



BASKETBALL ENGLAND

# RETURN TO PLAY

GUIDANCE DOCUMENT

LAST UPDATED JUNE 4TH 2020

This document is correct at the time of publication. Please read this document in conjunction with the Government guidelines. Updates will be produced to coincide with significant national guidance changes.



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# 01.

# INTRODUCTION



Basketball is a contact sport with over 31,000 registered members and whilst we at Basketball England would love to get all players back on court as soon as possible, our main priority is the health and safety of everyone within the game. In response to this unprecedented period the sport finds itself in, Basketball England have designed this Return To Play - Roadmap (RTP) to help all within the game negotiate returning to basketball in the safest way possible.

This document aims to help basketball players, coaches, support staff and administrators to live safely during this crisis; and when restrictions are reduced, to guide a safe return to activity in a compliant and safe manner. This guidance document has been created based on the current research available and following discussions with Sport and Exercise Medicine staff, and with their counterparts outside of basketball. Advice from UK Government and FIBA have helped to shape these guidelines.

Please note that this document reflects the information and research gathered when this document is circulated. The COVID-19 pandemic, and the responses of the public health community and UK Government remains fluid; data and recommendations will change, so this document will be updated to reflect this process. Please check the date of last update on page 1 to ensure you are viewing the most current document.



Guidelines for the following will be found in this document:

- **Outline of RTP Roadmap Guidance**
- **COVID-19**
  - What is it
  - Signs and Symptoms
  - Self-isolation
  - BAME risks
- **Risks within Basketball**
- **Screening**
- **Hygiene considerations**
- **Social distancing**
- **Return to sport after COVID-19**
- **Further resources**

We would stress that the outline of the RTP may be fluid and Basketball England will always adhere to the UK Government and Public Health England's advice. Please monitor the Basketball England website and social media outlets for further advice or information changes.

Every club is required to have a nominated COVID-19 Officer, who will be able to monitor and administer all communications regarding the RTP guidance. Please see **Appendix 1**, which outlines the key role and tasks of the nominated Club COVID-19 Officer.

**WE ARE ASKING ALL CLUBS AND ALL INDIVIDUALS ASSOCIATED WITH BASKETBALL TO TAKE RESPONSIBILITY FOR REDUCING THE RISK OF COVID-19**



# 02. RETURN TO PLAY - ROADMAP

B A S K E T B A L L E N G L A N D

## RETURN TO PLAY ROADMAP

BASKETBALL ENGLAND RESPONSE LEVEL	WHAT?	WHERE?	HOW?	WHEN?
<b>LEVEL 5</b>	<ul style="list-style-type: none"> <li>No public gatherings</li> <li>2m social distancing</li> <li>No travel allowed</li> </ul>	<ul style="list-style-type: none"> <li>Home or garden</li> <li>Basketball only</li> </ul>	<ul style="list-style-type: none"> <li>No training</li> <li>No competitions</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>LEVEL 4</b>	<ul style="list-style-type: none"> <li>Public gatherings up to 2</li> <li>2m social distancing</li> <li>Limited travel times</li> </ul>	<ul style="list-style-type: none"> <li>Addition of outdoor courts</li> </ul>	<ul style="list-style-type: none"> <li>Play alone</li> <li>Play with household</li> <li>Play with one other</li> <li>No competitions</li> </ul>	<ul style="list-style-type: none"> <li>From 13th May 2020</li> </ul>
<b>LEVEL 3</b>	<ul style="list-style-type: none"> <li>Public gatherings up to 6</li> <li>2m social distancing</li> <li>No carpooling</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor courts</li> <li>Indoor courts - Government-defined 'Elite' athletes only</li> </ul>	<ul style="list-style-type: none"> <li>Drills &amp; skills only</li> <li>No contact</li> <li>No competitions</li> <li>Coach-led sessions</li> </ul>	<ul style="list-style-type: none"> <li>From 4th June 2020</li> </ul>
<b>LEVEL 2</b>	<ul style="list-style-type: none"> <li>Public gatherings increased</li> <li>Distancing removed</li> <li>No carpooling</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor &amp; indoor courts</li> </ul>	<ul style="list-style-type: none"> <li>Drills, skills &amp; team based training</li> <li>Behind closed door competitions</li> </ul>	<ul style="list-style-type: none"> <li>Autumn 2020</li> <li>Dependent on government guidelines</li> </ul>
<b>LEVEL 1</b>	<ul style="list-style-type: none"> <li>Public gatherings increased</li> <li>Distancing removed</li> <li>Limited carpooling</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor &amp; indoor courts</li> </ul>	<ul style="list-style-type: none"> <li>Drills, skills &amp; team based training</li> <li>Competitions with limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> <li>Dependent on government guidelines</li> </ul>
<b>LEVEL 0</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor &amp; indoor courts</li> </ul>	<ul style="list-style-type: none"> <li>Full training &amp; competition framework reinstated</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> <li>Dependent on government guidelines</li> </ul>

This roadmap is subject to and will change based on government advice and guidance. Please refer to the 'Return To Play Guidance Document' for more detailed advice.



[WWW.BASKETBALLENGLAND.CO.UK](http://WWW.BASKETBALLENGLAND.CO.UK)



# 03.

# COVID-19

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

While the majority of those who become symptomatic can be managed at home, 15-20% who contract the virus become unwell and may require hospitalisation. A small number (5%) require intensive care, some of whom require breathing support through ventilation. These patients are more likely to be male, older (> 60) and have underlying conditions such as cardiovascular disease, raised blood pressure chronic lung disease, or diabetes.

There is growing evidence that individuals from Black, Asian & Minority Ethnic (BAME) communities appear to have higher rates of serious illness from COVID-19 (up to 1.9 times more likely to die from COVID-19 compared to white people). Given that a large proportion of the basketball family (58%) come from these communities, the guidance should be seen as especially important for these individuals.

The exact mortality rate associated with COVID-19 infection is unknown, but it may be as high as 1- 2% overall and is higher in vulnerable groups. COVID-19 will likely remain a potentially deadly virus until an effective vaccine is created, but vaccination is unlikely to be available for several months to years.

Younger healthy people appear to be less likely to develop severe symptoms based on current knowledge. However, anyone can spread the disease, infecting those they love, their friends, colleagues, and teammates.

Governments and health authorities around the world have instigated social distancing requirements, restrictions on public gatherings, quarantine measures and limited travel to and from other countries to slow the spread of the disease and to enable health care systems to cope with the potential increased demands associated with managing the disease. The basketball community has a responsibility to support these efforts.

## SIGNS & 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, colleagues, your friends and family or the general public.

