



Return to Play Guidelines

Updated August 31, 2020

February 15, 2021

CONTENT DISCLAIMER

THE COVID-19 (Coronavirus) outbreak is an ongoing, rapidly developing situation. Basketball Yukon (BY) encourages its membership to monitor publicly available information and to always follow Federal and Territorial guidance. This information is intended to assist BY members with guidance when dealing with return to play guidelines related to COVID -19.

The information provided here in part is obtained from publicly available sources, including the Federal and Territorial governments (CMOH) and Canada Basketball. This information may vary and will be updated depending on current situations.

Should any individual members, clubs and organizations wish to add stricter guidelines, measures and/or precautions they are able to do so for the basketball activity they oversee within their specific organization.

It is important that sport organizations, clubs, coaches, officials, players and volunteers are aware that choosing to participate in sport activities will increase the risk of contracting COVID-19.

Please note – Basketball Yukon’s insurance does not cover claims related to COVID-19.

Further, the information contained herein are guidelines only and should not be construed as legal advice on any subject matter.

It is important to note that these guidelines were published using the information available from the Government of Yukon website as of August 24, 2020. The Yukon Sport and Recreation Guidelines can be found at: <https://yukon.ca/en/health-and-wellness/covid-19-information/industry-operating-guidelines-covid-19/sport-and-recreation#General-guidelines0>



RESPONDING TO CHANGING CONDITIONS

Due to the nature of the COVID-19 pandemic, we must be prepared to respond to changing conditions in the Yukon and within our individual organizations. If health situations change, we may be required to return to a previous Phase of the Yukon Government Guidelines, which could result in the ceasing of on court activities. The Yukon Government monitors the progression of the pandemic through each Phase, we expect that they will continue to advise sport organizations and provide the applicable health and safety guidelines that should be implemented in order to safely move from one Phase of the Return to Play Guidelines to the next.

If public health restrictions should be reinstated and basketball activity is no longer permissible or we must return to a previous phase, Basketball Yukon will communicate directly with our affiliate organizations via email. Changes will also be posted on the Basketball Yukon website and social media accounts.

INTRODUCTION

Basketball Yukon is excited to return to basketball activity and the game we love. While Yukon is opening back up and restrictions are easing, it does not mean that we can become complacent. The basketball community has the responsibility to protect ourselves and our participants from COVID-19 by promoting the practice of good hygiene, physical distancing and monitoring for symptoms throughout our programming and activities.

Basketball Yukon's Return to Play Guidelines are developed in accordance with the Government of Yukon's Sport and Recreation Guidelines-COVID-19. These guidelines can be found at:

<https://yukon.ca/en/health-and-wellness/covid-19-information/industry-operating-guidelines-covid-19/sport-and-recreation#General-guidelines0>

This document is meant to assist the basketball community in understanding their responsibilities in providing a reasonable standard of care while facilitating basketball programming to their registrants, coaches, volunteers and staff.

GENERAL GUIDELINE RECOMMENDATIONS (For all Phases of Play)

Basketball Yukon, in consultation with Canada Basketball and Government of Yukon (CMOH), continues to monitor the most recent developments surrounding the Coronavirus (COVID-19) pandemic. To support our game moving forward and taking into consideration the most up to date information and recommendations, the following health and safety guidelines are required for a Phased-in Return to Play.

Facility Recommendations – Coaches should reach out to facility managers to ensure they are following all facility rules and guidance. Each facility will have an operational plan that will help mitigate the risk of COVID-19 transmission, and all players, coaches and parents will have to do their part in following the facility's plan. If users of a facility feel that the facility is lacking an action that is putting participants at risk the users should implement the action to mitigate that risk.





Requirement	Description
<p>Entering the Facility</p>	<ul style="list-style-type: none"> • Participants must not enter the facility more than 10 minutes before their scheduled time on the court. During this time, players are encouraged to wait in their cars (with guardians), instead of forming a group. • <i>Masks are mandatory in all indoor public spaces in the Yukon. This includes all public areas; elevators, hallways, washrooms, change rooms, spectator seating, and to and from activities.</i> <p><i>Temporary removal of the mask or face covering is permitted where necessary when:</i></p> <ul style="list-style-type: none"> ○ <i>actively engaging in basketball – on the court</i> ○ <i>for any emergency or medical purpose</i> ○ <i>for the purpose of verifying identification</i> <ul style="list-style-type: none"> • ‘Get in, train and get out’ – be prepared for training prior to arrival at venue. Minimize the need to use or gather in change rooms or bathrooms. • The number of people using bathrooms and change rooms should be limited to ensure spacing and gathering requirements can be followed. • Each facility will have unique aspects (size, number of courts, layout, etc.) that need to be considered and will need to be evaluated and approached on a case-by-case basis. Be aware that each facility will have different protocols and guidelines. • Communal spaces (i.e. water fountains, general seating areas) should remain closed if possible. • Clubs and organizers must ensure that recent and relevant information is circulated to players, volunteers and parents. • Signage should be prominently displayed at the entrance(s) to inform participants of the health risks associated with COVID-19 and the preventative measures in place for the facility (outdoor & indoor) • No one should enter any facility if they, a household member, or close contact are feeling sick or have any symptoms associated with COVID-19. (Prior to leaving home, participants are required to use the COVID-19 Symptom Self-Assessment Tool. https://service.yukon.ca/en/covid-19-self-assessment/) • Those 65 years of age and above, those with chronic health conditions and/or who are immune compromised etc. should be notified of the increased risks of entering the facility and should be discouraged from being involved in non-essential activities. • Entrance to the facility must be regulated at all times.





	<ul style="list-style-type: none"> • Hands-free hand sanitizer dispensers and other products should be available at each entry/exit point and other suitable locations within the facility / court (courtside, benches etc.). • Separate entry and exit routes, as well as corridor direction markings should be implemented. This applies to not only accessing the facility in general but also the court. Separate entry and exit routes will reduce the risk of contact between training groups. • All participants should adhere to social distancing requirements whenever possible (i.e. when not on the court playing)
<p>Assessing the Court</p>	<ul style="list-style-type: none"> • Participants should not enter the court prior to the designated start time of their session to allow for the safe departure of the previous participants and the requisite cleaning. • Court scheduling should be staggered to allow for a buffer between the conclusion of one session and the start of the next to allow time for the departure of the previous group and for the appropriate dwell time of cleaning products. • Where possible, leave all doors open to remove/limit the use of touchpoints (door handles, push bars etc.). If this is not possible, touchpoints need to be cleaned following the conclusion of each session. • While waiting to access the court, all participants are requested to adhere to physical distancing requirements. These spaces should be clearly marked to ensure an orderly and safe space to wait.
<p>Cleaning/Disposal Methods</p>	<ul style="list-style-type: none"> • All common areas and high touch surfaces should be cleaned at the end of each day or if visibly dirty. This includes washrooms, common tables, desks, light switches, handrails and door handles. Where possible, leave all doors open to remove/limit the use of touchpoints (door handles, push bars, etc.). • Shared equipment should be disinfected after every use by a staff person and the cleaning should be documented. Some shared equipment that is touched less often, such as nets, can be cleaned when set-up or taken down, or at the end of each day. • Facilities are required to use Government of Canada approved products for cleaning, and to use them according to instructions that apply to the products used, with respect to requirements for personal protective equipment (PPE) during use, and for required dwell times after application. • A rigorous approach to the regular, systematic cleaning of all playing areas, equipment and surfaces must take place within each facility.





