

# WVBC Return to Play Plan Phase 2



## Summer 2020

### **The WVBC's Basketball Safety Guidelines during the COVID-19 Pandemic**

The WVBC's detailed Return to Play Plan has been developed in accordance to the guidelines and safety recommendations outlined by Basketball BC (Link [HERE](#)), the Ministry approved viaSport guidelines (Link [HERE](#)), WorkSafeBC (Link [HERE](#)) and by Provincial Health Officers. Our main priority is the safety of our participants including athletes and coaches within our organization. This Plan is based on a phased approach of restarting activities and outlines the guidelines, recommendations and directives that the WVBC will undertake when programming basketball activities under the current conditions.

### **Prior to the Beginning of Play**

The WVBC's Phase 2 Return to Play Plan begins with clear communication to parents/guardians of all participants to ensure transparency with regards to the Plan. To facilitate this, the WVBC will:

- 1) Email participants before the program start date with a list of safety protocols and expectations regarding the upcoming camp.
- 2) The WVBC's Phase 2 Return to Play Plan will be posted on the WVBC website for all participants to view. There will also be a printed copied of the Plan present each day onsite during programming.
- 3) Send a pre-screening (primary) health check in the form of a questionnaire. (A sample Health Check Questionnaire is found on Page 7 of this document) The questionnaire will ask families to identify if:

- The participant or household members have any **symptoms of COVID-19** (using the BC-CDC symptoms screen, link [HERE](#)). If the participant or household member has symptoms of COVID-19, the participant may not enroll in the program until BC-CDC criteria for self-isolation has been met.
  - Anyone in the household has **travelled outside of Canada in the last 14 days**. If the participant has travelled outside of Canada in the past 14 days he/she must quarantine according to BC-CDC guidelines. If a household member has travelled outside of Canada in the past 14 days, the player may participate as long as he/she has no symptoms and the household member in question is self-isolating according to public health criteria.
  - Anyone in the household has been in **contact with a confirmed case of COVID-19** in the last 14 days. If the participant or household member has been in contact with a confirmed COVID-19 case, the participant must self-isolate for 14 days according to BC CDC guidelines.
- 4) The symptoms of COVID-19 will be posted on the WVBC website and displayed onsite during all programming
  - 5) The WVBC will send out entry and exit protocols for the facility that the program is using. These procedures will clearly document our plan for preventing a large intermingling of players entering and/or leaving the play area. Suggestions for accomplishing this include:
    - Leaving at least 15 minutes between sessions for facilities that are using the same doors for both entry and exit.
    - Creating a waiting area with markings for appropriate spacing for players waiting to enter the facility.
    - Detailing how players will leave the facility in a spaced-out manner and where they can meet their parents after the session is finished.
  - 6) The WVBC will take full attendance and have contact info for every player present at every session to better facilitate any necessary contact tracing.

## Facility Entry and Exit

All players will be instructed to enter the facility one-by-one and will be greeted by a coach at an entry station with appropriate social distancing and a hand sanitizing, which they must use. A WVBC Staff Member will lead each player through a (secondary) health check and screening on a daily basis by asking/ assessing if the player has any symptoms of COVID-19 (using the BC-CDC symptoms screen Link [HERE](#)). The WVBC will follow a strict policy of immediately removing a player who fails either the primary or secondary screening by phoning the player's parent/guardian and ask that they be taken home.

After passing the secondary health check and sanitizing station, each player will be directed by the WVBC Staff to which specific area of the court they should go to.

If in a gym, at the end of each day, in between programs and even during water breaks, high touch surfaces (door handles, bathrooms, basketballs) will be cleaned with a disinfectant.

At the end of sessions, players are dismissed one-by-one and required to leave the facility immediately.

## **Coach and Staff Guidelines**

All WVBC Coaches and Staff Members will adhere to the following practices:

- 1) Coaching will occur while ensuring physical distancing guidelines.
- 2) Coaches will be current in Best Practices with regards to coaching in a COVID-19 environment.
- 3) Coaches and Staff must be healthy with no signs or symptoms of illness. Staff will know the common symptoms of COVID-19 and will be required to stay away if displaying symptoms.
- 4) Each Coach will be screened 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 participate. If a Coach is showing any signs of illness they will be removed from the activity and self-isolated immediately.
- 5) Coaches and Staff must stay home if they have been in contact with a known case of COVID-19 in the previous 14 days.
- 6) Coaches will lead and instruct using their own ball.

## **Suggested Best Practices**

As per the recommendation of Basketball BC and Canada Basketball, the WVBC will not run sessions exceeding 90 minutes in the Summer of 2020. Additionally, the WVBC recommends that all players use the bathroom at home before attending a session. This will dramatically cut down on the touch points at the facility.

