

Basketball Ireland Return to Play Road Map

Phase 1	No basketball permitted as per government guidelines
Phase 2	<p>All individuals will abide by the government's guidance on maintaining a 2 metre distance between anyone not within their household.</p> <p>Only playing with one other person outside of their household at any time.</p> <p>Single ball can be played with, ONLY if amongst household.</p> <p>Only use outdoor courts.</p>
Phase 3 29th June	<p>Follow screening and hygiene guidance set out in this document.</p> <p>Social distancing rules continue to apply including 2 metre distance between people.</p> <p>As part of phase 3 of the roadmap, it is planned that you will be able to travel anywhere in Ireland.</p> <p>Groups of up to 50 indoors and 200 outdoors may gather to train to play basketball (this must include any coaches or staff present) on one court. With one ball per player. Close contact allowed.</p> <p>Be mindful that if working with children in a club setting, two adults should be present at all times.</p> <p>Indoor courts are permitted by Government. This is subject to local guidance on the opening and accessibility of facilities.</p> <p>All high contact areas to be wiped down after session (benches, chairs, door handles, strength and conditioning equipment, tables etc.)</p> <p>Every player must have their own ball. Players from the one family may share a ball</p> <p>Strict distancing must be adhered to throughout the training sessions.</p> <p>If working in small groups, make sure those groups remain separate throughout the training session and afterwards, as this will help reduce contact risk. Coaches should implement, document and monitor the groups throughout the session. This will reduce difficulties with contact tracing if a COVID-19 case is identified.</p> <p>During play, go and get your own ball; no rebounding or retrieval of balls by other people.</p> <p>Team-based drills (close contact) can be used but should be limited to prevent possible infection.</p> <p>No carpooling to courts and observe public transport guidance.</p> <p>Training ideas: skill-based movement patterns, foot work, strength and conditioning, shooting form.</p>

<p>Phase 4 July 20th</p>	<p>Risk assessment completed and logged.</p> <p>Social distancing rules adjusted and public gathering numbers increased by the government to 100 indoors and 500 outdoors. Follow screening and hygiene guidance set out in this document.</p> <p>Full team training allowed.</p> <p>Ideally that group should stay together throughout the sessions to reduce infection risk.</p> <p>Parents/ guardians at training may have to be asked to wait outside if the numbers within the venue are not able to be sustained within the social gathering limits or the risk assessment deems that it is not in the interest of the safety of individuals to allow such numbers to remain within the venue.</p> <p>Spectators allowed for competitive fixtures.</p> <p>Indoor and outdoor courts available, and use permitted where accessible.</p> <p>All high contact areas to be wiped down after session (benches, chairs, door handles, strength and conditioning equipment, tables etc.)</p> <p>Competitive games can commence with local, regional and Central Venue Leagues (CVLs), followed by national leagues dependant on the latest government guidance and within public gathering limits.</p> <p>Basketball Ireland are advocating a full 6-week 'pre-season' prior to commencing any competitions. This is to mitigate loading and injury rate. Please follow Basketball Irelands Athletic Development Programme to help all members reduce the injury rate once basketball commences.</p>
<p>Phase 4</p>	<p>Expand Competition.</p> <p>Full training able to commence. Where courts are accessible.</p> <p>Full timetable of fixtures able to commence, including NBL fixtures.</p> <p>Travel rules relaxed.</p> <p>Social distance rules removed.</p> <p>Hygiene and screening guidance adhered as set out in this document.</p>