## WHAT CAN YOU DO TO STAY SAFE?

- Please see our **hygiene guidelines**
- **Wash your hands** – regularly and thoroughly clean your hands with soap (for a minimum of 20 seconds) or an alcohol-based (minimum 60% alcohol) hand rub. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain **social distancing** rules - maintain at least 2 metres distance between yourself and others. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus, if the person coughing has the disease.
- Avoid touching hands to the face, mouth or nose - hands touch many surfaces, and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- **Catch it, bin it, kill it** - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.



## WHAT HAPPENS IF I HAVE BEEN IN CONTACT WITH AN INFECTED PERSON?

- The NHS currently recommends that close contact (within 2 metres of someone with the virus for 15 minutes or more) with an infected person **requires that individual** to be isolated for 14 days from the last time they were exposed to the infected person.
- If you are worried that this may relate to you, you should follow the **NHS Isolation Guidelines**.
- Further guidance is contained within **Appendix 4 – RTP Risk Assessments**.

## IS THERE A HIGHER RISK OF INFECTION AMONGST BLACK, ASIAN AND MINORITY ETHNIC COMMUNITIES?

We believe there is a higher risk of infection amongst these communities. Please refer to the **'Risks within Basketball'** for further guidance.



## SAFEGUARDING

The lockdown period will have affected children in many different ways. While most will have had a positive time with family, others may have had negative experiences and could be at increased risk.

There are a few simple steps clubs can take to support children at this time:

1. Please continue to follow the process outlined in our Safeguarding Policy for reporting concerns.
2. Remind all staff and volunteers how to respond if a child or adult at risk talks about a concern. Please go to this **link** from the NSPCC which includes information, advice and posters which can be shared with staff and volunteers.
3. Continue to share contact details of key support services through your social media and other channels:
  - **Childline**  
Tel: 0844 892 0220 (9am-Midnight)  
Web: [www.childline.org.uk](http://www.childline.org.uk)
  - **NSPCC**  
Tel: 0808 800 5000 (9-6 Mon-Fri)  
Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
Web: <https://learning.nspcc.org.uk/>
  - **Child Exploitation and Online Protection Command**  
Web: <https://www.ceop.police.uk/safety-centre/>

For more information please visit:

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>



# 04. RISKS WITHIN BASKETBALL



Within a basketball game, there are high levels of contact for all players and staff. These risks can be reduced during training sessions by utilising specific guidance. When the government gives the opportunity to return to competitive basketball, members will have to be aware that the return will be managed to reduce the risk of COVID-19 spreading further than is necessary.

Should a teammate or opposition player in a recent training or match develop COVID-19 symptoms, all of those who have participated in the session will require isolation, as per the **Government guidelines**.

Basketball England should also highlight that only 5% of clubs in England own or lease their own premises. Of the other clubs, 70% rely on educational institutions as venues. We expect there to be significant disruption to the availability of those educational institutions as each facility will have their own re-opening procedures, which will need to be considered in addition to this plan.

## RETURN TO BASKETBALL LEVEL SYSTEM

The Basketball England Return to Play (RTP) levels described in the **Outline RTP-Roadmap** document, link with the UK Government's guidelines set out to govern the return to social and physical contact. Level 5 (highest risk of infection) down to Level 0 (normal playing, social and physical contact) allow the sport to mitigate the risk of COVID-19 infection throughout the different stages of RTP.

However, individuals must remember that there can never be risk-free basketball and any basketball activity will come with inherent COVID-19 risks until there is a proven vaccine or treatment and a significant reduction of the disease in the population. It must also be stated that in the same light that the government risk levels are subject to change at any time, so will the levels of the Basketball England RTP.

## PERSONAL RISK

- Players should be aware of all signs and symptoms of COVID-19 and should aim to reduce risk of infection as much as possible (see **COVID-19 symptoms** and **Hygiene Advice**).
- Increased numbers at training will increase risk of exposure to the virus
- Playing sport indoors has a higher risk than playing outdoors.

- Individuals (or members of their household) suffering from other underlying illnesses may have a higher risk than others, if exposed to COVID-19. Underlying medical issues may include:
  - Cardiovascular problems
  - High blood pressure
  - Diabetes
  - Chronic kidney or liver disease
  - Compromised immunity diseases
  - Obesity (BMI 40+)

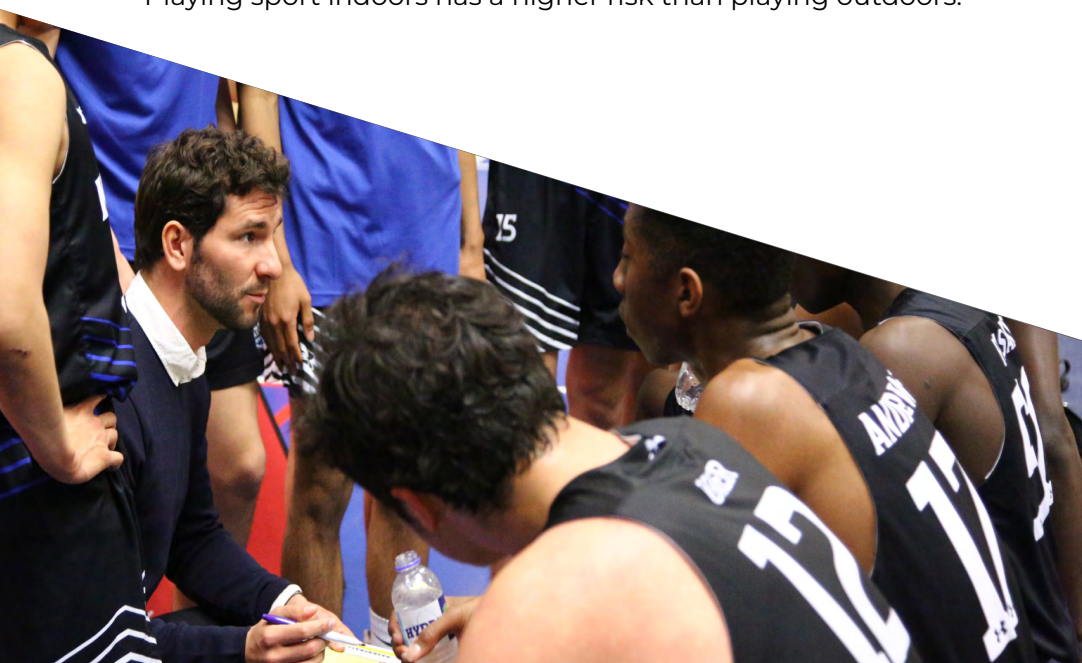
These individuals have an unquantifiable risk with current research predicting possible risk. Therefore, ALL individuals within the club need to have read Appendix 4 of this document prior to re-commencing basketball to understand the associated risks of participating. A club's COVID-19 Officer or Secretary should pass on **Appendix 4** to all members. Following this, members should all be aware of the risks of playing basketball with others and that they consent they are happy to play despite the increased risk to their health.

