



Return to Basketball Plan KVBA – Version 1.6 – September 22, 2020

Introduction

In keeping with provincial guidelines and those laid out by Basketball New Brunswick, the Kennebecais Valley Basketball Association (KVBA) has developed a Return to Basketball plan described herein. The plan is intended to allow KVBA youth players an opportunity to play basketball, including skills and drills and team competition while adhering to COVID-prevention measures (including social distancing when possible and the appropriate sanitization measures). KVBA will offer basketball to players in alignment with BNB's Phase 4 regulations, namely no modified rules in terms of contact (while actively playing) and group sizes of potentially greater than 15 members. Any off-court activity will be subject to the provincial guidelines (social distancing, hand washing, etc.).

The KVBA Board of Directors will review the Return to Basketball plan on a monthly basis at a minimum. Review may occur within shorter intervals should there be material change to the BNB guidelines within that time or if significant concerns are raised regarding the established protocols. Associated modifications to the plan will occur where and when applicable. As such, the planning process and execution thereof will be iterative and fluid as the situation dictates.

KVBA Training Session Requirements

- 1. Rules:** Training sessions will occur in keeping with Phase 4 of BNB's Back to Play guidelines. Up to 5-on-5 play will occur and will include activities for which social distancing transiently may not be possible (including offensive activities like screens). Training sessions will be temporally spaced (15 -30 minutes between sessions) to allow proper disinfection of balls and other equipment used during sessions and to discourage congregation in facility common areas.
- 2. Group size:** Facilities availability is still under review, however group member size (including coaching staff, team managers and parent volunteers) may be greater than 15 people dependent upon the specific facility. To limit group sizes initially, training sessions will only be available to those age groups where parents are not required to stay on the premises save volunteers (U12 and older). Assessment thereafter will be made for younger age groups. The group will adhere to safety regulations specific to the facility.



- 3. Equipment Management:** KVBA will practice those activities as outlined by BNB that promote safe use and sharing of equipment. These include:

Personal Equipment

- a. Equipment disinfection before entering the facility – including players’ basketball, any training equipment (cones, hurdles, etc)
- b. Maintaining training equipment in a designated area and with designated individuals to ensure disinfection of training equipment occurs consistently and in keeping with BNB and provincial guidelines.
- c. Limitation of player equipment to essentials which include: a basketball, a labelled water bottle (with player’s name), a towel, disinfectant and sanitizer solution (provided by KVBA) and any other medical equipment that promotes safe play for the individual. Parents or guardians dropping off their children for the training session must adhere to the Personal Protective Equipment requirements outlined by the specific facility (which may include masks and gloves).
- d. Storage of personal equipment in labelled bags (with player’s name) when not in use.
- e. Sharing of basketballs as long as adherence to health protocols and guidelines are maintained including avoidance of face touching and proper sanitization activities.

Team Training Equipment

- f. As outlined by BNB, shared team training equipment will be disinfected before and after each session by a designated individual.
- g. KVBA will provide additional sanitization and disinfectant solution to coaches, team managers, court supervisors and other individuals assisting with the safe execution of the session.
- h. KVBA will have on hand extra PPE (masks and gloves) should any individuals begin to experience one of the COVID-related symptoms outlined by the province.

- 4. Supervisor Roles** - In keeping with BNB guidelines, the KVBA will appoint adult-age volunteers to make certain that parents, guardians, coaches, managers and players ensure proper COVID prevention measures are being taken. The KVBA will ensure that the appointed volunteer is educated on the various rules, regulations and protocols. The appointed volunteers will perform the following:

- a. Ensure that the physical distance is maintained during pick up and drop off at training sessions (in keeping with BNB and provincial guidelines).



- b. Coordinate access to the facility to maintain physical distance requirements. Dependent upon the facility, this will mean separate entrances and exits and will include ensuring entrance to the facility occurs in accordance with the training session schedule.
 - c. Conduct the screening questionnaire related to COVID-19 symptoms.
 - d. Ensure that higher risk COVID-19 participants are aware of the risk.
 - e. Ensure parents or guardians remain outside the facility and/or away from the playing area during training sessions. How this occurs will be dependent upon the facility in question. The supervisor will ensure that the rules associated with the facility are respected.
- 5. Procedural Review** – KVBA will conduct monthly reviews of the Return to Basketball plan (at a minimum) and weekly oversight of associated procedures to ensure that:
- a. The plan remains relevant and reflective of updated guidelines from BNB and the province
 - b. Members adhere to the safety and health procedures as outlined by the KVBA. Failure to follow procedures will result in prohibiting further activity by the affected (and impacted) members.

