

# Return to Sport

GUIDELINES FOR A SAFE RETURN TO BASKETBALL  
(UPDATED AUGUST 10, 2020)



# TWO METRES, *Please*

## MESSAGE FROM SDBA

During this unprecedented time, we are all looking for ways to connect and return to recreation and competition. The South Delta Basketball Association (SDBA) is excited to publish this return to play plan for basketball in Delta.

The health and safety of our members and neighbours is the foundation of our plan for a return to organized sport as we take our cues from Dr Bonnie Henry and our partners at viaSport, resume basketball with trusted friends, see our aspiring athletes get back to training, and see a return to competitions.

At the heart of the of this plan is adherence to self-assessment, hand hygiene, physical distancing, group size and a solid plan to respond to any outbreak of COVID-19.

Let's bounce back!

**Jason McCormick & Donovan Britten on behalf of the South Delta Basketball Association.**

# Overview: BC'S RESTART PLAN

Phase 2 (mid-May onwards) of the BC Government's Restart plan allows for a limited return to recreation and sport activities, including those sanctioned by Provincial Sport Organizations.

ViaSport, South Delta's organizational link to government, has been clear that the primary focus in phase 2 will be geared towards community participation and training rather than competition.

Using viaSport's general sport sector guidelines reviewed by the Provincial Health Office and Worksafe BC, the SDBA Return to Sport plan addresses a return to play with limited group sizes, physical distancing, minor modifications to activities as needed, reduced touch points, and a focus on skill development.

This document has been prepared by the SDBA with input from our board, Basketball BC, Canada Basketball, and viaSport. The purpose of this document is to provide guidance to our members for a safe return to activities with strategies for mitigating the spread of COVID-19 and helping us get back to the game that we love.

During this pandemic, public health measures are constantly being re-evaluated and thus the information contained in this plan may be updated, revised, or withdrawn in light of any new information released by government health authorities.

# Goals: OF OUR RETURN TO PLAY

To protect our communities and do our part in the province's collective effort to slow the spread of COVID-19.

To provide guidance and strategies to SDBA members (players, coaches, officials) for a safe return to basketball activities while adhering to BC health authority regulations and BC's Restart Plan.

To help reconnect our members and promote the physical, mental, emotional, and social well-being of our community throughout the phased return to our sport.

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# Phased RETURN TO SPORT

## BRIEF OVERVIEW

The BC Government's Restart Plan outlines four (4) distinct phases. Phase 1 ended in mid-May and Phase 2 of that plan began, which includes a return to recreation and sport.

### Phase 2

In Phase 2, the BC Government is asking people to stay close to home and avoid any travel between communities that is not essential.

### Phase 3

If transmission rates remain low or in decline, we will enter Phase 3: people can begin traveling throughout B.C. It is anticipated to continue through the rest of 2020.

### Phase 4

(Return to “normal”) is conditional on at least one of the following: wide vaccination, “community immunity”, broad successful treatments. Until then, large scale events and gatherings will not be permitted. We expect this will include a return to regular activities (with modifications) sometime in 2021.

# Risk MITIGATION

South Delta's liability insurance does not cover claims relating to communicable diseases or pandemics and Directors and Officers insurance now includes specific pandemic exclusions. As in all areas of life right now, participation in organized activities sanctioned by the SDBA will require a completed COVID-19 declaration. It is expected that participants will adhere to the conditions in the declaration each time they participate in SDBA programs. As outlined in our general guidelines, we expect that participants will stay home if they are ill.

SDBA will continue to take our cues from the Provincial Health Authority and provincial government. The ongoing implementation of the Return to Sport Plan will be monitored and updated as necessary when circumstances or provincial guidance change. B.C. health officials outline that risk transmission is subject to two variables that we need to modify to reduce transmission risk:

- **Contact Intensity** - how close you are to someone and for how long
- **Number of Contacts** - how many people are in the same setting at the same time

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and wherever possible we should use the action that offers the most protection. The following are listed from highest level of protection to lowest.

- **Physical Distancing Measures** - to reduce density of people (number and duration of contacts)
- **Engineering Controls** - physical barriers, increased ventilation, traffic flow
- **Administrative Controls** - rules and guidelines
- **Non-Medical Masks and Other PPE**

For more information about how to conduct an assessment and develop a plan, please see 1. COVID-19 Returning To Safe Operations 2. Public Health Orders

# General GUIDELINES

## TO BE RESPECTED AT ALL TIMES

All members of the SDBA are expected to adhere to the Provincial Health Officer's (PHO) orders and guidelines with respect to COVID-19.

Each person planning to engage in our program is expected to evaluate their health prior to participation.

If you have any symptoms of COVID – 19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT participate in sport. If these symptoms begin during an organized activity, you must leave immediately and contact the local public health office for recommendations. You must also inform the SDBA and your team coach.

