



A PHASED RETURN TO BASKETBALL

Return to Sport - Restart Plan 2.0

CONSIDERATIONS & GUIDELINES

June 18, 2021

Sport and recreation play an important role in the social, emotional, and physical wellbeing of individuals and our wider community. Under the BC Government's Restart Plan, sport organizations can operate but before doing so must have a detailed safety plan that follows the sport-specific guidelines developed by provincial sport organizations. As the provincial sport organization for basketball, Basketball BC has been asked to develop a basketball-specific Return to Sport Plan. This document outlines the considerations and guidelines for the safe resumption of basketball in BC, as outlined and guided in the provincial Restart Plan 2.0. Information regarding the 4-step BC Government plan regarding the **gradual loosening of restrictions** can be found at the [BC Government Restart Plan](#). As well, information regarding all current provincial restrictions can be accessed at [BC COVID information](#).

To help guide the sport sector in navigating this Return to Sport, viaSport has outlined the various steps involved in the [Return to Sport Restart 2.0](#). It lists the most current directives and will continue to be a source of the most updated information regarding restrictions and guidelines.

This safe return to basketball will take place in steps that align with public health guidelines concerning the safe resumption of activity. The duration and dates of each phase will be determined by provincial health and government guidelines. **Any movement between phases will be decided by the Provincial Health Office. Do not move from one phase to another on your own or without approval to do so.**

RETURN TO PLAY PLANNING

Each basketball organization must evaluate the risks and factors and develop their own Safety Plan, which will contain the measures they will implement and maintain to reduce the risk of COVID-19 transmission. Basketball organizations should continue to ensure that their organization is following best practices from a governance and risk management perspective. An organization's board has fiduciary responsibility and is accountable for the decisions and work of the organization so they should understand and be comfortable with the level of risk the organization is taking on. The plan must be in compliance with orders and guidance from the Public Health Office and must be made available to the public either by posting on the wall of the organization's facility or on its website.

Basketball BC strongly recommends a gradual return to competition to help ensure athlete preparedness and readiness for the increased physical and mental requirements of competition.

In order to reopen, basketball organization must:

1. Create a COVID-19 Safety Plan that meets the guidelines as detailed in our Return to Sport Plan
2. Publish the COVID-19 Safety Plan electronically, front and center on the organization's website home page and/or in hard-copy on the walls of the facility, in a conspicuous place.

Own The Podium has developed a useful [risk assessment and mitigation](#) checklist to help sport clubs and organizations work through risk assessment as it relates to COVID-19. viaSport BC has developed a [Safety Plan template](#) that sport organizations may use.

BC RESTART PLAN 2.0

- [BC's Restart](#) is a careful, four-step plan to bring B.C. back together. The four phases, along with the implications for travel and sport, are outlined below.
- As the provincial sport agency, [viaSport BC](#) provides additional guidance and resources for the sport sector to support through these phases. Information provided for basketball organizations is based on the principles and guidance set by viaSport BC.

A summary of BC's Restart Plan and the current viaSport BC Guidelines for Sport

STEP	Criteria	PHO Guidance	Travel	Sports & Activities
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators
2 JUNE 15 (Earliest date)	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	BC recreational travel BC Transit and BC Ferries – increased services as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people
3 JULY 1 (Earliest date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports
4 SEPT 7 (Earliest date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans

STEP 1 Effective May 25

Outdoor sport

- Practices and competition allowed for youth and adults within their home club*
- Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained.
- Travel allowed to home club only (and cannot cross travel zones)
- Maximum group size for adults and varsity sport is 50 (if group is a mix of youth and adult, 50 person maximum must be followed)
- No maximum group size for youth to allow for more flexibility (e.g. adult supervision)
- No spectators

Indoor sport

- Same restrictions that were in place prior to May 25
 - 3 m physical distancing required for children and adults on field of play
 - Adult sport limited to two people
 - No spectators
 - Travel to home club only (and cannot cross travel zones)

