelines.

There are certainly many similarities between each sport's plan - e.g. maintaining social distancing, limiting number of participants etc. But also, there are differences based on each sport's requirements of play. Within provinces, specific sport plans will also vary as the plans have to align and adhere to each province's COVID-19 health guidelines

## **F. PARTICIPANT DECLARATION/ATTESTATION/AGREEMENT**

### **1. SAMPLE AGREEMENT – PROVIDED BY VIASPORT**

\*Modify agreement as appropriate where the participant is a minor and the agreement is signed by a parent or guardian

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of <NAME OF ORGANIZATION> agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date:

Signature:

### **2. SAMPLE DECLARATION – PROVIDED BY CANADA BASKETBALL**

[Sample Declaration](#)

## **G. PARTICIPANT WAIVER - RELEASE & INDEMNITY AGREEMENT RE: COVID-19**

It is recommended that all organizations and clubs have waivers for all participants including athletes and coaches.

### **SAMPLE PARTICIPANT WAIVER - PROVIDED BY CANADA BASKETBALL**

[Sample Participant Waiver](#)

## DISCLAIMER

The Basketball BC Return to Sport Plan is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to the accuracy or completeness of any information provided in the RTS plan.

It is important to note that the RTS Plan is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the RTS Plan and the Public Health Act, regulations, or orders thereunder, the Act, regulations and orders prevail. Each Provincial Sport Organization, clubs and teams should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

This document contains links to third party web sites. Links are provided for convenience only and Basketball BC does not endorse the information contained in linked web sites nor guarantee its accuracy, timeliness, or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your Plan is up to date.

Anyone using the RTS Plan does so at his or her own risk. Basketball BC shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the RTS Plan guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.