

Return to Play Guidelines

PMBA, coaches, parents and players are all anxious to return to the court, and to play basketball. To do this as safely as possible, PMBA will follow the guidelines of Public Health Ontario, Government of Canada, Simcoe Muskoka District Health Unit, the Ontario Basketball Association, Canada Basketball and the North Simcoe Sports and Recreation Centre.

“Please remember that all the current restrictions and those that will come into effect as we reach the next stages are imposed by the Ontario Government and medical health authorities. These, and the Return to Play protocols in development by Canada Basketball and OBA are designed to facilitate the ongoing and continue safety of our members and all Ontario.”

<https://basketball.on.ca/wp-content/uploads/2020/07/OBA-RTP-Phase-3-V1-072420.pdf>

PUBLIC HEALTH MEASURES



Avoid contact with people outside your household/ social circle



Stay home when possible, especially if you feel sick



Wash your hands well, and wash them often



Avoid large public gatherings according to your region

The Ontario Government is now allowing limited indoor training and practice for basketball teams. Physical distancing rules still apply when engaged in team sports so any team practice at this time must be non-contact. This also means no intra-squad competitions or games where defence or activity would likely result in physical contact between players.

If, at any time, you, your child or members of your family test positive for COVID-19, please follow guidelines provided by Public Health.



Guidelines for Parents

Prior to Play

1. Parents should satisfy themselves that the NSSRC (or practice facility) is operating in compliance with all applicable laws.
2. Parent must complete the Acknowledgment, Release, Indemnity & Assumption of Risk Regarding COVID-19 <https://survey.simcoe.ca/surveys/nssrc-waiver> (1x only)
3. Parents must review OBA's "2020-2021 Assumption of Risk Participation Waiver" form thoroughly and complete it.
<https://app.smartsheet.com/b/form/52b2b54f82a94077ada60a5149067595>
4. Review the return to play guidelines with your child. Remind them that practices will be different this year. Players must remember to sanitize hands before and during practice. Coaches will have hand sanitizer, but players may also bring their own. Everyone must stay 6' apart. Remember high fives, fist bumps and hugs are not permitted.

Day of Play

1. Follow all guidelines of the NSSRC (or practice facility)
 - Parent must complete the COVID-19 Screening Questionnaire daily, prior to practice <https://survey.simcoe.ca/surveys/nssrc-questionnaire>
2. Help your child self-screen <https://ca.thrive.health/covid19/en> for signs or symptoms of COVID-19. Do not send your child to practice if they are unwell, or do not pass the screen.
3. Help your child arrive to practice prepared
 - Dressed for practice – we do not want to access the dressing rooms
 - Equipment ready (own water bottle, ball, etc.)
 - Face masks must be worn to enter and exit the facility and all applicable times.
 - Please leave all unnecessary items (cell phones, etc.) outside of the facility
4. Drop off your child to practice on time. Please wait in cars (not in a group) before practice begins.
5. Enter and exit the facility through the designated doors only.
6. Parents/guardians are not allowed to enter the gym. (unless child is 8 or under, then one Parent is allowed to come in, but not stay)
7. Arrive to pick up your child on time. Please note that all practices must have at least 15 minutes between participant sessions to sanitize surfaces and equipment.



Guidelines for Players

1. Arrive to practice with your practice clothes on as you will not have access to the change rooms.
2. Bring your own bottle filled with water as you will not have access to a water filling station at the gym
3. The only reason you may leave the gym is because the practice is over.
4. When you arrive to practice you must enter through the dedicated door. Do not enter the gym prior to your start time.
5. Wear a mask into the gym and when you leave the gym. The mask can be removed once you are in the gym.
6. Wait at the gym door to be screened and then must hand sanitize.
7. Remember to social distance. Players cannot congregate in a group. You cannot have any body contact with your teammates at this time.
8. Use only designated washrooms in facility.
9. At the end of practice you will hand sanitize and put your mask back on before you leave the gym
10. You will wait at the outside door until your parent picks you up.

In case you do not feel well:

- Tell your coach immediately
- Put your mask back on
- Move away from the other players
- The coach will contact your family immediately and you will be picked up
- You must be symptom free for 24 hours before you can return to practices.

Guidelines for Coaches

1. Physical distancing rules still apply when engaged in team sports so any team practice at this time must be non-contact.
 - This means no intra-squad competitions or games where defence or activity would likely result in physical contact between players.
2. Consistent training groups for skills/concept development should be maintained throughout each phase - not just single practice sessions - to allow for easier contact tracing (if needed) among the group.
3. Keep consistent trainings group at same baskets and if possible same coach or assistant coach.
4. Monitor training intensity, duration and volume to ensure gradual progression in each training phase.
5. Every coach must take full attendance, and have contact information for every person present at every session. Organizations must be able to provide relevant information to Public Health, if required.
6. Coaches will have hand sanitizer available.
7. Coaches will make sure all parents / players and facility guidelines are being adhered to.