The KVBA will maintain regular contact with BNB to ensure its Return to Basketball plan evolves as required. The KVBA president will be the primary point of contact for BNB, making certain to follow up with them when changes to the plan are required.

- 6. Member Acceptance Protocol** – As a member of BNB, the KVBA will:
- a. Review and complete the required items on the BNB checklist that demonstrate how KVBA will conduct its training sessions.
 - b. Share its Return to Basketball plan in pursuit of approval to proceed with training sessions.
 - c. Conduct reviews of the plan on a regular basis (monthly at a minimum) to ensure its alignment with provincial guidelines
 - d. Ensure that all coaches and volunteers are familiar with the Return to Basket plan, associated procedures and facilities-specific regulations. This will be done through information sessions and communication through various means (including email, social media avenues)

KVBA Basketball Activities

KVBA will perform any or all permitted activities as outlined by BNB including the most recent permitted activities described in BNB's Phase 4 plan. The KVBA will continue a modified version of its training program for House league from the previous season as well as skills, drills and intra-member competition for its Rep program. These activities are divided into the following 5 categories (as outlined and defined by BNB):

1. Live play without rule modifications
2. Individual technical development



3. Fundamental Movement Skills
4. “Challenges”
5. Limited Online Activities

The means by which activities associated with each of the five categories will be conducted is described in training collateral provided by the KVBA to its coaches. The collateral is intended to build on the basketball principles and fundamentals that are in keeping with its player development mandate while ensuring reduced health risk.

BNB defines the five categories of permitted basketball activity as follows:

Live play: Drills which include “live” play are now permitted with no rule modifications required. Offensive rebounding and screening actions are permitted.

Individual technical development: Activities to develop techniques specific to basketball. For example: footwork exercises, ball handling, shooting and offensive techniques, passing and rebounding. All these activities are carried out individually with a ball or while sharing a ball with teammates. The use of “guided defence” during drills is still permitted.

Fundamental Movement Skills: Motor and physical development activities to warm up/cool down and work on coordination, mobility, speed, balance, flexibility, etc. All these activities are carried out individually, with or without a ball.

“Challenges”: “Challenges” are activities which include competition between 2 or more players but without opposition (i.e., no possibility of contact). These activities can take the form of shooting/scoring games, accumulating points in a specific time, completing a series of tasks in a “race” format, etc. These activities can be carried out with 2 or more players, with or without a ball.

Online activity: Workshops for developing mental or tactical skills. This type of activity can be done remotely with more participants. For example, game analysis session, web conferences on various sports themes, cultural basketball activity. KVBA will seek approval from BNB before starting any online sessions (given insurance implications).



Facilities

Roles and Responsibilities at Facility

The KVBA will assign individuals to ensure that key roles and responsibilities outlined in the table below are executed. These will include team managers, facility coordinators and an overall supervisory role specific to COVID-19 prevention rule adherence.

Item	Activity Name	Description/Comments	Coach	Team Manager	KVBA Staff Member (or BOD)	Facilities Manager	COVID Coordinator	Volunteer Monitor
1	Reception	Take attendance of all participants (TeamSnap enrolment form). Maintains attendance records for at least three weeks. Ensures all participants have responded to the COVID questionnaire. Ensures all participants disinfect hands and personal equipment.	C/I	R/A	C/I	C/I	A/C/I	C/I
2	Playing Area Management	Ensures health rules and regulations are maintained at all times. Ensures participant-space ratios and obligations are respected. Ensures equipment is disinfected and kept in designated area.	C/I	R/A	C/I	C/I	A/C/I	R/I
3	Coaching	Manages the training content and the layout of the court to promote social distancing when applicable. Manages players to ensure compliance with instructions.	R/A	I	C/I	C/I	C/I	I
4	Supervisory	Supervises players to ensure social distancing where applicable. Creates and manages Team Manager schedule. May play role of reception if required.	C/I	R/A	C/I	C/I	A/C/I	R/I



R- Responsibility: Correct execution of process and activity
A – Accountability: Ownership of quality and end result of process
C- Consulted: Involvement through input of knowledge and information
I – Informed: Receiving information about process execution and quality

Locations: Thus far, KVBA has confirmed the following facilities for use: Kennebecais Valley Baptist Church (383 Hampton Rd, Quispamsis, NB) and Quispamsis Memorial Arena (350 Hampton Rd, Quispamsis, NB). In addition to the safety regulations mandated by each facility, KVBA will also adhere to the following:

- **Kennebecais Valley Baptist Church**
 - Participant drop off at outdoor gym entry at scheduled training session time.
 - Reception area will be set up
 - No more than one parent accompanying each child for drop off.
 - No non-volunteering parents within the facility.
 - Exit from facility minimum 15 minutes prior to arrival of participants for the subsequent training session (single entranceway)
 - 2 team pods of up to 20 participants, 1 coach each, 1 team manager (reception) and 1-2 monitors (play area supervision) during training sessions.
 - Inter-pod play will not be permitted.

