

EARL MARRIOTT ATHLETICS – BASKETBALL 2021

RETURN TO PLAY COVID GUIDELINES

Stage 2 – Intra-School Activities Within Educational Cohorts

School Sport is a co-curricular activity at EMS that provides hundreds of student-athletes an opportunity each year to explore physical activity in a variety of team and individual pursuits. As one of the largest Athletic Programs in the Province, it is important that we work towards providing the safest environment possible for our student-athletes to participate. It will be critical that all stakeholders work collaboratively moving forward to ensure we are abiding by the protocols and guidelines set forth by BC Schools Sports and the Ministry of Education. School Sport will continue to be different, which will require a little extra work for our coaches and student-athletes, but I am confident the value and positive experiences school-sport provides our students will be as meaningful as ever!

Risk Mitigation

- Student-athletes, coaches and managers must complete a daily check for signs and symptoms of illness. No person is to attend an activity if they are unwell.
- All participants and coaches must abide by each specific facility safety plan including:
 - o Utilizing designated entrance and exit points;
 - o Sanitizing or washing hands upon entrance, at scheduled breaks throughout the duration of the activity and when leaving;
 - o Wear a mask. Mandatory on arrival and departure as well as when physical distancing cannot be achieved during activity, but should be worn at all times regardless;
 - o All participants must arrive for any training as prepared as possible, limiting the required use of changeroom facilities, no earlier than 5 minutes ahead of start time;
 - o Remaining physically distanced throughout activity is a requirement, no physical contact with others and avoiding unnecessary contact with high touch surfaces.
- Attendance will be restricted (24 max in the main gym and 18 max in new gym), larger teams or programs must create a training environment that creates smaller groups or cohorts. The goal is to remain in these small groups throughout practice, but if possible over the course of the season.
- Record attendance daily, including all student-athletes, managers and coaches.
- Spectators are not permitted to attend training sessions for any reason.
- Coaches should avoid using traditional whistles as a way to communicate and must work to remain physically distanced at all times.
- Reduce the amount of shared equipment when feasible, include regularly scheduled sanitization of equipment before, during and after activity.

Personal Health Hygiene Guidelines

Intended to be required for anyone involved in School Sport

- Anyone displaying ANY illness symptoms MUST NOT attend and should consider remaining away from the group for an additional session
- Daily reminder to all participants to avoid touching any part of the face
- No sharing of water bottles
- No sharing of food of any kind
- No sharing of personal equipment or items
- All participants must disinfect equipment after each event
- All participants encouraged to wash clothing and selves after each event

Organizational Guidelines

Planning:

- vi. Groups of no more than 18 – 24 student-athletes (depending on facility) can participate together, as long as the following can be met:
 - d. Student-athletes can participate, remain separated and organized while physically distanced throughout each session (ex: max participants per hoop).
 - e. A training plan has been created that recognizes the spatial considerations (space during instruction and skill development can be maintained).
 - f. Access to hand sanitizer or hand washing stations must be available while regular sanitizing before, during and after training must enforced.
- vii. Practice structure needs to be considered in order to create an environment where student-athletes can remain physically distanced.
- viii. No team huddles before, during or after training for coaching or teaching purposes. Instruction must occur while physically distanced.
- ix. Current fitness levels of all participants must be considered when

Time of Arrival:

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- i. Student-athletes are expected to arrive as prepared as possible. Avoid the use of changeroom facilities by arriving in athletic attire, especially coming from home.
- ii. Arrive no more than 5 minutes prior to scheduled start time. Physically distance when gathering outside the entrance. Practice end & start times will be staggered.
- iii. Handwashing or sanitizing must take place upon entrance into designated facility.
- iv. Attendance must be recorded for all participants including coaches and managers.

During Activity:

- i. Must focus on individual skill development, include low-risk and low-impact activities that can be controlled and offer in a physically distanced environment.
- ii. Sports where there is a risk of continuous or sustained close contact are required to adapt sessions to eliminate sustained contact.
- iii. Incorporate hand washing, sanitizing and disinfecting at designated water breaks.
- iv. Constant verbal reminders to remain physically distanced throughout training

- v. Teams are encouraged to have a "Team Safety Person" who would be responsible for ensuring participants are adhering to all health and safety guidelines, could be a coach or manager.
- vi. If a participant feels ill/symptomatic during training/activity, the following must occur:
 - a. Notify a Coach and Safety Person immediately;
 - b. Team Safety Person takes participant to Isolation Space;
 - c. Parent/Guardian contacted to pick up participant;
 - d. Team Safety Person monitors until participant is safely collected by parent/guardian;
 - e. Isolation Space sanitized once participant exits.

Time of Departure:

- i. Handwashing or sanitizing must take place when exiting the designated facility.
- ii. Upon departure participants are required to avoid all non-physically distanced gathering outside of designated practice facility.
- iii. Shared equipment is to be disinfected before being stored.
- iv. Encourage student-athletes to depart without using the changerooms.

Post Activity:

- i. Coaching Staff and Safety Person review the practice or training session as per the most recent BCSS Return to School Sport Plan guidelines.
- ii. Collaborate as a Coaching Staff about adjusting drills to ensure physical distancing occurs consistently.
- iii. Contact Athletic Director regarding any concerns immediately.
- iv. Connect with Parents and Guardians with any reminders about Return to Play Guidelines.

Sport Specific Guidelines

BASKETBALL:

- The main gym and new gym will only have one cohort/group/team in attendance at any one time. Daily schedule will reflect this organizational structure.
- Smaller training groups/cohorts within a larger team or program environment should remain consistent throughout the season, but must be in place for each daily training session.
- All participants must enter via designated entrance: **main gym entrance – through the cafeteria** and **new gym entrance – through the corridor via the cafeteria.**
- All participants are expected to exit each facility via doors that lead directly outside upon departure.
- No spectators permitted inside the gymnasiums to view basketball activities, all parents and guardians will be required to wait outside the school during training.
- Utilize a designated area for individual athlete's equipment station, ideally the perimeter of the gymnasium, 2m apart.
- We are requesting that each participant bring their own basketball to each training session, if possible.
- Each designated team or training group will be issued a set of basketballs and must only be used by that team or training group. Basketballs must be sanitized before and after play.
- There is to be no game play, no 1vs1 / 2vs2 / 3vs3 or scrimmage-like activity
- Coaches are expected to focus on skill development, with no more than 6 individuals training at a basket or hoop at any one time.
- Passing drills are acceptable, however should be restricted to the members of the smaller sub-groups of a team.
- Since there is no player to player contact allowed, coaches need to load drills through increasing:
 - Complexity of drill (i.e. dribble move rather than straight attack)
 - Number of completions (i.e. must make 5 in a row)
 - Time (i.e. number of makes in 30 seconds)
 - Creativity (i.e. must use various moves and/or finishes)