High-performance sport

- Sport Canada carded athletes (Canadian Elite or Podium levels) may travel across the three travel zones
- Canadian Sport Institute Pacific identified athletes** who are not Sport Canada carded can train, travel and compete within their travel zone

STEP 2

Effective June 15

Outdoor sport

- Recreational travel, including for sport, allowed within B.C.
- Maximum group size is 50 for adults (i.e. 22 and over). That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity
- No maximum group size for children and youth (i.e. those under 22)
- Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained.
- Up to 50 spectators
- Masks not required

Indoor sport

- Recreational travel, including for sport, allowed within B.C.
- Maximum group size is 50 for children/youth and adults. That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity
- Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained
- Field of play: no masks required
- Off the field of play: masks required
- No spectators

High-performance sport

- CSI-P identified athletes do not have a maximum group size for outdoor sport activities, but must adhere to all other Step 2 rules

STEP 3

July 1
(Earliest)

Outdoor sport

- Increased group size
- Increased travel
- Increased spectators

Indoor sport

- Increased group size
- Increased travel
- Increased spectators

High-performance sport

- Inter-provincial restrictions lifted

STEP 4

Sept 7
(Earliest)

Return to normal sport competitions for both indoor and outdoor sport

Advisory

It is important that all organizations and individuals understand that when you choose to participate in physical activities outside the home during the pandemic – including basketball - you are at an increased risk of contracting COVID 19. This is an inherent risk of participating in non-essential activities in your community.

There is a degree of risk in participating in basketball for the contraction of COVID-19 due to primarily playing indoors, the shared use of the ball, and close proximity and contact between players.

RESTART PLAN 2.0 – STEP 1 FOR INDOOR BASKETBALL – YOUTH AGE 21 & UNDER – (Effective May 25)

- Games, tournaments, and competitions for indoor group sports for people 21 years of age and younger are prohibited. Indoor drills and training activities are permitted.
- Basketball activities must be limited to non-contact drills and skills development that permits 3 metres of physical distancing at all times.
- Participants must maintain social distancing at all times on and off the court. The Provincial Health Order stipulates that participants must maintain 3 metres from one another and do not engage in handshaking, high fives, hugging or similar behavior.
- Travel is allowed to the home club only. Travel outside your travel region for athletic activities like training and practice is prohibited.
- Basketball clubs and associations are reminded that physical distancing is required at all times on and off court, and each group must determine whether that is possible given the size of the particular facility they are using.
- No spectators allowed unless the presence of a spectator is necessary in order to provide care to a participant.
- ***Participant group size needs to reflect the size of facility.***

RESTART PLAN 2.0 – STEP 1 FOR INDOOR BASKETBALL PLAN – AGE 22 YEARS & OLDER (Effective May 25)

- Games, tournaments, and competitions for indoor group sports for people 22 years of age and older are prohibited.
- A maximum of 2 participants may participate in drills and training activities. All participants must maintain a distance of three metres from one another at all times.
- No spectators allowed unless the presence of a spectator is necessary in order to provide care to a participant.

RESTART PLAN 2.0 – STEP 2 FOR INDOOR BASKETBALL – All Ages – (Effective June 15)

- **Increased Travel allowed – No Travel Restrictions within B.C.**
- **Physical distance not required on field of play.**
- **Competition allowed.**
- **Maximum group size is 50 – that includes participants, managers, coaches, trainers, scorekeepers, and any other persons in an official capacity.**
- **No Spectators**
- **Masking:**
 - **On field of play masks are not required**
 - **Off the field of play masks and physical distancing are required**

RESTART PLAN 2.0 - STEP 1 FOR OUTDOOR BASKETBALL – ALL AGES - (Effective May 25)

- Practices and competition are allowed for youth and adults within their home club. “Home club” means the sport organization, club, or facility with, or at which, a person is registered for ongoing sport programming.
- Physical distance is not required on field of play. Physical distance of 2 metres must be maintained off the field of play. Individuals should still seek to minimize physical contact wherever possible and should not engage in handshaking, high fives, hugging or similar behavior.
- Practices and competition allowed for youth and adults within their home club.
 - No travel or inter-club play is allowed.
 - Competition should be occurring in the same locality throughout (*A team cannot play in North Van one week, then Burnaby the next, and Vancouver the week after that. -viaSport*)
- The maximum group size for adults and varsity sport is 50 individuals including coaches, managers, trainers, and any other person involved in an official capacity.
- Youth activities have no maximum participants to accommodate the need for additional adult supervision.
- ***Participant group size needs to reflect the size of facility.***
- No spectators allowed unless the presence of a spectator is necessary in order to provide care to a participant.

