



## Basketball NWT Association

### Return to Play Guidelines

Updated on June 29, 2020

## INTRODUCTION

This document has been created to help inform organizers that are considering restarting basketball in the Northwest Territories. Under BNWT’s *Return to Basketball Guidelines*, sport organizations can consider restarting operations. Activity leaders will need to follow considerations and guidelines put forth by Basketball NWT, Sport North, Canada Basketball and the local health authorities. Our priority is the safety of all individuals involved in basketball in the NWT.

It is important that sport organizations, clubs, coaches, officials, players and volunteers are aware that choosing to participate in sport activities will increase the risk of contracting COVID-19.

**Please note – BNWT’s insurance does not cover claims related to COVID-19.**

The information in this document is intended to supplement any local, territorial and/or national regulations and guidelines. Organizers must always be aware of changes occurring within the NWT and they must always follow the public health officials’ guidelines and regulations.

This document will be updated accordingly to the GNWT’s current rules & regulations.

## PHASE 2 “EMERGING WISELY PLAN”

<p><b>Physical Distancing:</b> Space and time distancing No spectators unless physically distancing and total gathering 25 or less. Physical distancing on sidelines / while not playing</p> <p><b>Engineered Controls:</b> Physical barriers</p> <p><b>Administrative Controls:</b> Exclude sick. No uniform/equipment sharing apart from the ball. No shared beverages.</p> <p><b>PPE:</b> NMM or face covering when unable to physically distance - must distance when not playing</p> <p><b>IPAC:</b> Hand hygiene/hand sanitizer. Enhanced Disinfections (cones, practice equipment, balls after each practice/game)</p>	Medium	Relaxing Phase 2	<p>Disinfectant User Guide</p> <p>Enhanced cleaning checklist</p> <p>National sports body guidelines</p>
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- ❖ During this current Relaxing Phase 2 period, the table above presents the mitigation measures to follow (first column), along with the relevant protocols on the right.



## FACILITY RECOMMENDATIONS

- ❖ Each facility will have unique aspects (size, number of courts, layout, etc.) that need to be considered and will need to be evaluated and approached on a case-by-case basis. Be aware that each facility will have different protocols and guidelines.
- ❖ Clubs and organizers must ensure that recent and relevant information is circulated to players, volunteers and parents.
- ❖ Signage should be prominently displayed at the entrance(s) to inform participants of the health risks associated with COVID-19 and the preventative measures in place for the facility (outdoor & indoor).
- ❖ No one should enter any facility if they, a household member, or close contact are feeling sick or have any symptoms associated with COVID-19.
- ❖ Clubs should ensure that each facility has an entry procedure in place, developed in consultation with BNWT and local health authorities' standards and recommendations.
- ❖ Those 65 years of age and above, those with chronic health conditions and/or who are immune-compromised, etc. should be notified of the increased risks of entering the facility and discouraged from being involved in non-essential activities.
- ❖ Entrance to the facility must be regulated.
- ❖ Hands-free hand sanitizer dispensers and other products should be available at each entry/exit point and other suitable locations within the facility/court (courtside, benches etc.). This applies for outdoor activities as well.
- ❖ Separate entry and exit routes, as well as corridor direction markings should be implemented. This applies to not only accessing the facility in general but also the court. Separate entry and exit routes will reduce the risk of contact between training groups.
- ❖ Where possible, leave all doors open to remove/limit the use of touchpoints (door handles, push bars etc.). If this is not possible, touchpoints need to be cleaned following the conclusion of each session.
- ❖ All participants are requested to adhere to physical distancing requirements.
- ❖ Clean and disinfect high traffic areas, shared equipment between use by different people or surfaces frequently touched with hands more frequently to reduce the risk of COVID-19 spread.
- ❖ Communal spaces (i.e. stores, water fountains, general seating areas) should remain closed to the general public in accordance with the current public gathering restriction levels.
- ❖ Outdoor & indoor facilities can have up to **25 individuals (Phase 3)** including coaches, players, parents/spectators and volunteers.
- ❖ Spectators are prohibited with the exception of those providing care to children below the age of 12. A defined area for parental supervision should be established. Those guardians of children must, like all others present, be screened and use hand



disinfectant on entry into the facility and must maintain 2 metres distance from everyone other than those they are caring for.