- **Quispamsis Memorial Arena**
 - Participant drop off at arena main entranceway (lobby)
 - Reception area will be set up
 - No more than one parent accompanying each participant for drop off.
 - No non-volunteering parents within the facility
 - Exit from facility via designated exit (different from entranceway)
 - Exit from facility a minimum of 15 minutes prior to arrival of participants for the subsequent training session.
 - 2 team pods of up to 20 participants, 1 coach each, 1 team manager (reception) and 1-2 monitors (play area supervision) during training sessions.
 - Inter-pod play will not be permitted.



Guidelines for the Players

BNB outlines the health and prevention guidelines before and after each training session. KVBA will conduct its sessions in keeping with the guidelines. BNB describes the guidelines as follows:

Before Play

- Communication – Parents, guardians and/or players should ensure that they communicate with their coaches to ensure they understand the rules associated with the particular facility (e.g. arrival times, proper entrances and exits).
- All participants must ensure they answer the COVID-19 health questions as outlined by the province through use of the KVBA TeamSnap online form. The form will be available:
 - Once the participant has been scheduled in a training session.
 - 8 hours prior to the commencement of each training session (for which an automated reminder will be sent).
- All participants must have their temperature taken the morning of the training session to ensure it is below 38 degrees Celsius.
- All participants must stop at the reception area for hand sanitization, ball disinfection and attendance.
 - Attendance will occur via the reception manager review of a pre-printed team enrolment form (from TeamSnap) ensuring the player:
 - is arriving for the appropriate training session and
 - has completed the online form health form.
 - In addition to the questions outlined in the online form, the reception manager will also ask the adult accompanying the child if:
 - he/she has travelled outside of the Atlantic Bubble in the past 14 days.
 - the participant’s temperature taken the morning of the session is below 38 degrees Celsius.

The participant will not be permitted to play if:

- They have been in contact with someone testing positive for COVID-19 in the last 14 days or who has been tested for COVID-19 and still awaiting results.
- Have travelled outside the Atlantic Bubble in the past 14 days.
- Are exhibiting two or more of the COVID-19 symptoms as described below:

Fever above 38 degrees Celsius	Runny nose	A new onset of muscle pain
A new cough, or worsening chronic cough	Headache	Diarrhea
Sore throat	A new onset of fatigue	loss of sense of taste or smell
In children, purple markings on the fingers and toes		



Preparing to Play

KVBA will ensure that it is adhering to all guidelines communicated by BNB and the province to ensure protection against infection. The individuals identified to play the roles defined in *Roles and Responsibilities* in this document will facilitate execution of the protection measures. The measures (to be communicated to all participants) are as follows:

- Wash hands with hand sanitizer (provided by KVBA) for a minimum of 20 seconds prior to accessing the gym.
- Arrive at facility in training clothes.
- Clean and wipe down equipment including sneakers, basketballs and water bottles.
- Bring a full water bottle to training sessions to avoid refilling at the facility and ensure the bottle is labeled with the player's name.
- Consider extra safety precautions when arriving at the facility including wearing a mask.
- Sneeze or cough into a tissue or upper sleeve (when/if required).
- Arrive as close to the designated training start time as possible.
- Avoid unnecessary touching of any surfaces. KVBA will ensure that appropriate wipes and/or hand sanitizers are on hand.

During Play

- Avoid unnecessary physical contact with other participants (e.g. no hand shakes, high fives or fist bumps)
- Avoid touching your face after handling a ball or any other equipment. Wash hands promptly after having touched your eyes, nose or mouth (in keeping with hand washing protocols outlined above).
- Do not share food, drink or towels.
- Remain in designated play areas within the gym as communicated by the coaches.
- Remain apart from other players during breaks.

After Play

- Leave facility immediately after session abiding by the entrance and exit rules associated with the facility in question.
- Wash hands in keeping with hand washing protocols after leaving facility.
- Avoid using locker room or changing area. Shower at home.
- Avoid socializing and congregating after training session is over.



Conclusion

KVBA will continue its focus of providing the community an opportunity to learn and develop their basketball skills in a safe and healthy environment. Establishment of enhanced protocols with accompanying diligence and vigilance will ensure that the KVBA mandate is upheld. KVBA will remain actively engaged with BNB, the school district, the community and the province to ensure that its Return to Basketball plan remains up to date and relevant. It will also provide oversight and guidance to all of its participants to ensure consistent and strict adherence to all procedures that promote player safety.