RESTART PLAN 2.0 - STEP 2 FOR OUTDOOR BASKETBALL – ALL AGES - (Effective June 15)

- **Increased Travel allowed – No Travel Restrictions within B.C.**
- **Physical distance not required on field of play.**
- **Competition allowed.**
- **Maximum group size is 50 for adults 22 and older – that includes participants, managers, coaches trainers, scorekeepers and any other persons in an official capacity**
- **No Maximum group size for children and youth (under 22 years of age)**
- **Spectator are allowed - max. number is 50**
- **Masking:**
 - **On field of play not masks are not required.**
 - **Off the field of play masks and physical distancing are required**

DEFINITION FOR QUALIFYING FOR HIGH PERFORMANCE ATHLETE DESIGNATION– (Effective May 25)

- A person who is a high-performance athlete who was training in B.C., as of November 19, 2020, may train, practice, compete and travel for that purpose if the person follows the COVID-19 safety protocols of the provincial or national sports organization with which the person is affiliated.
- To qualify as a high-performance athlete, you must be identified by the Canadian Sports Institute Pacific as a high-performance athlete affiliated with Basketball BC or Basketball Canada.
- Sport Canada carded athletes (Canadian Elite or Podium levels) may travel across all travel regions. Athletes who are identified by the Canadian Sports Institute Pacific must train, practice, and compete only within their travel region. “Travel regions” are defined as:
 - Lower Mainland and Fraser Valley
 - Northern/Interior
 - Vancouver IslandFor more information on “travel regions” click [here](#).

RESTART PLAN 2.0 – STEP 2 FOR HIGH PERFORMANCE ATHLETES – (Effective June 15)

- **No group size for outdoor activities**
- **No special exemptions - must abide by guidelines that apply to their sport – Indoor or Outdoor.**

COMPETITION

- This includes formal, organized games, matches and tournaments between participants where scores are recorded, and standings are kept.
- **If you are planning to use officials for your competition, the competition must be sanctioned by Basketball BC and the organizer must ensure officials are included in and communicated to about the Covid Safety Plan, release waivers, facility details...etc.**
- **The Basketball BC Request for Referees Info. Sheet, Safety of Referees Info. Sheet, and Competition Sanctioning Form can be found at the [2021 Spring/Summer Officials Allocation](#) page.**

- 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.
- Inter-provincial competitions are not allowed 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.
- Provincial Health Office (PHO) Orders related to group gatherings are still in effect.
- 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)
- 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.
- 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.
- Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if 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.

HEALTH CONSIDERATIONS

- **Masks and Physical Distancing**
Indoor Basketball – Players must wear a mask at all times to and from the court. Masks may be worn or removed on the court during activity. **Basketball BC recommends that coaches and scorekeepers wear masks while on sidelines and at score bench.** Masks must be worn off the field of play. And also maintain physical distancing. Participants must also follow facility protocols about the use of masks.
Outdoor Basketball - Masks are not required on the field of play. Individuals should be wearing a mask off the field of play and also maintain physical distancing.

Useful Resources:

[Mask Mandate Order](#)

- **Hygiene and Cleaning Measures**
Basketball ball organizations should follow all public health and Worksafe BC directives regarding hygiene and cleaning measures.
Implement an enhanced cleaning protocol for common areas and common equipment. Ensure cleaners have adequate training, tools and Personal Protective Equipment. If you own and operate a facility, implementing enhanced cleaning protocols are your responsibility. If you are renting space, the facility owner or operator has overall responsibility for cleaning protocols within the facility. However, you are responsible for ensuring that there are sufficient cleaning protocols in place and ensuring all your equipment is properly cleaned during your activity.

