



BASKETBALL ENGLAND

RETURN TO PLAY

GUIDANCE DOCUMENT

FROM MAY 17TH 2021

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. SUMMARY

For the last 12 months we have been offering guidance on the best way to return on court safely to mitigate COVID-19 transmission and protect the Basketball Community. Our main priority throughout this time has been the health and safety of everyone in the game, guided and supported by our Return to Play Roadmap and guidance.

This document has evolved to contain all the requirements players, staff and clubs need to safely reintroduce the sport. The guidance has been based on the current research available and following discussions with Sport England, DCMS, Public Health England, medical experts and in collaboration with basketball stakeholders such as FIBA, W/BBL, Basketball Scotland & Wales.

Please note this document reflects the information and research gathered when it is circulated. This current version outlines the processes moving the sport back onto the court in conjunction with the Governments 4-step process for easing social distancing guidelines, and with the knowledge that following the introduction of the COVID-19 vaccination, we are hopeful for a full return for the sport.

However, the COVID-19 pandemic, and the actions taken by the UK Government remains fluid; data and recommendations may continue to change, so this document will continue to be updated to reflect any changes in process.



If you are reading this guidance for the first time you will find in this document:

- **Our RTP Roadmap Guidance – Which details what, how and when basketball activities can take place**
- **COVID-19**
 - What is it
 - Signs and Symptoms
 - Self-isolation
 - Risks to those in ethnically diverse communities
- **Risks within basketball – A sport that predominately takes place indoors and involves contact**
- **Screening**
- **Hygiene considerations**
- **COVID-19 Officer guidance – Every club is required to have a nominated officer**
- **Social distancing**
- **Return to sport after COVID-19**
- **Further resources**

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?
LEVEL 5	NO LONGER APPLICABLE UNDER LATEST GOVERNMENT GUIDANCE			
LEVEL 4	NO LONGER APPLICABLE UNDER LATEST GOVERNMENT GUIDANCE			
LEVEL 3	NO LONGER APPLICABLE UNDER LATEST GOVERNMENT GUIDANCE			
LEVEL 2	NO LONGER APPLICABLE UNDER LATEST GOVERNMENT GUIDANCE			
LEVEL 1	<ul style="list-style-type: none"> Public gatherings increased Social distancing removed Limited carpooling 	<ul style="list-style-type: none"> Outdoor & indoor courts 	<ul style="list-style-type: none"> Training: Maximum 30 per court Competitions: Roles and maximum numbers defined in Game Day Guidance 	<ul style="list-style-type: none"> From May 17th 2021
LEVEL 0	<ul style="list-style-type: none"> All restrictions removed 	<ul style="list-style-type: none"> Outdoor & indoor courts 	<ul style="list-style-type: none"> Full training & competition framework reinstated 	<ul style="list-style-type: none"> From June 21st 2021 at the earliest

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.



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03.

COVID-19

Coronavirus Disease 2019 (COVID-19) is a worldwide pandemic caused by the Severe Acute Respiratory Syndrome Coronavirus 2 (SARSCOV-2). The virus is highly infectious and as we have seen in the UK alone, the effects of contracting the virus can be very serious and may lead to death. Fortunately most people (80%) who are infected have mild symptoms and some do not have any symptoms at all.

Similar to other viral infections, we know that many individuals who are infected, are infectious for up to two days (48hours) before they have symptoms. This means it is easy to spread this disease before you are aware you have it. Of those that get the virus, 5-10% will require hospitalisation. These patients are more likely to be male, older (over 60) and have underlying conditions such as cardiovascular disease, raised blood pressure, chronic lung disease or diabetes. There is evidence individuals from ethnically diverse communities who appear to have higher rates of serious illness from COVID-19 (Bangladeshi individuals up to 1.9 times more likely to die from COVID-19 compared to white people and people of Caribbean

origin 1.5 time more likely). 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 complicated to work out due to the multiple factors involved, 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 however the roll out of the current vaccination programme is reducing the risk of serious illness from the virus. Currently a large proportion of those most vulnerable to the disease have had their vaccinations. Younger people are likely to obtain their vaccinations later in the year therefore we are still cautious with the reduction in COVID mitigation strategies until more evidence of reduced risk is apparent. Despite individuals having had COVID-19 or have had their two vaccinations, we know that anyone can spread the disease, infecting those they love, their friends, colleagues, and teammates. Alongside of the UK Government, the NHS and Sport England, we are actively attempting to reduce the risk of transmission of COVID-19 through this guidance. The basketball community has a responsibility to support these efforts.