The WVBC Staff will lead the campers in group discussions at the beginning and end of training. Our Coaches will stress to the players the importance of:

- Hand washing / sanitation
- Keeping hands clean by coughing into an elbow, or sneezing into a shirt
- Not touching one's mouth or eyes
- Tying back long hair with a hair elastic to ensure there is less touching of the face
- Not doing high-fives or making other physical contact with other players
- Physical distancing rules and avoiding potential contact points

Regularly scheduled breaks to ensure hand washing or sanitizing will be employed at intervals throughout each session.

Safe spots or “home spots” where players can keep their water bottles and bags will be identified prior to each session beginning.

There will be no sharing of equipment or supplies. This includes basketballs, pinnies, water bottles, water fountains etc.... If in a gym, doors will be kept propped open to cut down on touch points in the facility.

Players will be asked to bring their own basketball. If a player does not bring their own ball, they may use a basketball that is kept in the “Clean” ball bin. After using the ball at the end of the session, they will place this ball into the “Used” ball bin. Balls that have been used will be cleaned/ disinfected before being placed in the “Clean” ball bin. Balls will be sanitised using a wet, warm cloth with a mild/gentle cleaning solution or with wet wipes (e.g. Clorox wipes).

### **Program Design- What Will the Players Be Doing at Each Session?**

During the WVBC’s initial re-opening plan (Phase 2), in accordance with the recommendation of the Basketball BC, viaSport, and the Provincial Government, the following guidelines will be adhered to:

- Competition of any kind (1 vs 1, 5 vs 5, etc.) will not be permitted. There will not be any physical contact amongst players.
- Passing between players will not be permitted.
- The emphasis within each session will be on individual skill development... shooting, post moves, drives to the basket, ball handling, etc. all will be done at separate baskets.
- Players must retrieve their own basketball or use alternative methods (i.e. avoid touching with hands, use feet, etc.) to return basketballs to other players.
- In addition to basketball skills, the players may also participate in basketball related strength and conditioning exercises while maintaining physical distance.
- There will be a limit to 12 players per session. This equates to 2 players at 6 baskets.
- A maximum of 3 coaches will be on the court at any one time in accordance with Basketball BC’s recommendation of the 4:1 participant to coach ratio.

### **Physical Distancing Measures**

Two (2) metres of physical distancing (linear separation between individuals in all directions) should be maintained at all times. This is equivalent to a minimum of 4 square metres of court space per participant. This will be implemented through the following measures:

- Physical guides, such as signs and tape on fences/ walls, will be utilized, where possible, to encourage physical distancing in high traffic or waiting areas.

- Floor dots and cones will be used on the court to better facilitate physical distancing.
- Unnecessary physical contact (high fives, handshakes, fist bumps, hugs etc.) is prohibited.
- Players must not enter the facility more than 5 minutes before their scheduled time on the court. During this time, players are encouraged to wait in their cars (with guardians), or in designated waiting spots while being no closer than 2 metres to the nearest player.
- Only participants and coaches are allowed on the court. Parents must wait outside the venue for dismissal of their children.

### **Washroom Use**

Participants will be encouraged to use the washroom at home prior to coming to a WVBC session. However, a washroom will be accessible, if required, and will be cleaned following each group session with a wet cloth and a mild/gentle cleaning solution, or with wet wipes (e.g. Clorox wipes)

### **Emergency Preparedness**

In the event of an injury, the following guidelines will be adhered to:

- Necessary gloves, masks, hand sanitizer and cleaning materials will be on site.
- When dealing with an injury (i.e. sprained ankle, abrasion etc.) gloves and a mask will be used.
- Any participant, Staff Member or Coach developing signs of cold, flu or COVID-19 during a basketball activity will be asked to go to a clearly marked isolation area until they are picked up by a parent/ guardian.
- All participants will be notified of possible exposure to COVID-19 if the WVBC becomes aware of any suspected or confirmed cases that attended the activity.

### **Participant Waiver – Release and Indemnity Agreement Re: COVID-19**

Prior to beginning a WVBC program, all participants will be required to fill in a detailed Waiver Form online in advance of the program beginning. The Waiver is found on Page 8 of this document.

## **Outbreak Plan**

The WVBC is aware that early detection of symptoms of COVID-19 will facilitate the immediate implementation of effective control measures.

In the event of a case or an outbreak, Head Coach and Program Director Greg Meldrum will have the authority to modify, restrict, postpone, or cancel activities.

If staff (including volunteers) or a participant reports they are suspected or confirmed to have contracted COVID-19 and have been at a WVBC program, enhanced cleaning measures will be implemented to reduce risk of transmission.

