

**EXCEL**

# RETURN TO SPORT ACTION PLAN

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Excel Basketball

# MAIN PRINCIPLES AND CONSIDERATIONS

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- Participant safety is paramount
- Excel will adhere to ALL public health restrictions in our community  
*(e.g., maximum group gatherings, facility access)*
- Programs will focus on individual skill development in small groups  
*(Competition will return at a later phase)*
- No non-essential personnel in gym  
*(e.g., parents/ spectators)*
- Physical distancing of 2m emphasized

# HYGIENE REQUIREMENTS

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- All participants, coaches and staff will wash hands before, and following, participation in basketball activities
- Breaks for hand-washing or sanitizing to be scheduled during sessions
- Avoidance of face touching emphasized
- Participants will sneeze/cough into their elbow
- Wearing a mask to be considered by all participants, coaches and staff
- No sharing of water bottles, towels, or other personal items
- Training gear – fully washed and cleaned after each session
- No handshakes or other unnecessary physical contact

# PROGRAM REQ. & MODIFICATIONS

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- Ensure safe physical/social distance
- Limit ratio of players per hoop (Max 2)
- Players use personal basketball , sharing of equipment allowed in phase 2. Can do 2-3 players passing drills. Balls will be sanitized after drills.
  - *Player 1 works on skills from right side of court, Player 2 works from left, then switch sides*
- Employ best practices to coaching and instructions – no physical contact, use words and examples only
- Phase 2 no player contact allowed - coaches load drills through increasing:
  - *Complexity of drill (e.g., dribble move rather than straight attack)*
  - *# of completions (e.g., must make 5 in a row)*
  - *Time (#of makes in :30)*
  - *Creativity (use various moves and finishes)*

## PROGRAM REQ. & MODIFICATIONS (CONT'D)

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- Limit # of people within gym setting (no non-essential personnel)
- Easy access to hand hygiene
- Follow all facility operator guidelines
- Modify flow of training so there are no congregation points

# COACHES AND STAFF

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- Coaches will:
  - ensure physical distancing guidelines
  - be current in best practices with regards to COVID-19 environments
  - know of the common symptoms of COVID-19
  - be healthy with no signs or symptoms of illness
  - stay home if they have been in contact with a known case of COVID-19 in the previous 14 days
  - consider wearing a mask
  - lead and instruct using their own ball
  - use hand sanitizer and/or gloves when they move between different individuals or groups
- Head Coach or Administrator will screen coaches and staff for symptoms at the start of each session
- Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participant. If an individual is showing signs of cold, flu, or COVID-19, they must be removed from the activity and self-isolate immediately. Using the BC Covid-19 Self assessment App online is highly recommended
- Coaches and staff who are immune-compromised, or with underlying health conditions should not participate. Those who live with high-risk individuals should consider their participation carefully.

## PARENT/GUARDIAN & SPECTATOR

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- Participants should be dropped off and picked up outside of facility
- Please note that this arrangement must not compromise safe sport guidelines (*e.g., 2 responsible and screened adults with a group of minors at any one time*)
- If present, parents/guardians must abide by physical distancing guidelines

# FACILITY AND EQUIPMENT

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- Minimize total amount of users in space at any given time  
*(more users = higher risk - especially true for indoor spaces with increased contact surfaces and less air circulation)*
- Limit access points in and out of the facility to control numbers in space
- Use signage, tape, and stanchions to direct the flow and position of participants  
*(eg. sign-in at the start, waiting for drills)*
- Close all common areas including change rooms, water fountains, meeting spaces and team benches
- Common contact surfaces within the facility should be cleaned and disinfected regularly  
*(e.g., Handles, chairs and tables. Work with facility owner to determine protocols. Bring cleaning materials)*
- When scheduling, allow a break between sessions to permit equipment and facility sanitation
- Players use own ball and sanitize after and prior to each session
- Basketballs sanitized using a wet, warm cloth with mild cleaning solution or with wet-wipes



# ADDITIONAL CONSIDERATIONS FOR ORGANIZERS

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- Adhere to ALL public health restrictions in your community (eg. maximum group gatherings, facility access).
- Retain detailed records of all participants in sessions (full contact information, date, time and location)
- Ensure all programs require pre-registration to minimize physical exchange of paper in-person and have all participant information on file
- Programs only advertised locally and participants from local region to limit unnecessary travel and risk of spreading COVID-19. Notify all participants to practice physical distancing while commuting to and from the activity.
- Refine procedures to ensure that all guidelines are adhered to and all participants are safe
- Basketball activities focused on individual skill development with competition returning in a later phase
- Work with insurer on any risks or liability associated with resuming basketball activities. Ensure that participants are fully informed and consent to risks associated with participating in basketball activities.

# ADDITIONAL CONSIDERATIONS FOR FACILITIES

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- Pre-Activity Checklist
  - All participants must pre-register
  - Email all participants beforehand with information about common symptoms of COVID-19, how to minimize risk, and the rules that they will adhere to during the program
  - Ensure all participants have provided full contact information in the event of an outbreak
  - Set up space with clear signage to direct and ensure safe movement in the space
  - Limit entry and exit points to minimize numbers and direct flow of people
  - Clean and sanitize all equipment
  - Ensure all participants have washed hands before starting the activity
  - Provide a pre-activity briefing to recap all the safety rules and requirements

# EMERGENCY PREPAREDNESS

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- Ensure necessary gloves, masks, hand sanitizer and cleaning materials are on hand
- Ensure there is a clear procedure for handling any participant, staff member or coach in the event that they develop signs of cold, flu or COVID-19 during a basketball activity. Include identification of an isolation area, notification processes, and education of staff on the procedure.
- Notify all participants of possible exposure to COVID-19 if we become aware of any suspected or confirmed cases that attended the activity.

# QUESTIONS OR CONCERNS

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- Excel Contacts:
  - Dan Navezbadah
  - Daniel Depelteau
  - Michel Lamy
- Useful Resources:
  - [Province of BC self-assessment tool for COVID-19](#)
  - [Govt. of Canada hand-washing guide](#)
  - [BCCDC Physical Distancing Poster / Handwashing Poster / Cleaning and Disinfectants for Public Settings](#)
  - [WorksafeBC COVID-19 guidance](#)