## PARTICIPANT CONSIDERATIONS

- ❖ Prior to leaving home, participants are required to complete the COVID-19 Symptom Self-Assessment online.
- ❖ Additionally, prior to leaving home the Attestation form & Waiver form must be read and signed. These documents must be submitted to the person in charge of the activity. These forms are required before participating in **each** activity/session.
- ❖ Organizers must keep all forms for 60 days.
- ❖ As per Public Health regulations, participants should not train or access the facility, if they meet any of the below criteria:
  - You have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19;
  - You have symptoms of COVID-19, even if mild;
  - You have been in contact with a suspected, probable or confirmed case of COVID-19;
  - You have been told by public health that you may have been exposed to COVID-19;
  - You have returned from travel outside of the Northwest Territories within the last 14 days.
- ❖ Participants are not to share personal equipment with others.
- ❖ Participants are required to bring their own equipment and their own personal protective equipment, including hand sanitizer or disinfectant wipes.
- ❖ Participants should be strongly encouraged to leave any unnecessary and non-basketball personal items (cellphones, etc.) outside of the facility. When this is not possible, all personal items must be kept in a personal bag.
- ❖ Two (2) metres of physical distancing (linear separation between individuals in all directions) should be maintained when not playing. This is equivalent to a minimum of 4 square metres of floor space per participant.
- ❖ Unnecessary physical contact (high fives, handshakes, fist bumps, or hugs etc.) is prohibited.
- ❖ Participants must not enter the facility before their scheduled time on the court. During this time, players are encouraged to wait in their cars (with guardians), instead of forming a group.
- ❖ Participants must clean their hands with hydroalcoholic gel/hand sanitizer upon: Entering the facility; Entering/exiting the court; During every break in training (water, rest etc.); Upon departure from the facility, before entering their vehicle and arriving home.



- ❖ Initially, locker rooms should remain closed. Therefore, players should arrive at the venue “dressed to play”, and are encouraged to shower at home before and after each session.

## ADDITIONAL GUIDELINES AND CONSIDERATIONS

- ❖ Every organization must take full attendance and collect contact information for every person present at every session (including coaches, parents, spectators and volunteers). Organizations must be able to provide relevant information to Public Health, if required (must keep attendance information for 20 days).
- ❖ Physical guides, such as signs and tape on floors, should be utilized, where possible, to encourage physical distancing in high traffic or waiting areas.
- ❖ Physical distancing guidelines also need to be strictly followed at all times when coaches are interacting with players (workouts, instruction, etc.).
- ❖ Any equipment (including basketballs) must be disinfected before and after use.
- ❖ Athletes should limit touching their hands to their face during the training session. Headband, wrist band, towel etc. should be used to prevent the need for attending to dripping sweat. When possible, the arm/ elbow should be used instead of the hand.
- ❖ Waivers need to be read and signed prior to departing from your house.
- ❖ Consistent training groups should be maintained throughout each phase - not just single practice sessions - to allow for easier contact tracing (if needed) among the group.
- ❖ Activity Leaders must have an enhanced cleaning checklist.



## BACK TO BASKETBALL PHASES

Basketball NWT will be moving into phase 3 of the Canada Basketball phases starting on June 30, 2020.

## BACK TO BASKETBALL PHASES

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### **Phase 1: Education & Individual Training begins**

The length of time required for proper retraining will differ among players and will be dependent on the players total time away from sport/training



### **Phase 2: Individual Training Continues and Begin Small Group Training**



**In order to advance to Phase 3, physical distancing restrictions must be eased by the government, allowing some body contact.**



### **Phase 3: Whole Team Split Training (Internal 3x3 team competition) begins**

(Progress to this phase is dependent on provincial regulations)



### **Phase 4: Whole Team Training (Internal 5v5 team competition) begins**

(Progress to this phase is dependent on provincial regulations)