## PERSONAL PROTECTIVE EQUIPMENT

Facial Coverings – coaches, support staff, table officials and statisticians are recommended to wear facial coverings to reduce infection risk. Players are not required to wear facial coverings. It is acknowledged that referees may be able to wear a lightweight plastic visor at their own discretion. Further information on this will be released closer to implementation of level 2 of the RTP Roadmap.

While the evidence is limited, facial coverings may reduce the risk of infection (see **Resources**) by:

- Reducing the water droplet effect from coughing, sneezing and generally breathing.
- Reminding the wearer to not touch their eyes, nose and mouth.





We would recommend the following as good facial coverings:

- Surgical masks
- Three layered masks
- Fabric or cloth masks

FFP3 masks should be reserved for clinical use by the NHS and stocks preserved for this important work. As the individuals will be screened, we do not perceive there to be a need for FFP3 masks, although this relies on all clubs to screen properly. First Aiders should use their own clinical judgement.

## BAME COMMUNITIES

58% of our 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 a number of possible reasons for this, but none that have been researched in enough depth by the scientific world to be acted upon specifically.

Basketball England would advise that individuals from BAME communities should only return to playing basketball if they understand the possible increased risks associated with coming into a basketball environment. Basketball England has created an **information sheet** for all members to read, which highlights the risks of returning to basketball for everyone including the wider household members.

## TEAM RISK

- Large gatherings and high numbers within a confined space are likely to increase the risk of infection.
- Small group sessions will reduce the infection risk (up to 10 people during RTP Level 3).
- Outdoor training is likely to reduce the infection risk due to the reduction in the virus' ability to travel in that environment – aerosol spread.

## NATIONAL RISK

- Increased travel distances increase the likelihood of viral spread, coupled with pressure on transport systems.
- Basketball England are not advocating carpooling and public transport is not advised where possible for level 3 and level 2.
- At level 2 (when competition resumes), we will re-introduce competition on a local/regional basis first and expand to national if government advice allows..
- Use of minibuses and coaches is also not advised for game travel, due to the close confines of individuals within them.
- Increased movement of people can spread the virus and poses challenges in contact-tracing individuals who subsequently are diagnosed with having COVID-19.



# 05. SCREENING



Due to the close contact nature of basketball, we are advocating screening of **anyone** playing or participating in basketball to ascertain whether individuals are able to take part safely. We are asking both clubs and all individuals associated with basketball to take responsibility for reducing the risk of COVID-19.

## INDIVIDUAL SELF-SCREENING

- Before leaving the house to participate in basketball, please check you:
  - Do not have symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather).
  - Do not have a new persistent cough.
  - You have not got a loss of taste or smell.
  - You have not been in contact with a person with suspected COVID-19 within the past 48 hours.
  - You have not been advised to self-isolate due to a third party from another setting (i.e. school) that has been infected with COVID-19.
  - No-one within your household has COVID-19 symptoms as outlined above, which would require the whole household to go into isolation as guided by **UK Government**.
- **Individuals must not attend a basketball session if any of the above are true.**
- There should be no pressure placed upon a player to attend a training session or game if they have symptoms or they feel like the environment is unsafe for them.
- If during a session an individual feels uncomfortable with the management of the session, then there should be no pressure placed on that individual if they decide to opt-out of that session.



## CLUBS

- The priority is to keep your players and staff healthy.
- Any individual coming to training/a game needs to be screened before entering the venue and their attendance documented.
- Contact details are required in order to help contact-tracing if a suspected case of COVID-19 arises.
- The attendance records of all individuals attending the training or game is to be held with the **Club COVID-19 Officer** in a secure place and records should be maintained in line with the clubs existing policies and procedures.
- We would remind clubs to be mindful of GDPR regulations. Please follow this link to the **Information Commissioner's Office (ICO)** regarding holding data during this pandemic.
- Clubs are required to provide all staff and players with education on COVID-19 and the potential risks associated with playing basketball – **Risk Information**.

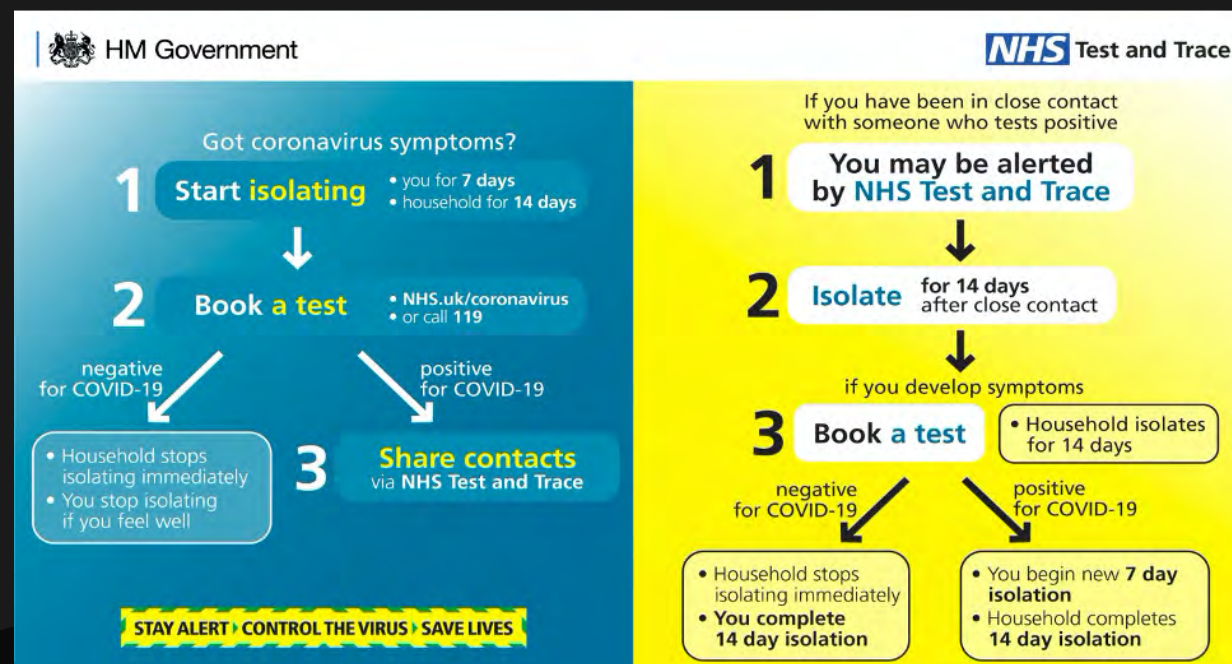
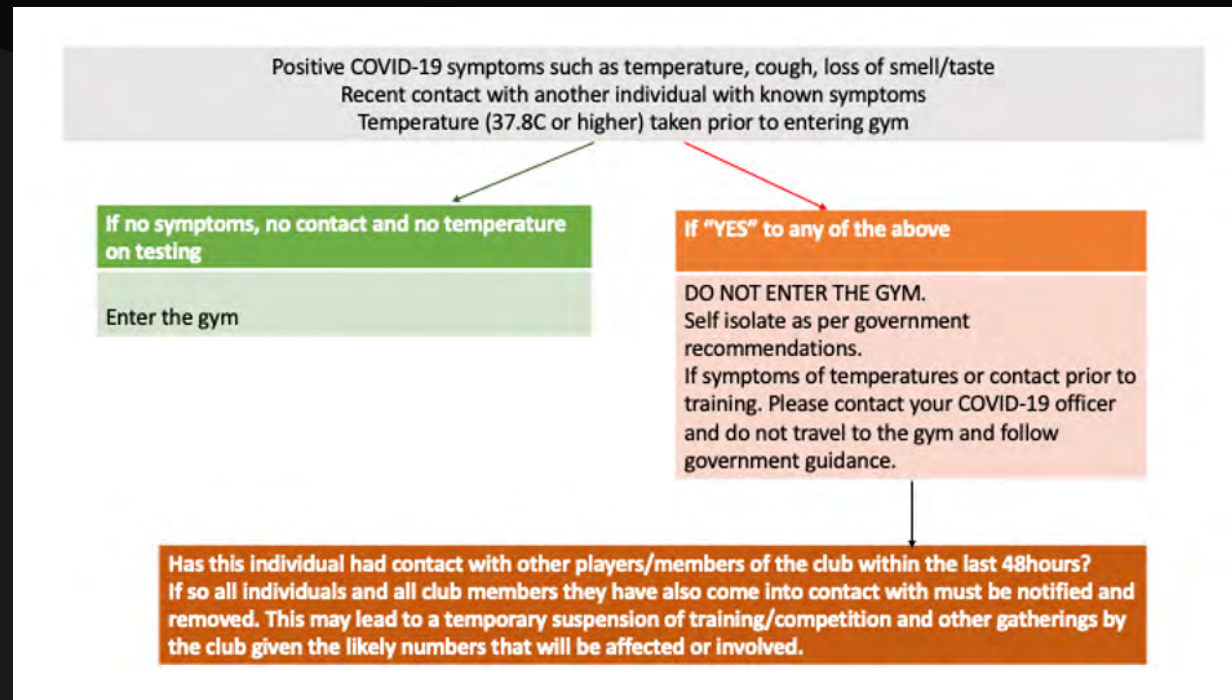
## SCREENING

- To be conducted at RTP levels 3, 2 & 1.
- Screening sheet in **Appendix 3**.
- Ensure screening is conducted in a suitable area away from venue entrances, ensuring good social distancing practices, i.e. far end of car park.
- Temperature to be taken on arrival to the venue, outside in the carpark and documented. Temperature to be taken ideally with a handheld infrared thermometer (cost £55 with **Fit4Sport**, we recommend two per club - one as a backup).
- **All individuals** entering the gym (coaches, players, officials) to complete screening. Note down name, along with their temperature and document answers to all screening questions (**Appendix 3**). Only essential coaching staff to run the session should be present, no observers etc.
- Any **positive answers** to the questions will mean that the individual cannot attend the session and they should be advised to return home to self-isolate as per the **Government's guidelines**. **Club COVID-19 Officer needs to complete BE COVID-19 Reporting Form**.

- Screening documents are to be kept within the club, under the jurisdiction of the Club COVID-19 Officer in order to trace any individual who at a later date reports COVID-19 symptoms. Clubs must ensure compliance with data protection and GDPR and be guided by the **ICO**.

## IF COVID-19 SYMPTOMS REPORTED AFTER THE SESSION

- **All participants (players, coaches and support staff) in the training session have a responsibility** to notify the Club COVID-19 Officer should they get symptoms of COVID-19 within 48 hours of the training session.
- Anyone with symptoms should **ask for a test online** or call to arrange a test by calling 119. They have to complete the test within 5 days of the symptoms starting.
- Club COVID-19 Officer to direct the infected individual to the **National Government's Contact-tracing procedures**. In England, this will mean that the individual will have a test within 48 hours. Each nation: England, Scotland, Wales and Northern Ireland, currently have different procedures.
- In addition to the above advice, the Club COVID Officer must contact all individuals that attended the training session in question to advise that an individual within that group has reported symptoms. If the individual is a coach, then all participants of all sessions will need to be contacted.
- If a member of the club presents with symptoms within 48 hours of a training session/game and has been in contact with players and officials in the interim, then training/practice/matches played by the club must be suspended and a period of isolation as set out by the government followed - currently 7 days for an individual and 14 days for members of the household.
- The name of the infected individual is not to be disclosed to protect anonymity.
- All attendees of the session should be advised to isolate for 14 days (as per government guidelines) in case symptoms arise.
- COVID-19 Officer should complete the following **COVID-19 INCIDENT REPORTING FORM**.





We play a sport with high levels of bodily contact along with a high moisture level. Sweat, saliva and moisture-rich breath will all be in potential contact with all players and staff during a game or training session. This is increased when playing indoors.

This is the current guidance on maintaining good hygiene for all within basketball through RTP levels 4-1.

## PREPARATION

- Arrive to the venue already changed and ready to play
- After going to the toilet, thoroughly wash hands for a **minimum of 20 seconds** with soap or alcohol gel (minimum 60% ethanol or 70% isopropanol)
- No use of changing rooms
- No handshakes, high fives or other bodily contact. Social distancing rules apply if at levels 4 and 3 (currently 2 metres distance)
- No carpooling to venues
- Avoid public transport where possible
- Avoid touching high-contact surfaces such as door handles, benches, chairs, public computer keyboards etc.

## DURING TRAINING/PLAYING

- Ball washing or wiping down with wipes (we recommend **Clinell Universal Wipes**) prior to starting – each individual to clean their own ball (levels 4 and 3).
- At level 4 and 3, a single ball could be used **ONLY** within a household as long as it is wiped down before and after playing.
- At level 3 within a club environment, everyone has to play with their own ball that has already been disinfected.
- No use of bibs unless brought directly by the player.
- No shared towels.
- No shared water bottles.

