

# APPENDIX 12:

## TESTING PROTOCOL FOR NBL AND WNBL

Basketball England are aware of the increased COVID transmission rates and the increasing 'R' value. As an indoor sport which inherently carries additional virus transmission risks, we are taking further actions to reduce risk by working with NBL and WNBL clubs to undertake Lateral Flow Testing for all players and associated support staff.

This enhancement to our protocols has been set out in response to NBL and WNBL clubs reporting that they would feel more comfortable playing with an additional safeguard in place.

The introduction of testing aims to:

- Increase confidence in playing basketball in the NBL and WNBL
- Identify **asymptomatic** COVID cases before they are able to spread the virus within their clubs
- Allow for teams to meet from different parts of the country with minimal risk of COVID transmission
- Increase the level of confidence amongst referees and officials

We strongly advise that if you as an individual or a club do not feel the measures are adequate for the safety of you and your family, you should not play the sport. Clubs should not place pressure on individuals to play basketball if they feel it is not safe to do so.

These protocols are outlined as extension measures to the current Basketball England Return to Play Guidance. All Basketball England RTP protocols should be followed at all times.

If any individual has any reservations in regards to testing please contact [Talent@basketballengland.co.uk](mailto:Talent@basketballengland.co.uk). Any potential exemptions will be assessed individually with our Sports Science and Medicine and safeguarding teams.

### TESTING

We will work with our clubs to source Lateral Flow testing (LFT) for all players and staff to enable them to be tested a minimum of once a week but ideally twice a week. LFT's identify specific antigens to SARS-CoV-2 (COVID-19) that will be present if the individual has COVID-19.

Our minimum expectation is that clubs test all players and associated support staff at least once a week, 48 hours before a game. Ideally, we would like to test twice a week, the tests should be conducted at least 3 days apart.

LFT's allow quick turnaround results for positive tests. They are known to have an accuracy of 67-75% if completed twice a week with trained staff. However, the 'Gold Standard' testing is a Polymerase Chain Reaction (PCR) test which is conducted by the NHS Test and Trace system. In this instance, Basketball England are using LFT's to identify asymptomatic individuals before they are able to spread the COVID-19 virus amongst their team mates.

Please note:

If an individual is presenting with symptoms prior to the LFT then they should not have the test but they should self-isolate and contact the NHS COVID testing website to get a PCR test.

### WHO CONDUCTS THE TESTS?

We suggest a number of people in the club are trained for the role. These may include:

- Medical staff
- Club COVID Officer
- Other member that does not have regular close contact with the team

The person conducting the tests should be wearing medium level PPE; gloves, masks, aprons.

Prior to undertaking the testing of players, Basketball England requires the individuals responsible to complete the following **Declaration of Competency Form** found [here](#).

## TRAINING

All individuals that will be administering the tests need to take part in the online learning webinar, practice on a club member and complete the **Declaration of Competency Form**.

## HOW TO CONDUCT THE TESTS

Tests should be completed before team practice begins. We suggest an individual remains in their car or socially distanced until called forward for the test. All individuals should be wearing face coverings at all times. The test is completed and then the individual returns to their car to await the test results. Until the results are known, no one should be contact with anyone else from the club.

Also note that the individuals that are tested are the 'Testing Group' and that group should not interact with any other members of the club that are not tested.

## WHAT IS IN THE TEST PACK?

A test pack contains:

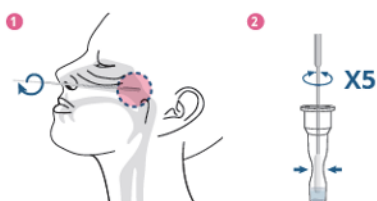
- 25 testing kits which should be stored in a cool dry environment
  - Nasopharyngeal swabs
  - Buffer solution
  - Extraction buffer tube
  - Test cartridge

Please note that the tests that will be distributed from Basketball England are the **nasopharyngeal swab** tests.

