



COVID-19 CLUB POLICY: OUR RETURN TO PLAY

WORKING DOCUMENT – 27.07.2020 – UPDATED INFORMATION IN RED

INTRODUCTION

This policy has been designed in conjunction with Basketball England's (BE) Return to Play Guidance document. The policy is to ensure the safety of all members, officials, volunteers and opponents during the Covid-19 global pandemic.

Failure to follow this policy will lead to a removal of an individual from any Club activity and possible suspension of membership in accordance to our Disciplinary Process.

Basketball England have a 'Return to Play' response level to determine how, when and which participants will be able to take part in the sport. The response level associated for Bromley Basketball Club is 'Level 2' and below (for indoor activity).

WHAT IS COVID-19?

Coronavirus Disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the Severe Acute Respiratory Syndrome Coronavirus 2 (SARSCOV-2).

This virus appears to be highly infectious and at present, we do not have an effective treatment for it. Most people (80%) who are infected have mild symptoms and some do not have any symptoms at all. Because this is a new virus, there is much we do not know about it. However, like other viral infections, we know that many individuals who are infected, are infectious for up to 2 days (48hrs) before they have symptoms. This means it is easy to spread this disease before you are aware you have it.

SIGNS AND SYMPTOMS

In UK, the National Health Service (NHS) describe common symptoms of COVID-19 to include:

- High temperature over 37.8°C
- New and persistent cough
- Loss of taste or sense of smell

In addition, other symptoms can include:

- Hoarseness
- Runny nose
- Sneezing
- Shortness of breath
- Sore throat
- Wheezing
- Tiredness

Though these are common symptoms of other illnesses, there may be signs an individual has been infected by COVID-19, and it is vital that you do not infect teammates.



BAME COMMUNITIES

58% of Basketball England’s membership are from Black, Asian, and Minority Ethnic (BAME) communities.

There appears to be evidence that these communities are affected more by COVID-19 than other sections of society. The Office of National Statistics describe black people as being 1.9 times more likely to die from COVID-19 than white people, with Pakistanis and Bangladeshis at 1.8 times, and Indians at 1.5 times.

There appears to be several possible reasons for this, but none that have been researched in enough depth by the scientific world to be acted upon specifically.

Bromley Basketball Club would advise in accordance with Basketball England guidelines that members from BAME communities should only return to playing basketball if they understand the possible increased risks associated with coming into a basketball environment.

RETURN TO PLAY

Basketball England’s Return to Play Roadmap (RTP) has been designed in conjunction with the UK Government’s COVID-19 social distancing rules. The roadmap aims for a gradual easing of restrictions, who can play, when and where.

LEVEL 3	<ul style="list-style-type: none"> Public gatherings up to 6 2m social distancing No carpooling 	<ul style="list-style-type: none"> Outdoor courts Indoor courts - Government-defined 'Elite' athletes only 	<ul style="list-style-type: none"> Drills & skills only No contact No competitions Coach-led sessions 	<ul style="list-style-type: none"> From 4th June 2020
LEVEL 2	<ul style="list-style-type: none"> Public gatherings increased 1m+ social distancing Limited carpooling 	<ul style="list-style-type: none"> Outdoor & indoor courts 	<ul style="list-style-type: none"> Drills, skills & team based training Behind closed door competitions 	<ul style="list-style-type: none"> From 3rd August 2020
LEVEL 1	<ul style="list-style-type: none"> Public gatherings increased Social distancing removed Limited carpooling 	<ul style="list-style-type: none"> Outdoor & indoor courts 	<ul style="list-style-type: none"> Drills, skills & team based training Competitions with limited spectators 	<ul style="list-style-type: none"> TBC Dependent on government guidelines
LEVEL 0	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Outdoor & indoor courts 	<ul style="list-style-type: none"> Full training & competition framework reinstated 	<ul style="list-style-type: none"> TBC Dependent on government guidelines

Basketball England's Return to Play Roadmap – 27th July

The RTP starts from Level 5 through to Level 0. Bromley Basketball Club will begin to operate at Level 2 with measures in place outlined by Basketball England to ensure the safety all of members in all activities at the Club.

There are several key points to consider at Level 2:

- During Level 2, there can only be a maximum of 30 people at the venue including players, coaches, staff and volunteers.
- Practice should be in small groups where possible to reduce the risk of transmission.
- Contact training should be limited to 20-minute intervals with clear breaks to clean equipment.
- Social distancing rules apply when not participating.
- Shouting is not permitted.



OUR RETURN TO PLAY – 4 STEP PROCEDURE

The Club will operate a 4 step procedure during Levels 2 and 1. The procedure outlined in this section will be carried out during every session at the Club (games and training) by the COVID-19 Officer and designated committee members.

