

# Basketball Ireland



This document should be read in conjunction with the Government's Road Map for the reopening of Society and the HSE guidelines 9th of June 2020 interim recommendations for the return to Sports activities for children and adolescents.

This information is intended for the guidance of Basketball Ireland and is not intended to replace the guidance and restrictions of the Government and public health authorities.

This document is primarily for use by Basketball Ireland and its affiliates who are looking for guidance in the restart of basketball in their jurisdiction.

## **General information**

The Novel Coronavirus or 2019-nCoV (COVID-19) is a new virus first identified in early December 2019 in Wuhan, China. From the first cases it has now infected almost 5 million individuals and caused death in nearly 500,000 in a 5-month period. The impact on world human activity has been devastating, including the suspension of international and domestic sport.

The virus belongs to the corona family of viruses which includes MERS and SARS both of which have had devastating health outcomes in the past. While COVID-19 does not appear to have the same mortality rate, it is more infectious and causes significant illness to the lungs, heart, brain, bowel, kidneys, immune system and other organs. Medical science is learning something new about the damage COVID-19 causes every week.

There is currently no treatment for COVID-19 and the only reasonable current strategy is to control its' spread, to flatten the incidence, to assist the health care effort and buy time while scientist work towards a vaccine. Basketball Ireland asks for your support to protect all people in the community.

This list of actions is not exhaustive nor necessarily mandatory but can serve as a checklist to ensure the best chance of a successful start-up. Above all, the planning group should be aware that at any stage, the restart-up may be required to stop, due to emerging COVID-19 infection issues in the sport, venue or wider community. A clear understanding of the circumstances for a suspension of basketball needs to be considered and prepared for.

**Return to Sport Covid – 19 Policy**  
Basketball Ireland.

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20th-June-2020

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## Safety Policy

**Basketball Ireland** is committed to promoting and supporting Basketball and its Culture and to use the resultant sense of place to create a constructive, inclusive and positive attitude for all participants.

We are strongly committed to encouraging our members to take part in all activities, bearing in mind that the health, well-being and safety of each individual, is always our paramount concern. We recommend levels of Safety, training and participation pursuant to the guidance of the HSE, the Government, FIBA and the WHO (World Health Organisation) and expect all our Basketball Community to participate within these guidelines.

It is the policy of **Basketball Ireland** to promote standards of health and safety within the Basketball Community which will lead to the avoidance of, or reduction in, risks to health and safety, and to continually improve our safety performance to ensure that the best practicable methods of compliance with Safety, Health and Welfare are adhered to.

This policy outlines guidance in relation to our Returning to Sport activities across all sectors of Basketball and to the management of health and safety relating to the Covid -19 Pandemic. **Basketball Ireland** is committed to managing and conducting our activities in such a way as to ensure, so far as is practicable, the safety, health and welfare of our members and others who may be affected by Basketball activities.

This will be achieved by the following (so far as is reasonably practicable):

- the provision of a safe buildings, play and training areas, including safe access and egress;
- the provision of safe equipment and articles;
- the provision of safe systems;
- the provision of welfare facilities;
- the provision of appropriate information, instruction, training and supervision;
- determining and implementing appropriate preventative and protective measures;
- having regard to the general principles of prevention;
- the provision of emergency plans and procedures;
- reporting accidents and incidents; and
- When necessary obtaining the services of a competent persons to advise on health and safety.

The detailed arrangements for achieving these objectives are set out in the main body of the Return to Sport Covid-19 Statement. Basketball Ireland is also committed to managing and conducting its activities in such a way as to prevent, so far as is reasonably practicable, any improper conduct or behaviour in relation the Covid–19 Pandemic likely to put the safety, health or welfare of members at risk.

Basketball Ireland has overall responsibility for health and safety within the framework of its policies. Members share this responsibility in ensuring their own safety and the safety of others while participating in activities. