



COVID-19 CLUB POLICY: OUR RETURN TO PLAY

UPDATED 19.07.2021

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.

Although the UK has taken necessary precautions and steps including vaccinations against Covid-19, the virus is still present and transmissible.

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 is highly infectious, most people (80%) who are infected have mild symptoms and some do not have any symptoms at all. 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.

RETURN TO PLAY



From Monday 19th July, all RTP restrictions will be removed in accordance with UK Government confirmation. It is imperative the health and safety of all our members and guests continues to take precedence above all else.

At Level 0, in-line with Basketball England guidance, the Club will adopt a common sense approach.

- Prep
- Logic
- Achieve
- You

P.L.A.Y.

The Club will continue to adopt a 4 step approach at Level 0 and the foreseeable future. It is the duty of all members, coaches, parents/carers and guests of the Club to promote P.L.A.Y.

1. PREP

- a. All individuals carry out a self-screening. If you have a temperature, cough, headaches or generally feel unwell, DO NOT attend any Club activity.
- b. You have not been advised to self-isolate.
- c. Member logs RSVP to sessions via the Teamer/Heja apps before the session.

2. LOGIC

- a. All members should use common sense when at the Club. Examples of common sense (but not limited to):
 - a. Sharing items such as water bottles / drinks / towels etc.
 - b. Minimising unnecessary physical contact
 - c. Promoting common hygienic measures such as washing hands using soap or alcohol-based gel.

3. ACHIEVE

- a. All members bring effort and intensity to the practice session/game to improve not only themselves but others around them.
- b. Adopt a Together As One mentality.

4. YOU

- a. You take personal responsibility to ensure you minimise the spread of Covid-19 at the Club.
- b. You support the Club and its members to uphold its values and policies and procedures.

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

All participants have a responsibility to notify a Committee Member 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 Test and Trace procedure.
- Contact will be made to 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 10 days. **THIS IS THE LAW.**
- COVID-19 officer will report to Basketball England.

HYGIENE MEASURES

The following measures will be put in place during Level 0 of the RTP.

At Training

- Face coverings are advised in enclosed spaces at the Club i.e. toilets.
- Participants are advised to wash their hands before and after training.
- Hand sanitiser will be available.
- Temperature checks can be carried out by participants prior to entry if they wish.

During Competition

- Face coverings are advised in enclosed spaces at the Club i.e. toilets.
- Participants are advised to wash their hands before and after games.
- Hand sanitiser will be available.
- 2 match balls per game.

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.