- No 'crates' of water to be provided by clubs/coaches.
- No handshakes, high fives or other bodily contact.
- Have plenty of hand sanitiser available courtside with regular stoppages (the recommendation is every 30 minutes) for application.
- Social distancing rules apply if at level 4 and level 3.
- Relaxed social distancing may apply during level 3 with increases in numbers within the training environment but maintenance of 2-meter distancing rule still in place.
- For level 4 and 3, players should only use their own ball, cleaned before and after training.
- Avoid passing the ball to one another, even if retrieving it at levels 4 and 3.
- At level 2, once team practices commence, we recommend wiping balls every 30 minutes.
- Ball washing/wiping at the end of the session - everyone to wash their own.
- Immediate hand washing once the session is complete.
- Recommended use of face masks for coaches, support staff and officials.

# 06.

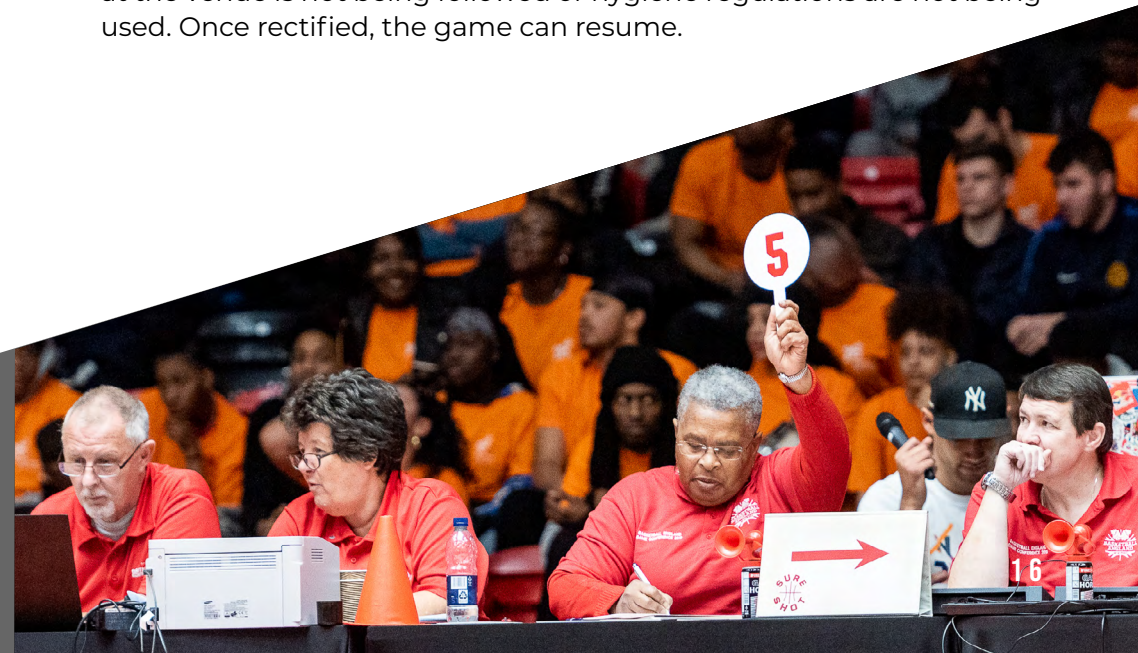
## HYGIENE CONSIDERATIONS

## COMPETITIVE GAMES

- Only from levels 2 and 1.
- Hand sanitiser (minimum 60% ethanol or 70% isopropanol) is advised:
  - When being substituted on and off the court
  - Time-outs
  - End of Quarters and Half-time
  - It should be easily accessible for ease of use at all times by all individuals during the games
- Substitutions can occur directly from the bench, no need to go to the score table.
- Have 2 match balls for the game, one can be wiped down as the game continues.
- Ball wiping by officials at all major stoppages (at the end of quarters/time-outs).
- Face covering should be considered by coaches, table officials, statisticians and all other support staff.
- Any staff involved with floor cleaning should wear masks and be mindful to wash hands immediately at half-time and full-time. There is no requirement to wear gloves.
- The cleaning of any blood/mucus/sputum/vomit should be in adherence with local policies.
- It is the Match Promoter's responsibility to collect all screening documents and make sure they are all filled out properly by both teams and all officials. The documents should then be passed onto the Club COVID-19 Officer.

## REFEREES, TABLE OFFICIALS AND STATISTICIANS

- Match Promoters will contact the officiating team no later than 24 hours prior to tip with the full Event Schedule providing information on game details, facility logistics and any other relevant information.
- Officials should be on court 20 minutes before tip-off.
- Officials should arrive in uniform and should not use the changing facilities.
- The Event Schedule will detail the location where ball wiping will take place. Ball wiping is the responsibility of COVID-19 officer or a designated club member. The location should be off court at the opposite side to where the team benches.
- If possible, limit the amount of time near Table Officials or Statisticians.
- Substitutions should take place directly from the bench onto the court and not from the substitution chairs.
- If the equipment and facilities allows, Table Officials and Statisticians should sit a minimum of 2 metres apart.
- All officials are advised to wear a facial covering in the form of a mask or visor, however, the evidence is not clear that it will reduce the risk of infections.
- Referees should stop the game temporarily and discuss with a member of the home team if they feel that social distancing (where appropriate) at the venue is not being followed or hygiene regulations are not being used. Once rectified, the game can resume.





## MEDICAL PROVISIONS

- Where possible, all face-to-face contact should be reduced. Consider video consultation if suitable and appropriate.
- The medical room size must be factored in when considering number of people allowed in the room to allow appropriate social distancing.
- Only essential people should be in the medical room.
- It would be advised to use an appointment system to reduce unnecessary congestion of the room.
- As players and medical staff (therapist/doctor) are in close contact, ensure any consultation is conducted 2 meters apart.
- Therapist's need to be happy their insurance will cover them to treat individuals in the sport environment.
- The clinician should strongly consider wearing face coverings/masks and eye protection (glasses/goggles) during examination or treatment (close contact).
- The clinician should consider whether it is appropriate to give the players or member a face mask while treatment or close contact is being carried out.
- Keep close contact (within 2 metres) to the absolute minimum. Consider alternatives where appropriate to reduce close contact time.
- Ensure all first aiders are up-to-date with resus guidelines during COVID-19 pandemic <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>.