Plan activities to ensure adequate breaks for handwashing, cleaning equipment, and other hygiene measures.

There should be no sharing of water bottles, towels, or other personal items.

Useful Resources:

[BC Centre for Disease Control](#)
[Worksafe BC](#)

➤ **Health Screening**

Screen all participants / coaches/ officials / volunteers with a symptom checklist at the start of each session.

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-isolate immediately.

Participants should know the common symptoms of COVID-19 and stay away if displaying symptoms. Participants must stay home if:

- they don't feel well or are displaying symptoms of COVID-19.
- they have traveled outside of Canada within the last 14 days.
- they have been identified by Public Health as a close contact of someone with COVID-19.
- they have been told to isolate by Public Health.

Useful Resources:

[BC COVID-19 Self-Assessment Tool](#)

➤ **Emergency Planning and Contact Tracing**

Organizers must maintain full contact information for all coaches, referees, and staff/volunteers participating in each session of an activity. Contact information should be retained securely for 30 days. Ensure that there is a clear procedure for handling any participant, staff member, or coach in the event that they develop signs of cold, flu or COVID-19 during any activity. This should include identification of an isolation area, notification processes, and education of staff on the procedure.

Follow all recommended reporting and contact tracing protocols from your regional health authority if you become aware of any probable or confirmed cases of COVID-19.

If an outbreak occurs, organizers may be asked to postpone or cancel competitions or activities, therefore it is suggested that basketball organizations have a cancellation policy in place.

Useful Resources:

[BC Centre for Disease Control](#)

➤ **CONSIDERATIONS FOR BASKETBALL ORGANIZATIONS**

- Manage the movement and behaviour of participants to minimize contact and socializing: Participants should "Get In. Train/Play. Get Out". Participants should not congregate or socialize before or after the activity. Consider designated drop-off and pick-up spaces. Use signage and markers to manage the flow of people and provide directional instructions.
- Ensuring safety measures are being met and adhered to depend on everyone being aware of and understanding the health and sport specific guidelines: Communicate guidelines to participants and spectators in advance of the activity. Ensure information is easily accessible to participants by translating signage and communications into multiple languages as well as various formats (for those with visual/hearing impairments) as required.

- During this period of rapid change through the Restart Plan steps, each facility operator or municipality may have increased restrictions and limitations for bookings/activities. Please work with your local cities/municipalities to adhere to any requirements to ensure you are providing a safe environment for all participants.
- Ensure that participants are fully informed and consent to risks associated with participating in basketball activities. All participants – or parents/guardians when a participant is a minor – should be required to sign a waiver or form acknowledging their acceptance of risks and that they agree to abide by COVID-19 guidelines and policies.
- Owners/operators of basketball facilities should consult local authorities, public health guidelines and WorkSafe BC to ensure that facility and operations meet safety guidelines. BCRPA have issued guidelines for resuming operations for recreational facilities. These include occupancy guidelines, risk assessment and operational measures that should be followed if you own and operate your own basketball facility.
- Additional operational guidelines, templates and considerations to aid in planning are outlined in the [Basketball BC Return to Sport Plan – Phase 2 and 3](#)

ADDITIONAL RESOURCES

- For information regarding specific situations access [viaSport FAQ page](#)
- [The latest Gatherings and Events Order](#)
- [viaSport BC Return to Sport resources](#)
- [Province of BC self-assessment tool for COVID-19.](#)
- [Latest updates on COVID-19 from the BC Centre for Disease Control.](#)
- [WorkSafe BC COVID-19 guidance for gyms and fitness centres](#)
- [BC Parks and Recreation Association guidelines for restarting operations in recreation and parks.](#)
- [BC CDC specific information for recreational facilities.](#)

DISCLAIMER

These RTS plan – Restart 2.0 Guidelines are 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 Guidelines. It is important to note that these Guidelines are 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 Guidelines and the Public Health Act, regulations, or orders thereunder, the Act, regulations and orders prevail.

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