## Test Procedure

### Nasopharyngeal swab

- 1 Insert a swab into the nostril of the patient, and swab over the surface of the posterior nasopharynx.
- 2 Insert the swab into an extraction buffer tube, and stir it more than 5 times while squeezing the tube.

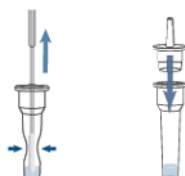


### Nasal swab

- 1 After getting a patient to blow one's nose, insert a swab into each turbinate and rotate it 5 times on both sides.
- 2 Insert the swab into an extraction buffer tube, and stir it more than 10 times while squeezing the tube.



- 3 Remove the swab while squeezing the sides of the tube, and press the nozzle cap tightly onto the tube.



### Analysis

- 4 Apply 3 drops of extracted specimen to the sample hole of the test device.
- 5 Read the test result in 15-30 min. Do not read after 30 min.

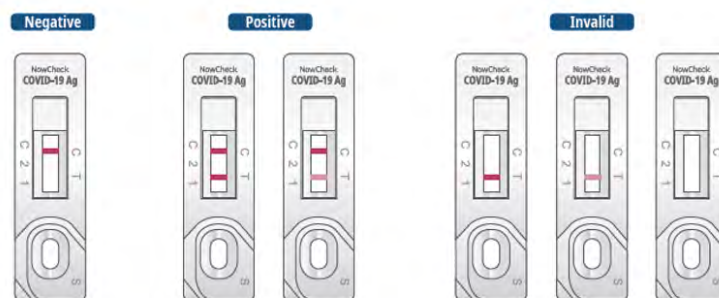


**\*\* Do not read test results after 30 min.  
It may give false results.**

## TEST RESULTS

Read test results between **15-30min**.

### Test Result



An invalid test should be repeated.

## POSITIVE RESULTS

If there is a positive result with the LFT the individual is required to self-isolate immediately and a PCR test is required. Clubs will be required to complete the **Covid-19 Incident Reporting Form**.

If the PCR test confirms the positive result that individual will have to self-isolate (along with members of the same household) for 10 days.

Given the mitigations of the testing, should an individual produce a positive test within the club environment, the club will have to take a risk adverse approach to isolating those within the club while the result of the PCR test is confirmed. The bubble (this may include the whole squad) of the player with the positive LFT will have to isolate if:

- There has been **over 40 minutes** of the training time that would be classed as contact training
- They have been travelling in the same car as other 'Test Group Members' to or from a venue
- They live in a house share with other team members
- If one other member of the squad has tested positive as well.

You will not have to isolate a team if:

- There is not more than one member with a positive test
- If you have played a team with a player testing positive at the weekend – we are happy that the contact time will not be high enough to cause a transmission within a game environment
- You have not shared the car with the individual

A team will have to cancel all training and games if there are two LFTs that return positive. Everyone will have to await the results of the PCR tests. If only one PCR test is positive then the squad may return to training. Two positive cases will require the team to close down for the 10-day isolation period.

It is common for antigen tests to remain positive for some time after initial COVID-19 infection, which is representative of viral shedding and not necessarily infectivity. Advice from Public Health England is not to repeat antigen testing (LFT or PCR) for 90 days unless new development of symptoms.

If symptoms consistent with COVID-19 develop, repeat antigen testing is indicated by using a PCR test, therefore, all persons who have tested positive for COVID-19 (through either routine or following display of symptoms) and have completed their required isolation period, should not undergo repeat antigen testing for **90 days** - unless new development of symptoms occurs. Clubs will have to monitor these timelines carefully.

## POINTS OF NOTE

- Training should still be conducted where possible in bubbles of 6.
- No more than **40 minutes** of each training session should involve contact.
- The test group need to isolate themselves as much as possible from all other members of the club or public in order to reduce the risk of contracting COVID-19.