If there is a reported case or outbreak, the WVBC will immediately implement our illness policy and advise individuals to do the following:

- Self-Isolate
- Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- Use the BC COVID-19 self-assessment tool to help determine if further assessment or testing for COVID-19 is needed.
- Contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

If the WVBC is contacted by a medical health officer in the course of contact tracing, we will cooperate with local health authorities by releasing daily attendance records.

## Pre- Screening Health Check Questionnaire Sample

Under the current conditions, it is the West Vancouver Basketball Club's protocol for all participants to answer the following questionnaire before beginning a WVBC program.

Please check all the boxes that apply to your child:

- Your child is currently experiencing symptoms of COVID-19. These could include: fever, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea/ vomiting, muscle aches.
- A member of your household is currently experiencing symptoms of COVID-19. These could include: fever, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea/ vomiting, muscle aches.
- Your child has travelled outside of Canada in the last 14 days. If your child has, then he/she must quarantine according to BC-CDC guidelines.
- A household member has travelled outside of Canada in the past 14 days. (\*note: if this is the case, your child may still be able to participate in the WVBC program as long as he/she has no symptoms and the household member in question must quarantine according to BC-CDC guidelines.

\* if you have checked this box, please sign below to indicate that your child does not have symptoms and that the household member in question is quarantining according to BC-CDC guidelines.

Signed: \_\_\_\_\_

- A household member has been in contact with a confirmed case of COVID-19 within the last 14 days. If yes, note that the participant or household member must quarantine for 14 days according to BC-CDC guidelines.

If any of the boxes above have been checked, then please note that your child will not be able to participate. I understand that not being truthful will put coaches and fellow players at risk of contracting COVID-19.

Name of Parent/ Guardian Printed: \_\_\_\_\_

Name of Parent/ Guardian Signed: \_\_\_\_\_

Date Signed by a parent/ Guardian: \_\_\_\_\_



**WVBC Waiver- PLEASE CAREFULLY READ BEFORE SIGNING**

I hereby authorize the participation of my child in the West Vancouver Basketball Club (WVBC) Summer Session 2020. I know of no medical or physical problems which may affect my child's ability to participate safely in this program. I understand that the WVBC has the right to deny admission or dismiss any participant from the program who displays inappropriate or unsafe behaviour. I understand that there are certain activities where there is risk of injury and hereby agree to waive and release every such coach of the WVBC and the WVBC itself from all manner of action suits, losses, damages or injuries however caused by negligence or otherwise arising from my child's participation in this program. As parent or guardian, I hereby authorize the instructor to secure such medical advice and services as may be deemed necessary for the health and safety of my child where all attempts to contact the parent or guardian have failed or where, due to the nature of the emergency, there is insufficient time to contact such parent or guardian, it shall be at the discretion of the instructor as to what steps must be taken for the welfare and safety of my child.

Also, by signing below, I understand and acknowledge other inherent risks in my child's participation, including, but not limited to: the potential of illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or court conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of the WVBC, its employees or volunteers; negligence or omission of the WVBC. (Collectively know as the "Risks")

Additionally, by signing this waiver, I acknowledge that my child:

- 1) Will not have travelled internationally in the 14 days prior to the start of the WVBC program
- 2) Will not have visited a COVID-19 high risk area in the 14 prior to the start of the WVBC program
- 3) Does not knowingly have COVID-19
- 4) Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if my child experiences such symptoms during the camp, he/she will depart the camp
- 5) Will not, in the 14 days prior to the start of the camp, knowingly come into contact with someone who has COVID-19, symptoms of COVID-19, or is self-quarantining after returning to Canada
- 6) Will follow government recommended guidelines in respect of COVID-19, including practicing physical distancing, sanitation, etc... and will do so to the best of their ability during the camp

In consideration for allowing my child to participate in a WVBC Summer Camp, my child and I: (a) release, discharge, and forever hold harmless the WVBC from any and all liability for damages or loss arising in a result of the **Risks** of participation in or in connection with the camp; (b) waive any right to sue the WVBC in respect to all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages, or losses of any kind that may arise as a result of the **Risks** of participation in or in connection with a WVBC Summer Camp, including without limitation to right to make a third party claim or claim over against the WVBC arising from the same; and (c) freely assumes all risks associated with the **Risks**, anything incidental to the **Risks** which may arise as a result of participation in or in connection with a WVBC Summer Camp. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE WVBC.**

**Photography Release:** I authorize the use of images taken for use in any promotion of WVBC programs. Information will not be released for solely business or commercial purposes.

Digital Signature

Parent or Guardian Name: \*