SIGNS & SYMPTOMS

In UK, the National Health Service (NHS) describes 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:

- Fatigue
- 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 or 70% isopropanol) 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 2m distance and where not possible, at 1m plus 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.
- Government guidance is advocating 'Hands, Face, Space'; wash hands, cover your face and maintain space between individuals.



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

As defined by the NHS close contact is:

- Anyone who lives in the same household as another person who has COVID-19 symptoms or has tested positive for COVID-19
- Anyone who has had any of the following types of contact with someone who has tested positive for COVID-19:
 - Face-to-face contact including being coughed on or having a face-to-face conversation within one metre
 - Been within one metre for one minute or longer without face-to-face contact
 - Been within 2 metres of someone for more than 15 minutes (either as a one-off contact, or added up together over one day)
- A person may also be a close contact if they have travelled in the same vehicle or plane as a case.
- The NHS currently recommends that close contact with an infected person **requires that individual** to be isolated for 10 days from the last time they were exposed to the infected person. You may have been informed of this via NHS Test and Trace system.
- 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 Information**.

IS THERE A HIGHER RISK OF INFECTION AMONGST ETHNICALLY DIVERSE 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 pandemic continues to have a big impact on children and young people, and those who support them. The Safeguarding Policy, updated in June 2020 contains a specific section on Covid-19. Please view it **here**.

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
 - **NSPCC**
Tel: 0808 800 5000 (9-6 Mon-Fri)
Email: 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 and games by utilising specific guidance. When we decide 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, those that have been a contact as defined will be required to isolate as per the **Government Guidelines**. Use of bubbles within training will help to minimise the disruption for clubs. You should only get tested if you then present with symptoms. Should you get a test without symptoms and it is negative, there is still a possibility of becoming symptomatic as the virus is known to be dormant for up to 10 days after contact.

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.

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 recommencing 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.

- If **Returning to Sport from COVID-19**, please see separate guidance.

PERSONAL PROTECTIVE EQUIPMENT

Facial Coverings – coaches, support staff, table officials and statisticians are mandated to wear facial coverings to reduce infection risk. Players are not required to wear facial coverings whilst playing. It is acknowledged that referees maybe able to wear a lightweight plastic visors at their own discretion. All players should wear face coverings at all times before and after training or games.

If you have had a vaccination there is still a risk at you will contract the virus and will be able to pass it on to other people. The risk of serious illness is lowered with the vaccine but contracting the virus is still a risk.



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
- Athlete-centred face masks

FFP3 masks should be reserved for clinical use by the NHS and stocks preserved for this important work. As 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 clinical judgement.

Due to current changes in UK Government regulations on 31 July 2020 we are making face coverings by all those not playing basketball (coaches, staff etc) mandatory when training or games indoors and we are strongly advising them to be worn when training outdoors.

ETHNICALLY DIVERSE COMMUNITIES

58% of our membership are from Ethnically Diverse Communities. There appears to be evidence 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 Ethnically Diverse 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 **Appendix 4**.

TEAM RISK

- Large gatherings and high numbers within a confined space are likely to increase the risk of infection
- In Level 1, we are allowing the ability for a full squad training to take place (including coaches and support staff) therefore there is a maximum of 30 people court although we are recommending a staggered approach to increasing numbers.
- 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
- Use of minibuses and coaches is also not advised for game travel, due to the close confines of individuals within them. If completely necessary, then spacing between seats is advised, hand hygiene before and after getting on board – see **Game Day Guidance**.
- 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 or work) who reports an individual has been infected with COVID-19. This may be relayed to the individual by NHS Test and Trace.
 - 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**
 - You have not returned from a foreign country in the past 10 days that the UK Government requires people to quarantine on return – a non travel-bridge country as defined 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
 - All individuals should have read the Basketball England COVID-19 Risk Information, **Appendix 4**

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 NHS Test and Trace service 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
- Screening temporary records are to be securely kept for 21 days after the training session before being confidentially destroyed
- 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

SCREENING

- RTP screening of all players and staff up to Level 0
- Screening sheet in **Appendix 3** - All basketball related activity requires screening to take place prior to it (basketball, conditioning classes, technical or tactical sessions)
- Ensure screening is conducted in a suitable area away from venue entrances, ensuring good social distancing practices, i.e. far end of car park
- If a line of people forms, they should all maintain 2m distance between them and be wearing face coverings
- 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.