1. GET PREPPED

- a. Teamer/Heja app attendance RSVP must be sent prior to a session.
- b. You have carried out an individual self-screening.
- c. Do not have symptoms outlined in page 1.
- d. Have not been in contact with a person with suspected COVID-19 within the past 48 hours.
- e. You have not been advised to self-isolate due to a third-party (i.e office, school).
- f. No-one within your household has COVID-19 symptoms.
- g. **Individuals must not attend a basketball session if any of the above are true.**
- h. Travel to Club in basketball gear.

2. GET CHECKED

- a. Club screening carried out at a designated location away from venue.
- b. COVID-19 Officer or assigned committee members will undertake screenings.
 - i. Name.
 - ii. Temperature recorded.
 - iii. Series of quick Y/N questions.
- c. Positive temperature result? > 37.8 degrees
 - i. Individual cannot attend.
 - ii. Isolate per the UK Government guidelines.
 - iii. COVID-19 report sent to Basketball England (GDPR Compliant).

3. GET BETTER

- a. Wash hands immediately for a minimum of 20 seconds using soap or alcohol-based gel (provided by Club).
- b. No handshakes or unnecessary body contact. Adopt an alternative method of acknowledgement.
- c. Avoid touching high contact surfaces such as door handles, chairs and benches.
- d. No shared towels, bottles or clothing such as bibs.
- e. Use hand sanitiser during breaks of play (end of quarters, half time, timeouts).
- f. Basketballs wiped every 30 minutes (at training) and during all major stoppages of play (at games).

4. GET OUT

- a. Wash hands immediately for a minimum of 20 seconds using soap or alcohol-based gel (provided by Club).
- b. No use of changing rooms or shower facilities.
- c. No congregating at the venue.
- d. **Limited carpooling (share with the same people each time, use of face coverings).**

I HAVE COVID-19 SYMPTOMS AFTER A SESSION. WHAT SHOULD I DO?

All participants have a responsibility to notify the COVID-19 officer if they experience symptoms within 48 hours of the session.

- Ask for a test online via the NHS. Tests should be completed within 5 days of symptoms starting.
- You will be directed to the UK Governments Contact and Trace procedure.
- COVID-19 officer will contact all individuals that attended the session in question to advise of possible contact with COVID-19.



- The infected individual will not be disclosed.
- All session attendees will be advised to isolate for 14 days.
- COVID-19 officer will report to Basketball England.

HYGIENE MEASURES

The following measures will be put in place during Level 2 and Level 1 of the RTP

At Training

- Club basketballs will be cleaned with anti-bacterial wipes every 30 minutes. *Personal owned basketballs will not be permitted at training.*
- Participants should wash their hands during breaks of play with soap or hand sanitiser, i.e. a drink break or rest.
- Contact areas should be cleaned after every session.

During Competition

- Hand sanitiser shall be used at the following points in competition
 - Being substituted on and off the court
 - Time-outs
 - End of Quarters / Half time
- 2 match balls per game.
- Ball wiped by officials at major stoppages of play.
- Face coverings required for table officials and coaches
- Contact areas should be cleaned after every session.

DISTANCING MEASURES

The following measures will be put in place during Level 2 and 1 of the RTP

- No spectators allowed during training or games.
- No congregating at the venue (refer to our 4-step Return to Play).
- Parents will be required to wait outside (subject to venue guidelines).

RETURNING TO CLUB BASKETBALL AFTER HAVING COVID-19

We want to ensure that all members can return to play in a phased return depending on the severity of the virus on infected individuals. The following is current guidelines set out by Basketball England and the National Health Service.

NONE TO MILD SYMPTOMS

Did not require to visit a GP or hospital assessment.

- Advised 4-week return to physical activity including basketball.
- Individual exercise can start at least 7 days after the last symptoms have resolved.
- Individuals can resume Club activity 2 weeks after symptoms have resolved.



- When returning to any exercise, monitor symptoms to make sure you feel comfortable when exercising.

MODERATE SYMPTOMS

Were required to see GP or hospital staff. No major diagnosis of long-term health effects.

- Advised 8 week return to high level physical activity.
- Monitor symptoms throughout the return to activity as any rise in temperature or other symptoms may cause further stress on a recovering body.

SEVERE SYMPTOMS

Admitted to hospital for management of COVID-19 and in the worse cases, been intubated in Intensive Care.

- Advised 12 week return to normal activity levels such as walking for exercise.
- Most individuals will have a management plan provided by their hospital.
- Monitor signs and symptoms throughout including breathlessness and fatigue as this would indicate the body struggling to cope with the level of exercise.
- It is recommend a consultation with your GP to determine when high-level physical activity such as basketball can resume.

