



NLBA RETURN TO SPORT COVID PLAN

July 2021

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INTRODUCTION

North Langley Basketball Association (NLBA) is a part of Basketball BC who provides guidance and supports programs to protect the integrity of the game of basketball. The Return to Play (RTP) for NLBA has been created with the guidance from Basketball BC, viaSport, the BC's Government Restart Plan and WorkSafe BC's recommendations. NLBA has also asked for guidance from their sister organization Tri-City Youth Basketball Association in the development of the Return to Play.

PROVINCIAL COVID HISTORY AND PLAN

On June 1st viaSport, at the behest of the Minister of Tourism, Arts and Culture, released their Return to Sports Guidelines document (RTS Guidelines) for BC to assist sports organizations with their planning prior to the restarting of sport participation. Provincial Sports Organizations from each sector were asked to create sport-specific guidance documents that various community sports organizations could utilize to plan and work toward careful and gradual restarting of their sport within their own communities. The advancement of the Return to Sport plans are undertaken through a gradual, phased approach which progress through direct evaluation by the Provincial Health Officer (PHO) through an application process submitted by viaSport in consultation with each sports Provincial Sports Organization (PSO). This process includes the lifting of restrictions in phases, while closely monitoring population health patterns to minimize risk to British Columbians.

On June 19th Basketball BC released the key points of its Return to Play while BC was in Phase 1 of the RTS - Strict Controls. On June 26th BC entered Return to Play - Phase 2 Transition Measures Plan. British Columbia is currently in Phase 3 of the B.C. Restart Plan. As of August 24, sport organizations and clubs must adhere to the “Progressively Loosen” phase guidelines of the Sport Activity Chart (see Appendix A: Sport Activity Chart). It is important to note that the resumption of sport activities may not be linear, increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province.

RETURN TO SPORT

All participating parties should review the information provided to fully understand the measures we are undertaking as an association to mitigate the risks associated with returning to play. It is imperative that all players fully comply with all of the associations Return to Sport guidelines prior to, during and at the completion of all NLBA events. It should be noted that participation in all programs offered by NLBA are at the discretion of the NLBA families. Any individual that is concerned about the possible inherent risks of participation should refrain from registering or if already registered, withdraw from the program.

PRE SEASON COMMUNICATION

NLBA will make every effort to ensure these guidelines are communicated to all NLBA families through email communication, updates on our NLBA website and through the NLBA Facebook page.

EXPECTATION AND PROCEDURES

Everyone, including players and all attendees must adhere to the following requirements in order to return to play.

It should be noted that there may be “facility specific” procedures that go above and beyond these procedures and if so, must be always adhered to.

FACILITY ACCESS & USE

To mitigate risks related to the facility, the following controls shall be in place:

Specific to Phase 2:

a. Facility access shall be limited to those that are essential to the approved activities (e.g. players, coaches, team manager, referees, and score and clock keepers).

Specific to Phase 3:

a. All attendees must enter facilities using the designated entrance and designated exit and must read and follow all signs posted by the facility.

b. One adult per player may be allowed in per event.

c. The team manager will keep track of who attends each practice, game or activity.

d. One player or family (player and parent) will use the washroom at a time.

ARRIVAL & DEPARTURE AT SESSIONS

Specific to Phase 3:

a. All players, coaches, team managers, referees, score and clock keepers and adults are recommended to wear an appropriate face covering when entering or leaving a facility.

b. All players and attendees are required to meet their team manager prior to entry to log attendance.

c. No one is to arrive more than 10 minutes before the start of a session. Players that arrive early are to remain in their car until 10 minutes prior to the session.

d. All attendees are required to physical distance from others outside of the play area a minimum of 2 meters.

e. No loitering at the facility after your scheduled session will be permitted.

f. It is expected that parents/guardians pick up players on time so we can ensure physical distancing protocols can be adhered to.

Specific to Phase 3 and 4:

a. No players or attendees will be permitted entrance if they exhibit ANY symptoms of illness such as: fever or chills; cough or shortness of breath; headache or sore throat or painful swallowing; loss of sense of smell or taste; or fatigue.

b. If any attendee shows COVID-19 symptoms during an event the player will be excused and asked to follow our Return to Play protocol.

COHORTS

each division is considered a cohort

Specific to Phase 3:

a. Only players, coaches, team managers, and one adult per player will be permitted access during practices. Referees and score and clock keepers will be permitted during games (max. 50 people).