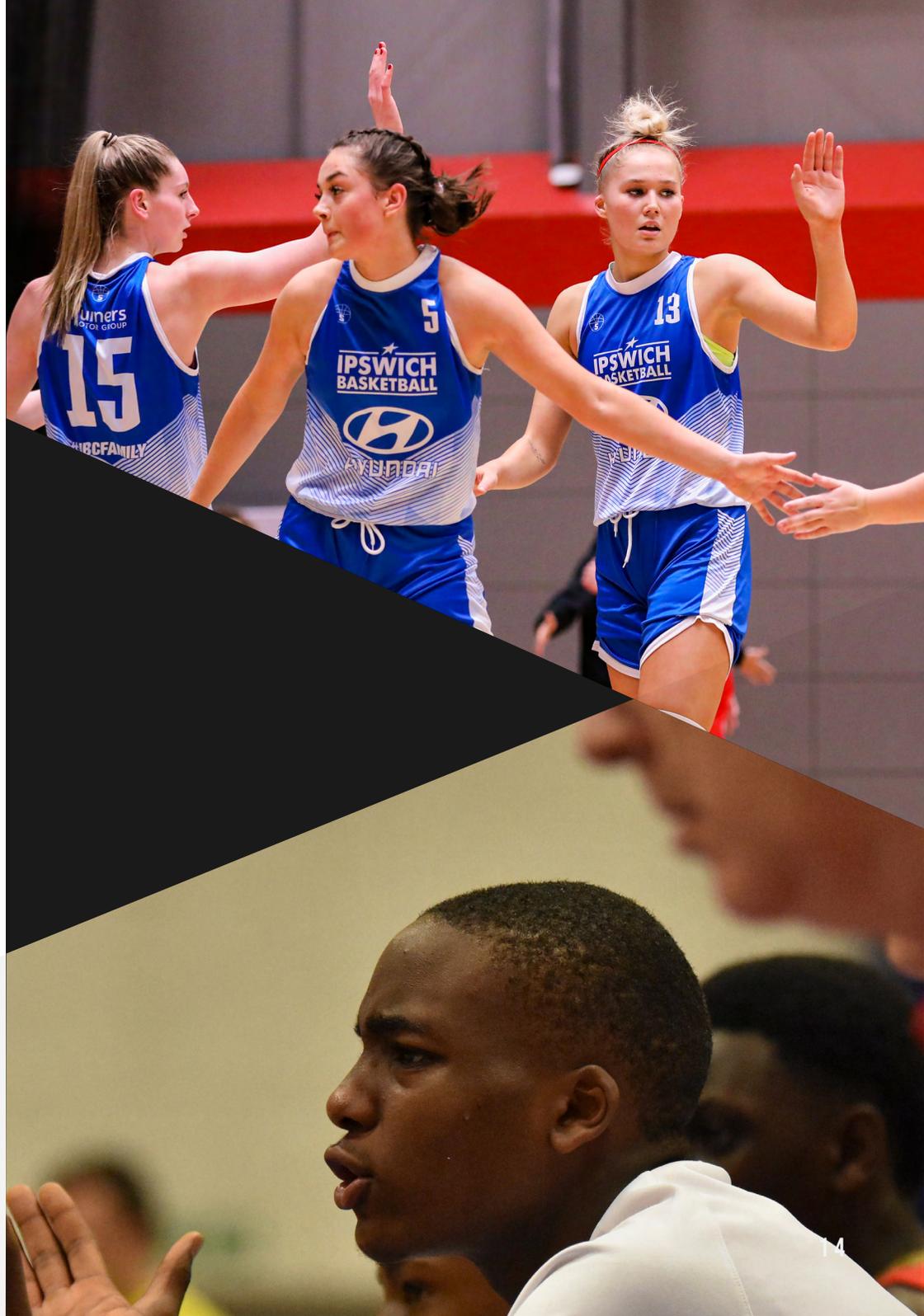
- The use of the ProActive Symptom Checker (as advocated by our insurers Howden's) for all club members may help to speed up this process
- Any **positive answers** to the questions will mean that the individual cannot attend the session and they should be advised to return home to self-isolate as per the **Government's guidelines. Club COVID-19 Officer needs to complete BE COVID-19 Reporting Form.**
- Screening documents are to be temporarily kept within the club for 21 days after the session, 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 Test and Trace procedures**. In England, this will mean that the individual will have a test within 48 hours. England, Scotland, Wales and Northern Ireland, have different procedures currently.
- 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 'bubble' system within the training session has been adhered to strictly then only the bubble needs to self-isolate