In addition, the following individuals should not participate in organized activities:

- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the [BC Ministry of Health](#).
- Any person who has been told to self-isolate.
- Any person who lives in a home with or has been in close contact with someone with symptoms of COVID-19.
- Any Person who has arrived in British Columbia from outside of Canada within the last 14 days, as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- Any person who lives with someone who has arrived in British Columbia from outside of Canada within the last 14 days.
- All participants must practice recommended social / physical distancing by keeping two meters (six feet) away from one another at all times.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Cover your mouth with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Practice enhanced hygiene, including regular cleaning of equipment.
- Do not share equipment, food, drinks, water bottles, etc.
- Do not shake hands, embrace or high-five to celebrate.
- Do not loiter before or after organized activities.
- Group size – limited to BC Health Authority and municipal recommendations.

- First-aid kits should have extra PPE (gloves, hand sanitizer, disinfectant wipes, masks), if appropriate.
- All activities will require pre-registration to keep records of all participants in the event of a reported outbreak or if anyone contracts COVID-19.
- All participants will be required to complete a COVID-19 Declaration online through our website. The COVID-19 Declaration, once made, will apply to participation in all future events. SDBA will email all members with this information and will ensure that our registrar can look-up to ensure that participants have completed the form. We also recommend a verbal check-in at each event to remind each other of the importance of self-assessment.
- No drop-ins allowed at this time: participants must be SDBA members.
- Participants should have their own hand sanitizer.
- A COVID-19 Safety plan clearly identifying a lead in the case of an outbreak.
- Total size of gatherings, inclusive of all athletes, coaches, parents, club personnel, to be limited by the Provincial Health Officer.
- The space available at any facility will also determine the size of the group allowed at one time.
- Training schedules must allow all limits imposed on group size and to avoid congregating of athletes & coaches. (i.e. stagger training start times and / or training group locations.)
- Athletes & coaches should be informed on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health Officer's recommendations.
- Coaches and officials are tasked with ensuring everyone is adhering to social / physical distancing rules.

# *Training* VENUES & FACILITIES

Reference facility maximum capacity (Worksafe BC)

Personal Protective Equipment (PPE) must be available at any facility to be worn by coach / safety monitor in case of injury and hands-on assistance is needed.

Ensure that facilities have set schedules that allow for sports to meet municipal and provincial mandates for physical distancing and proper hygiene.

Ensure that facilities have posted appropriate signage outside entrance to the facility briefly outlining the physical distancing guidelines in place.

Ensure that there is public notification of the training venue – signage posting of practice / group times when athletes will be training.

Ensure that there is signage posted within facilities encouraging good handwashing, physical distancing and respiratory hygiene.

# Outbreak ACTION PLAN

The purpose of the “Outbreak Action Plan” is to aid in the contact tracing of those individuals who may have come into direct contact with an infected individual. It is the responsibility of the SDBA to ensure we are keeping accurate records of those individuals for whom you are coming into contact with to help keep us all safe.

All athletes & coaches attending training sessions must be members of the SDBA with current and up-to-date contact information on file.

Coaches are asked to keep record of the date of each activity held, along with a listing of all athletes who attended the session.

Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) must inform their coaches or the SDBA registrar (via phone, text, or email) immediately.

Any individual who has been told to self-isolate due to having come in contact with someone with symptoms of COVID-19 are not permitted to attend an organized activity and must inform their coach or the SDBA registrar (via phone, text, or email) immediately.

If the affected individual had contact with any other athletes or coaches in the past 14 days, the coach or the SDBA registrar should inform other potentially affected individuals (taking care to keep the affected athlete’s identity and medical information private) and ask those who have any symptoms to self-isolate at home.

If a team has a member diagnosed with COVID-19 all in-person training must be discontinued for a period of 14 days.

# *Return to Play*: BASKETBALL GUIDELINES

Group size: Maximum 12 per training group (10 athletes, 2 coaches, per half court). Number of training groups at any facility is limited by the size and the ability to maintain physical distancing.

Use of facilities as per municipal guidelines.

Limited to youth skills development only. (Phase 2)

Grassroots game skill development. Limited to SDBA members only. (Phase 3)

Recommend that a volunteer be stationed at the entrance of the facility ensuring hand hygiene and capacity limits.

Players and coaches must disinfect equipment prior to and following any activities.

Parents will not be allowed to spectate during Phase 2 unless the activity is outdoors. In Phase 3, 1 parent will be allowed to spectate if the group size is within municipal limits for the facility, unless outdoors.

No saliva is to be used to clean the sole of shoes or to moisten hands. Wet sanitized towels will be used for the above purposes.

No sharing of attire (uniforms, pinnies, etc.).

No sharing of personal items such as phones, wallets, or other personal items.

Coaches will be responsible for attendance. They will forward the attendance information to the registrar for contact tracing.

Coaches will also ensure that all of the general and basketball specific guidelines are being upheld.

# *Additional* RESOURCES

[viaSport British Columbia - Return to Play Guidelines](#)

[Basketball BC - Return to Sport Guidelines](#)

[Canada Basketball - Return to Sport Guidelines](#)

[WorkSafe BC - COVID-19 and Returning to Safe Operation](#)

[Government of British Columbia's Restart Plan](#)

[BC Provincial Health Officer Orders](#)

[BC Centre of Disease Control COVID-19 Resources](#)