Participant Safety

Requirement	Description
<p>Oversight</p>	<ul style="list-style-type: none"> • The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to. This individual should be knowledgeable of how COVID-19 is transmitted and the guidelines for Return to Play. • Every organization must take full attendance and have contact information for every person present at every session. Organizations must be able to provide relevant information to Public Health, if required. These records must be kept for a minimum of 21 days. • Individuals exhibiting symptoms of COVID-19 must be sent home immediately (see Symptoms, Isolation and Reporting below). • All participants and spectators (or parents/guardians if under 18 years of age) must sign the Event Participant Waiver <u>plus</u> sign a Daily Attestation prior to participating in any sanctioned basketball activity. • First aid attendants should use appropriate personal protective equipment.
<p>Symptoms, Isolation and Reporting</p>	<ul style="list-style-type: none"> • Prior to leaving home, participants are required to use the COVID-19 Symptom Self-Assessment Tool. https://service.yukon.ca/en/covid-19-self-assessment/ • Participants should not attend if they are experiencing a cough, fever, shortness of breath, or are feeling unwell. • If a participant develops any symptoms while in the facility, they are required to immediately notify a coach, leave the facility as soon as possible and contact their physician for further advice. • After the individual exhibiting symptoms has safely left the facility, any space that the participant may have accessed, will need to be cleaned and decontaminated before they can be used. • As per Public Health regulations, participants should not train or access the facility, if they meet any of the below criteria: <ul style="list-style-type: none"> a) <i>They have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19;</i> b) <i>They have symptoms of COVID-19, even if mild;</i> c) <i>They have been in contact with a suspected, probable or confirmed case of COVID-19;</i> d) <i>They have been told by public health that you may have been exposed to COVID-19;</i> e) <i>They have returned from travel outside Canada within the last 14 days; and/or</i> f) <i>They have returned from another province within Canada within the last 14 days (i.e. interprovincial travel).</i>





	<ul style="list-style-type: none"> Participants who have been diagnosed and recovered from COVID-19 must receive medical clearance (written note) from their physician before returning to training.
<p>Personal Items</p>	<ul style="list-style-type: none"> Participants are required to bring the following items. Each item must be clearly marked, and <u>not</u> be shared with others: <ol style="list-style-type: none"> Basketball (in Phases without competition) Water bottle(s) filled at home (do not access water fountains or bathroom/facility taps for filling water bottles). Towel Sanitization products, including (but not limited to): <ul style="list-style-type: none"> ◇ Hydroalcoholic gel hand sanitizer (>70% alcohol base) ◇ Disinfectant wipes ◇ Tissue paper ◇ Any necessary medical supplies Personal single-use food items (e.g., nutrition or granola bars) Participants should be strongly encouraged to leave any unnecessary and non-basketball personal items (cellphones, etc.) outside of the facility. When this is not possible, all personal items must be kept in a personal bag. The area where the bags are stored should be disinfected between sessions.
<p>Physical Distancing <u>and</u> <u>Masks</u></p>	<ul style="list-style-type: none"> Two (2) metres of physical distancing (linear separation between individuals in all directions) should be maintained at all times (except for players taking part in competition). This is equivalent to a minimum of 4 square metres of floor space per participant. Physical guides, such as signs and tape on floors, should be utilized, where possible, to encourage physical distancing in high traffic or waiting areas. <i>Masks are mandatory in all indoor public spaces in the Yukon. This includes all public areas; elevators, hallways, washrooms, change rooms, spectator seating, and to and from activities. Temporary removal of the mask or face covering is permitted where necessary when:</i> <ul style="list-style-type: none"> ○ <i>actively engaging in basketball – on the court</i> ○ <i>for any emergency or medical purpose</i> ○ <i>for the purpose of verifying identification</i> For individual skill work, no more than one player per basket and one ball per player initially. Similarly, if requested, one coach should only work with one player. If one-to-one coaching is not feasible, then the coach should be positioned centrally on the court where they are able to communicate with all players.