If worried about what to do if a COVID case is reported, please find this **flow chart** showing who should self-isolate.

- The only exception to a coach having to self-isolate would be that they had remained 2m outside of the training 'bubble'. However, the club and individuals will have to take a risk-averse approach to the whether the coach self-isolates. For instance, if there are a large number of corridors and hand surfaces that an infected individual has touched during the training session, there is a much higher risk of transmission, therefore the club may opt to ask all attending the session to self isolate.
- 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 10 days for an individual and 10 days for members of the household.
- The name of the infected individual is not to be disclosed to protect anonymity
- **ONLY GET A TEST IF YOU HAVE SYMPTOMS OF CORONAVIRUS**
- All attendees of the session should be advised to isolate for 10 days (as per Government guidelines) incase symptoms arise. If you are tested without symptoms, you should still self-isolate for 10 days as symptoms may still arise after the test.
- COVID-19 Officer should complete the following **COVID-19 INCIDENT REPORTING FORM**.





COVID-19
SYMPTOMS REPORTED

COVID-19 OFFICER
REPORTS TO
BASKETBALL ENGLAND
USING THE
REPORTING FORM

CONTACT IS DEFINED AS BEING
'WITHIN 1M OF ANOTHER PERSON'
THIS DOESN'T NECESSARILY MEAN THAT
PHYSICAL CONTACT HAS BEEN MADE

INDIVIDUAL MUST SELF ISOLATE AND
GET A COVID-19 TEST

YES

HAS THE INDIVIDUAL ATTENDED PRACTICE IN
THE LAST 48 HOURS?

NO

ALL PLAYERS/STAFF WHO HAVE BEEN IN
CONTACT WITH THE INDIVIDUAL
MUST SELF-ISOLATE PENDING THE
RESULT OF THE TEST

POSITIVE

THE INDIVIDUAL MUST; AWAIT TEST RESULTS
AND FOLLOW TRACK AND TRACE GUIDANCE

CONTINUE TO SELF-ISOLATE FOR 10 DAYS.
COVID TESTS MUST ONLY BE REQUESTED
IF SYMPTOMS DEVELOP

NEGATIVE

RETURN TO TRAINING

We play a sport with bodily contact along with a high moisture level. Sweat, saliva and moisture-rich breath will all be in potential contact 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.

These guidelines have been prepared to best reduce the amount of virus transmission. Transmission may come in a number of forms:

- Person to person
- Equipment to person
- Surfaces to person

The higher the number of people in one area, the higher the risk of transmission. **Appendix 7** highlights the risk of transmission from 'Contact': 'within 1m of another person'. We believe basketball is a medium-risk sport (compared to other sports) due to our 'Contact' time. However, that risk is only set at that level if the following hygiene guidelines and the screening guidance is adhered to.

PLEASE BE REMINDED THAT FACE COVERINGS ARE MANDATORY FOR ALL COACHING STAFF TRAINING INDOORS AND ARE STRONGLY ADVISED WHILST TRAINING OUTDOORS.

06.