## AFTER TRAINING/GAMES

- Immediate hand washing or hand sanitising for a minimum of 20 seconds.
- Advised against showering or changing at the venue (local policies may be in place as well).
- No congregating at the venue after your game.
- No handshakes, high fives or other bodily contact.
- No carpooling from the venue.
- Avoid public transport where possible.

## GUIDANCE FOR VENUES

- National government or Local Government regulations take precedence
- Additional venue requirements/procedures may be required for consideration.
- Abide by guidelines set out in **UK Active Framework**.
- Normal Operating Procedures to be visible.
- Emergency Operating Procedures to be visible.
- Robust cleaning procedures in place and available on request.
- Level 4 - no use of indoor courts.
- Level 3 – use of indoor courts (if permitted and accessible) but only the club/team training allowed on the court (maximum of 6 individuals).
- Level 2 – public gathering numbers increased.
- Plan for changeover of teams after sessions so there is time to deep clean all common areas and surfaces – venue responsible for the management of changeovers.
- Training for venue staff on management of spectators once we get to level 1 to abide by social distancing measures.
- Venue has to maximise ventilation opportunity – open doors, windows etc – in order to reduce aerosol spread.
- Use of toilets to be made available.
- Recommended that toilets with restricted access or reduced availability have a 1 in, 1 out rule.
- Suitable hand washing facilities must be available.
- Water fountains cordoned off.
- Hand sanitiser available at entrance to the building.
- Recommended:
  - Hand sanitiser on court
  - Regular disinfection of heavily used areas and surfaces
  - Increased waste disposal bins and dedicated COVID-19 disposal signage
  - Separate entrance and exits to the court and main building clearly signed
  - COVID-19 symptom checker/poster at the entrance
  - Available PPE for medical emergency and staff with knowledge on how to apply

# 07.

# SOCIAL DISTANCING



By the very nature of the sport, basketball relies on us all to get close to one another. With the Government's **advice on social distancing** being implemented, this poses a number of challenges.

Basketball England has outlined guidance for the sport in relation to returning to play whilst adhering to the Government's Social Distancing guidelines.

Members need to be aware that local facilities may not be open despite basketball being available to play. It is assumed some schools may use their sports facilities to enable education in a social distancing environment.

Please refer to the **Outline RTP Roadmap**.

## LEVEL 5 - LOCKDOWN

- In a state of 'lockdown' therefore no basketball permitted as per government guidelines.

## LEVEL 4 - HOUSEHOLD OR 1 OTHER

- All individuals will abide by the government's guidance on maintaining a 2 metre distance between anyone not within their household.
- Only playing with one other person outside of their household at any time.
- Single ball can be played with, **ONLY** if amongst household.
- Only use outdoor courts.



## LEVEL 3 - GET IN, GET BETTER, GET OUT

- Clubs Risk assessment completed and logged (**Appendix 2**).
- Follow screening and hygiene guidance set out in this document.
- Social distancing rules continue to apply including 2 metre distance between people.
- Groups of **up to 6 individuals** may gather to train to play basketball (this must include any coaches or staff present) on one court.
- Be mindful that if working with children in a club setting, two adults should be present at all times.
- Outdoor courts.
- Indoor courts are permitted for Government defined '**Elite**' athletes only. This is subject to local guidance on the opening and accessibility of facilities.
- All high contact areas to be wiped down after session (benches, chairs, door handles, strength and conditioning equipment, tables etc.)
- Single ball can be played with, **ONLY** if amongst household.
- Strict distancing must be adhered to throughout the training sessions, therefore no contact drills allowed.
- If working in small groups, make sure those groups remain separate throughout the training session and afterwards, as this will help reduce contact risk. Coaches should implement, document and monitor the groups throughout the session. This will reduce difficulties with contact tracing if a COVID-19 case is identified.
- During play, go and get your own ball; no rebounding or retrieval of balls by other people.
- No team-based drills to limit contact opportunities .
- No carpooling to courts, limit travel distances/time, observe public transport guidance.
- Training ideas: skill-based movement patterns, foot work, strength and conditioning, shooting form.

## LEVEL 2 - RESTART COMPETITION

- Risk assessment completed and logged.
- Social distancing rules removed, and public gathering numbers increased by the government.
- Follow screening and hygiene guidance set out in this document.
- Full team training allowed.
- Ideally continue to work in small groups at training with that group staying together throughout the sessions to reduce infection risk.
- Parents or guardians at training may have to be asked to wait outside if the numbers within the venue are not able to be sustained within the social gathering limits or the risk assessment deems that it is not in the interest of the safety of individuals to allow such numbers to remain within the venue.
- No spectators allowed for competitive fixtures.
- Indoor and outdoor courts available.
- Training outside is preferable.
- All high contact areas to be wiped down after session (benches, chairs, door handles, strength and conditioning equipment, tables etc.)
- Competitive games can commence starting with local, regional and Central Venue Leagues (CVLs), followed by national leagues dependant on the latest government guidance and within public gathering limits.
- Basketball England are advocating a full 6-week 'pre-season' prior to commencing any competitions. This is to mitigate a spike in loading and injury rate. Please follow **BE Athletic Development Programme** to help all members reduce the injury rate once basketball commences.

## LEVEL 1 - EXPAND COMPETITION

- Level 1 – Expand Competition.
- Full training able to commence.
- Full timetable of fixtures able to commence, including NBL fixtures.
- Travel distance rules relaxed.
- Social distance rules removed.
- Hygiene and screening guidance adhered as set out in this document.

## LEVEL 0 – ‘NEW NORMAL’

- Likely to happen only once UK Government deems the disease has been truly stopped.
- Full return to normal competition without the need for social distancing rules.
- No need for screening measurements.
- Good hygiene advised.





# 08. RETURNING TO BASKETBALL AFTER HAVING COVID-19

Given the nature of this pandemic, the information, research and advice that is coming from all sources is constantly changing. The severity of the symptoms will be different between everyone. Coupled with the fact that most will have mild symptoms if any at all, providing guidelines of any sort is difficult.

In severe cases of COVID-19, it is known that there can be an effect not just on the lungs but also on the heart. Myocarditis is a serious condition where inflammation of the heart muscle can put extra strain on the ability of the heart to function properly. We are aware therefore that the length of time to return to physical activity in individuals that have had moderate to severe symptoms may be longer than expected.

Please refer to this [infographic](#) from Imperial College London on symptoms and returning to sport.

It is also advised that all members visit the [Sport Science and Medicine section](#) of the Basketball England website for further information on recovery strategies, injury prevention, mental health, nutrition and more to aid their own recovery if they have had COVID-19.