	<p>Physical distancing guidelines also need to be strictly followed at all times when coaches are interacting with players (workouts, instruction, etc.).</p> <ul style="list-style-type: none"> • Unnecessary physical contact (high fives, handshakes, fist bumps, or hugs etc.) is prohibited. • Participants should avoid carpooling to and from the facility with members from outside their household or quarantine “bubble”. • Participants must not enter the facility more than 10 minutes before their scheduled time on the court. During this time, players are encouraged to wait in their cars (with guardians), instead of forming a group
<p>Personal Hygiene</p>	<ul style="list-style-type: none"> • Signage should be displayed within washrooms demonstrating proper hand washing techniques. • Participants and spectators must clean their hands with hydroalcoholic gel / hand sanitizer upon: » Entering the facility; » Entering/exiting the court; » During every break in training (water, rest etc.); » Upon departure from the facility, before entering their vehicle and arriving home. • Initially, locker rooms should remain closed. Therefore, players should arrive at the venue “dressed to play” and are encouraged to shower at home before and after each session. • Participants are encouraged to use the washroom at home prior to leaving their homes. However, washrooms must be accessible, if required, and must be cleaned following each individual or group session. Availability and space restrictions due to physical distancing measures will be a limiting factor in the amount of people allowed in the facility
<p>Spectators</p>	<ul style="list-style-type: none"> • Spectators are permitted although we recommend that they be limited to those providing care to children below the age of 12. • A defined area for parental supervision should be established. • Those guardians of children must, like all others present, be screened and use hand disinfectant on entry into the facility and must maintain 2 metres distance from everyone other than those they are caring for. • Spectators are required to sign a waiver and attestation and must be included on the attendance record.

BACK TO BASKETBALL PHASES

Training Phase 1 –Education & Individual Training begins

Training Phase 2 – Individual Training Continues and Begin Small Group Training





Competition Phase – Whole Team Training (Internal 5 vs 5 team competition) begins and mini leagues permitted - Local Competition begins

- Whole team is permitted to practice; no limit on players, coaches and staff. However, must continue to adhere to local public gathering restrictions.
- Divide the whole team in half (based on internal teams) for skills/concept development. Scrimmaging in practice should be avoided and instead focus on individual skill development drills and conditioning. Maximum 2 hours per session. (Drills or activities could include: Partner shooting, small sided games, 5v0 play, transition offence and defence).
- Internal 5v5 competition begins in preparation for local competition.
- Sharing of equipment continues, passing allowed.
- Physical distancing nor longer required. However, when possible, physical distancing is recommended
- Contact permitted
- Only essential basketball team staff/personnel permitted in the gym, as determined on a team-by-team basis.
- Local 5v5 competition permitted. Teams develop a pool of consistent opponents to face and ensure each team has followed a phased approach.
- Players have not travelled outside of Canada
- Ensure appropriate training to competition ratios are in place.
- Spectators permitted for competition; physical distancing for spectators is required.

Mini Leagues

- Mini leagues will reduce team and league size to reduce the amount of mixing between participants.
- Mini-leagues allow for the return of team sports while reducing potential widespread exposure in the event a participant has COVID-19.
- Sports organizations should create mini leagues with a maximum of six teams and a total of 60 participants.
- Coaches and officials are not counted in the number of 60 participants in a mini-league. This means they should remain extra vigilant to ensure they maintain physical distancing during a **game. Careful attention to 6 steps to staying safe are especially important for officials such as referees, who may interact with many mini-leagues.**
- Forming a mini league decreases opportunity for being exposed to the virus, while allowing for increased interaction during games and practice. If someone does get sick, tracing close contacts becomes easier and the number of people who risk being exposed is lower. Mini leagues are especially useful for rural players by limiting interaction with players from other areas.
- Participants can participate in a maximum of two sports mini leagues (i.e. basketball & volleyball).
- Participants may switch between mini-leagues if they spend a two-week period without playing with their original mini-league.
- There must be a two-week gap between inter mini league playoffs and intra mini league competition (intra league competition cannot contain more than 60 participants).





- Participants do not need to keep 2 metres apart however, physical distancing should be practiced **and masks are mandatory** when not participating on court (i.e. on sidelines, before and after activities etc.)
- Organizations must keep records of the individuals assigned to each league and ensure that sufficient oversight is provided to ensure compliance with health guidelines.

RESOURCES

Yukon Sport and recreation guidelines <https://yukon.ca/en/health-and-wellness/covid-19-information/industry-operating-guidelines-covid-19/sport-and-recreation#General-guidelines0>

Yukon COVID-19 Self-assessment Tool <https://service.yukon.ca/en/covid-19-self-assessment/>

Safe 6 <https://yukon.ca/en/health-and-wellness/covid-19-information/6-steps-staying-safe-covid-19>

Canada Basketball guidelines https://basketball.ca/files/2020-06/cb_wbc_back_to_basketball_return_to_sport_guidelines_v1_june_16_2020.pdf