HYGIENE CONSIDERATIONS

PREPARATION

- Arrive to the venue already changed and ready to play
- On arrival hands must ideally be washed with soap and water (As per hygiene guidelines) or hands sanitised.
- 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)
- Minimal use of changing rooms
- No handshakes, high fives or other bodily contact
- Carpooling is not permitted at Levels 2 & above
- 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/wiping down with wipes prior to starting (we recommend **Clinell Universal Wipes**) – each individual to clean their own ball
- In order to reduce infection risk further we are recommending stopping training and disinfecting the balls every 20 minutes
- No use of bibs unless brought directly by the player
- No shared towels
- No shared water bottles
- All water bottles clearly labelled with the individuals name on it
- 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 every 20 minutes for application

- Avoid shouting at all times due to the increased risk of aerosol transmission
- At Level 2, once team practices commence, we recommend wiping balls every 20 minutes
- We advocate the use of the 'bubble' system to keep small numbers of players contacting one another. This should start with a bubble size of up to six and then steadily increase to 12 over the course of six weeks providing all COVID guidance is adhered to. See our **Six Week Pre-Season Guidance**
- Ball washing/wiping at end of the session - everyone to wash their own.
- Immediate hand washing once the session is complete
- Use of face masks for coaches, support staff and officials is mandatory indoors. A full face visor could also be considered as a form of mitigation but it only protects the individual wearing it, not necessarily the other people around them.
- Suitable COVID-19 disposable bins need next to each team bench
- Bench – use of chairs preferable, spaced 1 meter apart. If use of benches is the only option, marking 1m between each player is necessary
- Court configurations can be changed as necessary
- Substitutions can occur directly from the bench, rather than the score table
- Avoid shouting at all times due to the increased risk of aerosol transmission
- Have two 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 are mandatory for all coaches, table officials, statisticians and all other support staff
- Any staff involved with floor cleaning should wear face coverings and be mindful to wash hands immediately at half time and full time. There is no requirement to wear gloves as long as hand washing regime is followed.

COMPETITIVE GAMES

- Only from Level 1 once Game Day Risk Assessment (**Appendix 11**) has been completed.
- Level 1 competitive games have specific requirements for the safe management of the game. See **Game Day Guidance** for numbers and eligible game roles.
- Spectators allowed at Level 1. See **Game Day Guidance**.
- Game Day Logistics Form (**Appendix 10**) to be distributed to opposition and officials by the home team at least seven days before the game
- Hand sanitiser (minimum 60% ethanol or 70% isopropanol) is advised:
 - Before and immediately after playing
 - 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
- 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.
- Time-outs will be one minute but has to accommodate suitable time for hand sanitisation. Officials to be mindful of this. Every team should conduct their timeout with a minimum of 1m between each player or staff member for the duration, in line with **Appendix 7**. Both teams to conduct the timeout on the court if unable to distance at the bench.
- Officials to monitor social distancing during time-outs and between quarters
- Team kits - in order to reduce the risk of transmission, each team will have to change to their kit prior to the second half commencing where possible and feasible. Prior discussion with the Match Promoter is encouraged here.

REFEREES, TABLE OFFICIALS AND STATISTICIANS - FROM LEVEL 2 ONWARDS

- Please see **Game Day Guidance**.
- Be aware the home team is required to send Game Day Logistics Form to you at least seven days prior to the game
- It is recommended there is a designated area for ball wiping that is away from the main Table Officials i.e. on the far side of the court or at either end. Referees are responsible for the condition of the ball.
- If possible, attempt to limit amount of time near Table Officials or Statisticians
- Substitutions can occur directly from the bench rather than from a chair next to the Table Officials
- Table Officials and Statisticians advised to maintain distancing appropriate to carry out their tasks to reduce risk of infections
- Table Officials and statisticians are to wear a facial covering
- Referees, table officials and Statisticians are strongly recommended to wear face visors and must space at least 1m apart
- Referees and officials to allow suitable time for anybody treating an injured player, to follow suitable hand hygiene guidance following treatment of the injury before returning to the bench prior to the game recommencing.
- Officials are encouraged to report breaches in RTP guidelines to BE via the online **COVID Incident reporting form**
- Sanctions will be in line with Basketball England RTP Sanctions **Appendix 8**

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 2m apart
- Therapists need to be happy their insurance will cover them to treat individuals in the sport environment
- The clinician should wear appropriate PPE for all 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 2m) to the absolute minimum. Consider alternatives where appropriate to reduce close contact time
- Medical professionals should keep a record of who they see, even during a game, to help NHS Test and Trace
- If an injury occurs during the game, there will be a requirement that the individuals treating the player would be allowed time after the incident to be able to fully comply with hand hygiene requirements before the game recommences
- Ensure all first aiders are up-to-date with resus guidelines by Resus Council UK during COVID-19 pandemic <https://www.resus.org.uk/covid-19-resources/>

