



# ÉCCHS Extra-Curricular Basketball

## Phase 1 Return-to-Play Protocols

Phase 1 will be concentrating on fundamental movements and skills performed in Basketball. Though the Province has given certain rules and guidelines we are hoping to keep our athletes and coaches safe and as such will start out with stricter protocols during Phase 1. This is because of the added risk of exposure from one cohort to another within the school setting.

Our Phase 1 is similar to, and has made use of...

Alberta Basketball Association - [Return to Play Guidelines](#) - Phase 2 - Return to Modified Training - Small Groups

All drills will be fundamental in nature and will use the following protocols

- Maximum - 10 people in the gym at a time (this includes players, coaches, and trainers)
- Players are encouraged to come into the gym with their practice gear already on however if they need to use the change room they must follow these protocols
  - Masks must stay on the entire time in the change room and kept nearby afterward
  - They must sanitize upon entering and exiting the changeroom
- Participants will sanitize their hands upon entering and exiting the gym. In addition, participants will sanitize at the conclusion of each drill and at every water break
- Water Breaks - all athletes must have their own, personal water bottles (these must be spaced all around the gym so NO athletes are taking a drink, without a mask on, near another athlete)
- Basketballs will be sanitized prior to and after each complete workout
- Coaches must always wear masks
  - Community coaches will make sure to not enter the school until 3:30pm so that the school kids have time to exit the building and we are not exposing our student body or our coaches to someone outside their team cohort.
- Physical distancing (3 metres / 9 feet) measures maintained.
  - Pylons will be used for drills where participants are taking turns performing certain drills on the same basket. (the pylons will be placed 3m apart to adhere to Provincial Guidelines)
- All participants must wear masks until they are fully engaged in a drill, and even then, masks are encouraged. As recommended by AHS, “participants should wear masks when they are not engaging in intense physical activity.”
  - Masks are to be placed with their water bottle when not in use.
  - It is imperative that we make sure the athletes are following the 3m physical distancing guidelines - as long as precautions are being adhered to, masks do not have to be imposed on all participants, but can be at the Coach’s/Administrator’s discretion
- Try to use drills that mainly incorporate one person/one ball. However some passing drills (sharing a common ball) can be incorporated provided coaches are making sure hand sanitization occurs at the conclusion of each drill.
- If using main baskets only - Max 5 players/basket at any time however if using more than two baskets, limit the number of athletes per basket to allow more effective physical distancing
- Non-contact training
  - to maintain 3m social distancing between athletes
- No competition (only fundamental shooting/dribbling/passing drills are permitted)
  - NO drills where participants are competing face to face (no modified games from 1 on 1, all the way to 5 on 5), or within 3m of each other are permitted in Phase 1
- Parents and/or siblings will not be allowed to enter the school to pick up players at the end of practices.
- **ABSOLUTELY NO SPECTATORS**



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Health Check	<ul style="list-style-type: none"> <li>● Digital health checks (via QR Code Questionnaire) for symptoms must be completed prior to every session, including coaches, referees, trainers, managers, and players as per a “COVID-19 symptoms checklist” to ensure they are not experiencing any symptoms related to COVID-19.</li> <li>● If an individual is exhibiting symptoms related to COVID-19 (of fever, cough, shortness of breath, runny nose or sore throat), they must be sent home immediately.</li> <li>● They are not permitted to return to basketball activity for 14 days from the day they last experienced symptoms unless a recent, negative COVID-19 test result is provided.</li> </ul>
Contact Tracing	<ul style="list-style-type: none"> <li>● Contact tracing logs (QR Code Scans) for all participants must be completed for each session and are available to be accessed quickly to ensure efficient contact tracing.</li> <li>● Contact tracing logs are shared with Admin. and will be maintained for a minimum of 14 days (2 weeks).</li> </ul>
Emergency Response Plan	<ol style="list-style-type: none"> <li>1. If during a workout an athlete starts to feel or exhibit symptoms they will be isolated in the Main Office sick room</li> <li>2. Contact Admin: <b>Principal - Shane Gau</b> (780)608-6175 OR <b>Athletic Director - Josh Lyons</b> (639)840-1399</li> <li>3. Parents will be contacted to come and pick up their athlete</li> <li>4. If exposure to other athletes happened then drills will be stopped and parents contacted to come pick up their kids</li> <li>5. All equipment will need to be cleaned and disinfected</li> <li>6. Parents of any athletes affected will be notified by ÉCCHS</li> </ol>

### Provincial Guidelines:

[GoA Release - School & Team Sports](#)

[GoA Release - Stronger Measures](#)

- Click on “Children’s sport and performance activities”