## NONE TO MILD SYMPTOMS

These would be classed as symptoms that did not last more than 1 week and did not require a doctor or hospital assessment. This will be the vast majority of individuals that contracted COVID-19.

- Advised 4-week graded return to physical activity including basketball.
- Should start exercising at least 7 days after the last symptoms have resolved.
- Could start with walking and then build up.
- Follow the **Basketball England Athletic Development Programme** to have a graded return to basketball specific activity.
- As returning to sport, monitor symptoms and make sure you feel comfortable when running and exercising.

## MODERATE SYMPTOMS

Classed as having to be seen by either a GP or hospital staff. No diagnosis of longer-term lung or heart problems.

- Advised to take 2 months to return to high level physical activity.
- Follow the **Basketball England Athletic Development Programme** to have a graded return to basketball specific activity.
- Monitor symptoms throughout the return to activity as any rise in temperature or other symptoms may cause further stress on a recovering body and therefore put you at higher risk of injury or illness.

## SEVERE SYMPTOMS

Any individual that has been admitted to hospital for management of COVID-19 and in the worse cases, been intubated in Intensive Care.

- Most individuals will have a management plan given to them from their hospital.
- Individuals will be looking at approximately 3 months to return to normal activity levels, and this may increase if a diagnosis of myocarditis or other complications has been made.
- Start physical activity with walking.
- Monitor signs and symptoms throughout including breathlessness and fatigue as this would indicate the body struggling to cope with the level of exercise.
- Seek guidance from a rehab specialist, such as a physiotherapist.
- When able, follow the **Basketball England Athletic Development Programme** to have a graded return to basketball specific activity.





# 09. RESOURCES

## COVID-19 INFORMATION

**Dr Dane Vishnubala COVID-19 Blog** - [Link](#)

**NHS** - <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**PHE** - <https://www.gov.uk/government/organisations/public-health-england>

**WHO** - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**ONS** - Deaths per ethnic group <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirusrelated-deathsbyethnicgroupenglandandwales/2march2020to10april2020>

**ICO COVID-19 Data holding** - <https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/data-protection-and-coronavirus/workplace-testing-guidance-for-employers/>

**NHS Testing and tracing** - <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/>

**Returning to Sport after COVID-19** - <https://www.imperial.ac.uk/media/imperial-college/administration-and-support-services/sport/public/Return-to-Training-Following-COVID-19-Infographic.pdf>

**Outdoor Sport and Recreation Guidance** - <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

## HYGIENE INFORMATION

**WHO** - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

**NHS hand washing** - <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

**Use of masks** - <https://www.bmj.com/content/369/bmj.m1435>

## SOCIAL DISTANCING

**NHS** - <https://www.nhs.uk/conditions/coronavirus-covid-19/staying-at-home-to-avoid-getting-coronavirus/>

**PHE** - <https://publichealthmatters.blog.gov.uk/2020/03/04/coronavirus-covid-19-what-is-social-distancing/>

## ISOLATION INFORMATION

**NHS** - <https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/staying-at-home-if-you-or-someone-you-live-with-has-coronavirus-symptoms/>

**PHE** - <https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/>

## EQUIPMENT

**Fit4Sport PPE equipment, thermometers, sanitiser, masks etc.** - <https://fit4sportltd.com/>

## VENUE GUIDELINES

**UK Active** - <https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/2020-05/ukactive%20framework%20for%20re-opening%20the%20gym%20and%20fitness%20industry.pdf?liRyHkBXmffAVf9ffdPMjpDrN-6vmEW1P=>

**Cleaning** - <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

## MENTAL HEALTH SUPPORT

**Mind.org** - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

**HSENI – Wellbeing at work** - [www.hseni.gov.uk/stress](http://www.hseni.gov.uk/stress)

# APPENDIX 1:

## COVID-19 CLUB OFFICER - ROLE AND KEY RESPONSIBILITIES

Basketball England are requiring each club to nominate an individual to become the Basketball COVID-19 Officer - details of the individual will need to be provided during team entry/registration process. This individual should have a knowledge of safeguarding, GDPR and be able to access the Basketball England website for further information on this evolving pandemic. It is suggested that the clubs Safeguarding Officer or Club Secretary could undertake this role.

The key roles and responsibilities will include:

- Ensure the Club is compliant with Basketball England COVID-19 guidance and current Government guidance (formation of a COVID-19 Committee may help to distribute roles and responsibilities across a club during this re-start phase).
- Responsible for completing appropriate COVID-19 risk assessments.
- Keeping abreast of developments within the UK and basketball itself to reduce the risk of COVID-19 infection and communicate it to all club members. Sources of information may include:
  - The Basketball England **website**
  - Basketball England's social media outlets
  - FIBA **website**
  - **NHS**
  - UK Government **website**
- Lead on screening of all players and staff for each training session or game, in accordance with the guidelines in this document.
- Upskill other staff or coaches to be able to conduct the screening.
- Responsible for the collection and appropriate storage of screening forms and attendance forms.
- Responsible for contact-tracing in relation to the individuals that have been in contact with a suspected case of COVID-19 within the basketball session, once an individual has notified the club that they have been infected with COVID-19.
- Responsible for directing an individual that has been infected by COVID-19 to report this to the NHS and get a test in order to commence NHS led contact tracing.
- Report any current COVID-19 infection to Basketball England via this **form**.



# APPENDIX 2:

## TEMPLATE COVID-19 BASKETBALL RISK ASSESSMENT – LEVEL 3; GET IN, GET BETTER, GET OUT

Further risk assessments for Level 2 to become available in due course

### TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL 3

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal.

This template risk assessment must be considered alongside the Basketball England Return to Play guidelines and the club's other Health and Safety documents. The risk assessment process must be subject to continual review. It is the responsibility of the COVID-19 Officer to ensure that this risk assessment remains up-to-date and in line with current Basketball England and Government guidance.