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
- Carpooling is not recommended from the venue
- Avoid public transport where possible
- Individuals will be required to wash their kit in 60°C high temperature wash in order to kill of any viral load

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 2 Outdoor – Up to 30 individuals per court, including players, coaches, staff
- Level 2 Indoor– Bubbles of 15, up to 30 individuals per court including players, coaches and staff
- 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 change overs
- 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 one-in-one-out rule
- Suitable hand washing facilities must be available
- Venues must, when feasible, direct people via a one-way system to reduce contact times. This should have clear and obvious signage
- Venue carparking should allow for social distancing adherence
- Should a venue be owned or leased by a club, adherence to Government venue guidelines should be adhered to at all times, including high levels of ventilation
- Club gatherings should be in line with Government social distancing guidelines
- 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
- Exceptions to above may apply for disability athletes or those requiring assistance to play basketball

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 1

- Outdoor/Indoor – Drills, skills & team training & competitions – Max. 30 per court, including coaches, players, support staff and officials
- For children aged 11 and under, there may be a requirement for the child to be accompanied by an adult parent/guardian who is not a coach. In this instance the individual is known as a ‘parent helper’ and must only be there to assist their child for the reasons of welfare. This individual will add to the total within the court area, which cannot exceed 30 per court.”
- Coaching staff should remain socially distanced at 2m+ and wear face coverings throughout the sessions but can move between the bubbles if distanced.
- Risk assessment completed and logged (see **Appendix 11 Level 1 Risk Assessment**)
- Currently social distancing guidelines stipulate 2m distance between individuals with occasional movement within that. We would strongly advise the 2m rule is maintained wherever possible and that the training sessions reflect this.
- Follow screening and hygiene guidance set out in this document
- Spectators are allowed indoors, but the total number of all participants, coaches, officials and spectators must be agreed by and aligned to the capacity permitted by the venue.
- Spectators should be in bubbles of 6 (two household max), multiple bubbles are permitted within the capacity limits of the venue.
- Spectator bubbles should remain socially distanced at all times, where face coverings and adhere to venue guidance observing one-way systems etc. We recommend venues have clear designated areas for spectators.
- At no stage should spectators enter the court thus mitigating the risk of coming into contact with the players/coaches.

- All high contact areas to be wiped down after session (benches, chairs, door handles, strength and conditioning equipment, tables etc)
- Competitive games can commence indoors. See **Game Day Guidance** for more guidance.
- Competition rules will require teams to adhere to the social distancing and hygiene guidance set out in this document
- Travel should still be minimised, carpooling and use of minibuses/ public transport is permitted but not encouraged.
- Basketball England are advocating a full **Six Week Pre-Season Guidance** 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 0 – ‘NEW NORMAL’

- From June 21st at the earliest.
- Full return to normal competition without the need for social distancing rules
- No need for screening measurements
- Good hygiene advised

ALL LEVELS MAY GO UP OR DOWN AS FURTHER INFORMATION ABOUT THE SPREAD OF COVID-19 COMES TO LIGHT. PLEASE BE AWARE THAT SHOULD LOCAL LOCKDOWN MEASURES BE IMPLEMENTED, BASKETBALL ENGLAND WILL CONSULT WITH THOSE TEAMS AND PROVIDE A SAFE LEVEL FOR PLAYING UNTIL THE GOVERNMENT DEEMS IT APPROPRIATE TO RETURN TO PREVIOUS LEVELS.



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. A further more recent outcome appears to be individuals with high levels of fatigue. This would not present as anything physical but the individual will feel more tired than normal. In extreme cases individuals may not be able to play basketball as a consequence.

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 seven 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
- Can show high levels of fatigue.
- 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 three 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

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>

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

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. - 10% OFF for members with the code BBEPPE10 - <https://fit4sportltd.com/>

ProActive Symptom Tracker - <https://www.basketballengland.co.uk/news/rtp-basketball-england-symptom-checker-app-and-ppe-offer/>

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-6vmEWIP=>

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

WWW.BASKETBALLENGLAND.CO.UK