### **Phase 5: Whole Team Training Continues; Local Competition begins**



## Phase 3: Whole Team Split Training (Internal 3x3 team competition) begins

- Individual and group training continues.
- Divide the whole team into small, consistent groups for skills/concept development. Maximum 2 hours per session.
- Consistent training groups for this phase (to allow for contact tracing)  
Eg. 2 baskets, 12 players + 2 coaches (2 separate groups of 6 players + 1 coach)  
Eg. 4 baskets, 24 players + 4 coaches (4 separate groups of 6 players + 1 coach)
- Drills or activities could include: Partner shooting, small sided games, 5v0 play
- Internal 3x3 drills/competition begins in preparation for internal 5v5 competition. Team divided in 2 training groups (eg. team of 12 divided into 4 teams of 3). Team A vs. Team B (consistent) and Team C vs. Team D (consistent)
- Sharing of equipment within only the divided teams/consistent groups begins, passing allowed. The sharing of equipment should be limited as much as possible.
- Physical distancing no longer required within divided teams when playing. Whenever possible, physical distancing is recommended (i.e. water/nutrition break, individual training, timeouts etc.).
- Light contact during 3x3 games permitted within divided teams.
- Essential basketball team staff/personnel only permitted in the gym, as determined on a team-by-team basis.
- Spectators are prohibited with the exception of those providing care to children below the age of 12.

## Phase 4: Whole Team Training (Internal 5v5 team competition) begins – Date: TBD

- Whole team is permitted to practice; no limit on players, coaches and staff. However, must continue to adhere to local public gathering restrictions.
- Divide the whole team in half (based on internal teams) for skills/concept development. Maximum 2 hours per session. Drills or activities could include: Partner shooting, small sided games, 5v0 play, transition offence and defence.
- Internal 5v5 competition begins in preparation for local competition.
- Sharing of equipment continues, passing allowed.
- Physical distancing no longer required however, whenever possible, physical distancing is recommended.
- Contact permitted.
- Essential basketball team staff/personnel only permitted in the gym, as determined on a team-by-team basis.

## Phase 5: Whole Team Training Continues; Local Competition begins

- Whole team is permitted to practice without restrictions. Local public gathering restrictions removed.
- Local 5v5 competition permitted. Teams develop a pool of consistent opponents to face and ensure each team has followed a phased approach.



- Have not travelled outside Canada.
- No players, staff etc. with COVID-19 symptoms.
- Ensure appropriate training to competition ratios are in place.
- Safe integration of **officials** when competition resumes. Additional details specifically on officials safety will be integrated in a future version of this document that addresses competition safety protocols.
- Sharing of equipment continues, passing allowed.
- Physical distancing no longer required.
- Spectators permitted for competition; physical distancing is recommended.

## ADDITIONAL RESSOURCES

- **GNWT – Emerging Wisely Plan:**  
[https://www.gov.nt.ca/sites/flagship/files/documents/emerging\\_wisely.pdf](https://www.gov.nt.ca/sites/flagship/files/documents/emerging_wisely.pdf)
- **GNWT – Covid-19 Updates & Information:** <https://www.gov.nt.ca/covid-19/>
- **GNWT – Public Health Order Relaxing Phase 2 (June 12, 2020):**  
<https://www.gov.nt.ca/covid-19/en/public-health-order-%E2%80%93-covid-19-relaxing-phase-2-effective-june-12-2020>
- **Canada Basketball – Return to Basketball:** [https://www.basketball.ca/files/2020-06/200625\\_cb\\_wbc\\_sportguidelines\\_v1.pdf](https://www.basketball.ca/files/2020-06/200625_cb_wbc_sportguidelines_v1.pdf)
- **NWT COVID-19 Self-Assessment:** <https://www.surveymonkey.com/r/nwt-covid19-self-assessment>
- **Disinfectant user guide:** <https://www.gov.nt.ca/covid-19/en/how-use-bleach-disinfectant>
- **Enhanced cleaning checklist :** <https://www.gov.nt.ca/covid-19/en/enhanced-cleaning-checklist-0>

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