<b>Club Name:</b>	<b>COVID-19 Officer:</b>
<b>Name of Activity:</b>	<b>Venue:</b>
<b>Assessment carried out by:</b>	<b>Date assessment was carried out:</b>
<b>Date of Review:</b>	

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Infection being passed directly from person to person	Players, coaches, support staff, members of the public in the facility	<p>Signs detailing COVID-19 symptoms at venue/court entrance</p> <p>All participants should be screened, and attendance documented. Any individual who answers positively to the screening questions should be advised to return home and self-isolate in line with government advice. Screening data to be sent to Basketball England</p>	<p>All attendees reminded of the following:</p> <ul style="list-style-type: none"> <li>No bodily contact, including handshakes/high fives</li> <li>Wash hands thoroughly for 20 seconds after going to the toilet and use alcohol-based hand rub</li> <li>Social distancing rules apply – 2 metres</li> <li>No congregating once training or a game has ended</li> </ul>			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
<p>Infection being passed directly from person to person</p>	<p>Players, coaches, support staff, members of the public in the facility</p>	<p>Screening should be set up away from building entrances/exits</p> <p>Maximum of 10 participants, including coaches and support staff. Ensure two adults are present at all practices involving under 18s</p> <p>Use of face masks advised for coaches and support staff. Players may use masks but this could restrict breathing</p> <p>Hand sanitiser available at entrances to the building and on courtside – should be applied regularly</p> <p>Suitable hand washing equipment available in toilets and changing rooms</p> <p>Attendees advised before leaving the house, they should check they do not have a high temperature, do not have a persistent cough, they have not lost their sense of taste and/or smell, they have not been in contact with a person with suspected COVID-19 within the past 48 hours, they have not been advised to self-isolate as per NHS guidance</p> <p>Train outside, if possible. Open any doors that surround an indoor court if possible, to ensure maximum ventilation and reduce aerosol spread</p>	<p>All attendees reminded of the following:</p> <ul style="list-style-type: none"> <li>• No bodily contact, including handshakes/high fives</li> <li>• Wash hands thoroughly for 20 seconds after going to the toilet and use alcohol-based hand rub</li> <li>• Social distancing rules apply – 2 metres</li> <li>• No congregating once training or a game has ended.</li> </ul>			



WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Infected surfaces in the building e.g. door handles, chairs and benches	Players, coaches, and support staff	Regular disinfection of heavily used areas and surfaces  COVID-19 bin available to dispose of cleaning equipment  Hand sanitiser available on court and in the entrance to building. Use separate entrances and exits to the court, where possible	All attendees reminded to: <ul style="list-style-type: none"> <li>Avoid touching high contact surfaces e.g. door handles, benches, chairs.</li> <li>Use hand sanitiser frequently during practice</li> </ul>			
Infected equipment e.g. basketball, water bottles, towels	Players, coaches and support staff	All players and coaches bring their own equipment  No use of bibs unless brought directly by the player  No water bottles should be provided by coaches/clubs  Drills must be for individuals only and no ball passing should take place  Players must retrieve own balls	All attendees reminded to: <ul style="list-style-type: none"> <li>Not share water bottles, balls or any other equipment</li> <li>All basketballs should be washed or wiped down before and after the session</li> </ul>			
Lack of space to maintain social distancing	Players, coaches and support staff	Only groups of up to 10 individuals including coaches and staff must be present  No team-based or contact drills. Train outside if possible  No spectators to be permitted to stay	All attendees reminded to: <ul style="list-style-type: none"> <li>Always stay 2 meters apart</li> </ul>			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Transport to and from sessions	Players, coaches and support staff	Car-pooling should not be advocated and public transport and coaches/minibuses are not advised				
Toilets and changing rooms	Players, coaches, and support staff	Cleaned regularly  Suitable hand washing equipment available in toilets and changing rooms  Venues should operate a 1 in, 1 out rule where toilets have restricted access	All attendees reminded to: <ul style="list-style-type: none"> <li>Arrive changed, ready to play</li> <li>Avoid prolonged time in the toilet</li> <li>Avoid showering and changing at venue where possible</li> <li>Wash hands thoroughly for 20 seconds and use an alcohol-based hand gel after going to the toilet</li> </ul>			
Infection passed on by non-participants i.e. spectators and members of the public	Players, coaches and support staff	Coaches and all support staff should meet players outside of the building  Parents should not be permitted to enter the venue  Players and coaches should avoid leaving the court unless it is to go to the toilet  Use doors which lead directly onto court, if possible	All attendees reminded to: <ul style="list-style-type: none"> <li>Stay on court</li> </ul>			
Increased risk to individuals with underlying medical conditions and those from BAME groups	Those with underlying medical conditions and BAME groups	Staff should make sure any participants within high risk group have all risk assessment information available so they can make an informed choice about joining the session	Those individuals with underlying medical conditions to complete Appendix 4 of the Return to Basketball Guidance			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Risk to those returning to participate after being affected severely by Covid-19	Players, coaches and support staff	Follow medical guidance and/or Basketball England Athletic Development Programme Medical Advice				
Social distancing not being adhered to due to first aid or injury treatment required	Players, coaches and support staff	First Aider to ensure face mask is worn and hands and equipment are sanitised before and after treatment  Waste disposed of safely.  Accident form completed		First Aider		
Detriments to mental health	All individuals	Clubs to promote mental health & well-being awareness to club members  Clubs to have a dedicated Welfare Officer	Regular communication of mental health information and an open-door policy for those who need additional support	Welfare Officer Coaches		





# APPENDIX 4:

## CLUB MEMBERS COVID-19 RISK INFORMATION (TO SEND TO ALL MEMBERS)

### PERSONAL AND HOUSEHOLD RISK INFORMATION

This information sheet aims to inform you of those who are most at risk should they contract COVID-19. You should identify whether you or a member of your household is at higher risk. If you are, please discuss the risk of returning to basketball with your GP and your Club COVID-19 Officer to make an informed decision as to whether returning to group basketball is appropriate and safe for you and your family. While research around risk is ongoing, we simply hope to inform you so you can make the right decision for you and your household.

If any of the following statements apply to you or a household member, then this means that either you or a household members risk is increased. If it applies to a household member then you need to discuss it with your GP and the household member to make a decision on if a return to basketball is appropriate in a group setting, as it is possible to pass on the virus to a more vulnerable individual.

#### Statements apply to **YOU or your HOUSEHOLD**

Had a solid organ transplant

Undergoing treatment currently or in last 6 months for any cancer

Currently taking or in the last 6 months have taken immunosuppressant medication

Have a respiratory condition including all cystic fibrosis, **severe** asthma and severe chronic obstructive pulmonary (COPD)

Have any rare diseases or inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell)

Pregnant

Aged 70 or older

*Have one or more of the underlying health conditions listed below:*

- Chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis

- Chronic heart disease, such as heart failure

- Chronic kidney disease

- Chronic liver disease, such as hepatitis

- Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy

- Diabetes

- A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets

- Being seriously overweight (a body mass index (BMI) of 40 or above)

Are you providing caring responsibilities for anyone meeting any of the above criteria?

Should any of the above statements apply to you or your household, please notify your COVID officer and speak to your GP to allow you to make an informed decision that protects you and your household.

[WWW.BASKETBALLENGLAND.CO.UK](http://WWW.BASKETBALLENGLAND.CO.UK)