HYGIENE AND SAFETY PROTOCOLS:

a. All attendees are required to complete the COVID 19 self assessment tool at BC COVID 1 Self Assessment Tool <https://bc.thrive.health/> prior to all NLBA events. They must be honest and stay home if recommended. If they are a coach, team manager, referee and/or score or clock keeper they must communicate it with the appropriate person.

b. All NLBA families and volunteers are expected to communicate **immediately** with the NLBA president (northlangleybasketball@gmail.com) if they have attended an NLBA event and have tested positive for COVID. If they have tested positive for COVID or are waiting COVID test results, they are expected not to attend any NLBA events and follow the provincial guidelines. This includes all members of their household. Once they are symptom free and have met the provincial guidelines they will be able to attend NLBA events.

c. All attendees are required to wash hands or use their own hand sanitizer upon entry to the facility and exiting the facility.

d. No sharing of water bottles.

e. During phase 3, no team huddle will be allowed at the conclusion of the session/game.

f. Reminders to avoid touching eyes, nose and mouth.

g. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.

EQUIPMENT & CLEANING

a. Training equipment will consist of cones and basketballs.

Specific to Phase 3:

a. Coaches will manage the equipment and sanitize cones and any community balls after each session/game. Coaches are encouraged to utilize drills that feature players using their own ball.

b. Each player and coach will sanitize before and after sharing a community used ball.

RESPONSIBILITIES

Each group will be aware and responsible for their responsibilities.

All NLBA families will be required to have reviewed and understood the NLBA Return to Play plan.

Each attendee will be required to either wash their hands or hand sanitize at the beginning and conclusion of each NLBA event.

During phase 3, all players, coaches, team managers, referees, score and clock keepers and adults are recommended to wear an appropriate face covering when entering or leaving a facility.

EXECUTIVES

- a. Create a Return to Play plan for NLBA.
- b. Monitor and implement provincial updates and recommendations.
- c. Send out information to the NLBA families regarding provincial updates and recommendations.
- d. Ensure divisions are following the Return to Play plan.
- e. Support divisions, and volunteers.
- f. Maintain open communication with all facilities.
- g. Update the Return to Play plan as needed.

COACHES

- a. Maintain open communication with their team manager.
- b. Maintain open communication with their division coordinator.
- c. Follow hygiene and cleaning protocols.

TEAM MANAGERS

- a. During phase 3 they are required to take attendance (see Appendix B: Attendance Tracking Form) and provide hand sanitizer at the door prior to allowing all attendees entrance.
- b. Are required to keep the attendance report after each event for 30 days.
- c. Are required to assist their team with the necessary procedures with the Return to Play plan.

PLAYERS

- a. During phase 3 they are required to meet with the team manager before entering a facility.
- b. Are required to hand wash or sanitize at the beginning and completion of each event.
- c. Are responsible for using their own water bottle.
- d. Are responsible for keeping their hands to themselves.
- e. Are responsible for maintaining proper physical distance off the floor.

REFEREES AND SCORE AND CLOCK KEEPERS:

- a. Are required to use their own water bottle.
- b. Are required to hand wash or sanitize at the beginning and completion of each event.
- c. Are responsible for maintaining proper physical distance off the floor.

PARENTS AND GUARDIANS

- a. Are required to follow the NLBA Return to Play plan and discuss it with their player to ensure they understand.
- b. Are required to follow the specific protocols during each phase.
- c. If someone in their household is waiting for COVID results or has tested positive for COVID they must stay home from all NLBA events.
- d. All NLBA families are required to notify the NLBA president (northlangleybasketball@gmail.com) **immediately** if someone in their household has tested positive for COVID. They will provide their players division and team name with the president.
- e. Are required to ensure their player uses their hand sanitizer at the beginning and completion of all NLBA events.
- f. During phase 3 they are required to decide who will attend the practice and/or game prior to the start of the game. During phase 3: Only 1 adult per player will enter the facility.
- g. Are required to hand wash or sanitize at the beginning and completion of each event.
- h. All NLBA families are required to complete a health check prior to bringing their player to the practice or game. If any of the answers are yes, they are to stay home.
- i. All parents and guardians must understand the ramifications of failing to comply with the NLBA Return to Play plan which may lead to possible removal from the league (without a refund if this occurs after the withdrawal cut off).

COVID-19 SYMPTOM DAILY SCREENING

All attendees should not attend a practice and/or game if:

- a. they don't feel well or are displaying symptoms of COVID-19.
- b. someone in their household has COVID-19 or is showing symptoms of COVID-19.
- c. they have traveled outside of Canada within the last 14 days.
- d. someone in their household has traveled outside of Canada within the last 14 days.
- e. Consider their own risk - if they are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the sport activities for the time being.

All attendees are required to complete the daily self check by using the BC COVID19 Self-Assessment Tool - <https://bc.thrive.health/>.

FIRST AID PROTOCOLS

During phase 3, in the event that first aid is required to be administered during an NLBA event, all persons attending to the injured individual must first put on an appropriate face covering. When possible, players are to wear a face covering as well when being treated for first aid.

ILLNESS DETECTION AND OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. If an outbreak is reported modification, restriction, postponement, and cancellation of activities, will be assessed, and decided upon by two NLBA Executive Directors. If coaches, players, or volunteers report

they are suspected or confirmed to have COVID-19 and have been at an NLBA event, we will contact the appropriate facility immediately so they can implement enhanced cleaning measures to reduce risk of transmission. As well, a NLBA Executive will contact the effected players while maintaining confidentiality of the player or attendee.

We will implement our illness policy and advise individuals to follow the recommendations made by the Public Health Agency of Canada. As of July 27, 2021, individuals should isolate for a minimum of 10 days from the onset of symptoms for a symptomatic case, or the collection date of the COVID swab for an asymptomatic case.

Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool <https://bc.thrive.health/> to help determine if further assessment or testing for COVID-19 is needed. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency. Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

If NLBA is contacted by a medical health officer during contact tracing, we will cooperate fully with local health authorities. It is important to note that this document is not a legal document and is not a substitute for actual legislation or orders of the Provincial Health Office. Links to third party web sites are provided solely for convenience. Updates may be made as needed to this document and will be dated on the front page.

ILLNESS POLICY

In this policy, “Attendee” includes a player, coach, volunteer or parent/guardian.

Inform:

a. If a player is at an NLBA event and start experiencing any symptoms of COVID-19, the player should inform their parent and/or coach. Symptoms include: fever, chills, cough, and shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

Assessment:

a. Attendees must review the self-assessment tool <https://bc.thrive.health/> prior to their NLBA activity and stay home if recommended.

b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the activity.

Experiencing COVID 19 Symptoms

a. They should remain at home and contact Health Link BC at 8-1-1 if necessary.

b. No Attendee may participate in an NLBA event if they are symptomatic.

Awareness:

If an Attendee tests positive for COVID-19

a. The Attendee will not be permitted to return to all NLBA events until they are free of the COVID-19 virus.

b. The Attendee will notify the NLBA president (northlangleybasketball@gmail.com) **immediately**. All confidentiality will be kept while notifying the appropriate people.

c. Any Attendee with close contact with the infected Attendee will also be removed from all NLBA events for at least 14 days to ensure the infection does not spread further.

Waiting for a COVID 19 Test Results:

a. As with the confirmed case, the Attendee must be removed from all NLBA events (the Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact their local health authority).

b. Other Attendees who may have been exposed will be informed and removed from all NLBA events for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

Coming Into Contact with a Confirmed COVID 19 Case:

a. If someone in a NLBA family has come into contact with a confirmed case of COVID 19, the player will be removed from all NLBA events for 14 days or as otherwise directed by public health authorities.

REFERENCES AND RESOURCES

*North Langley Basketball Association has established the **Phase 3 Return to Sport** based on the recommendations made by Basketball BC and the BC's Government Restart Plan and WorkSafe BC's recommendations.*

Basketball BC: Return to Sport

<https://www.basketball.bc.ca/blog/post/return-to-sport>

Government of BC: BC's Restart: A Plan to Bring us Back Together

<https://www2.gov.bc.ca/gov/content/covid-19/info/restart#step-one>

Worksafe BC: COVID-19 and Communicable Disease

<https://www.worksafebc.com/en/covid-19>

APPENDIX A - SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases

	Phase 2: Transition Measures	Phase 3: Progressively Loosen	Phase 4: New Normal (TBD)
Restrictions in Place	-maintain physical distance (2m) -no non-essential travel -no group gatherings over 50 people	-refer to PHO and local health authorities	-refer to PHO and local health authorities
Enhanced Protocols	-increased hand hygiene -symptom screening in place	-increased personal hygiene, cleaning protocols and symptom screening	-increased hand hygiene
Facility	-outdoor is safest -indoor facilities slowly reopening	-players should maintain physical distance while not on field of play	-outdoor/indoor
Players	-small groups -no or limited spectators	-group sizes increase based on sport type (eg. level of contact) -players and spectators must adhere to 50 people max per event public health guidance	-large groups allowed -no restrictions on spectators
Non-Contact Activities	-fundamental movement skills -modified training activities (drills)	-where feasible, limit contact (eg. coming within 2m) in training and sport activities	-no restrictions on activity type
Contact Activities	-should not occur -contact sports should look for non-contact alternatives to training	-cohort model introduced for sports that cannot maintain 2 m physical distancing	-no restrictions on activity type
Competition*	-in club play or modified games may slowly be introduced	-competition slowly introduced -regional competition for sports in cohorts	-provincial competitions and larger scale events may return
Equipment	-minimal shared equipment -disinfect any shared equipment before, during and after use	-enhanced cleaning protocols in place	-shared equipment

*introduction of competitive activities should be in alignment with sport-specific guidelines

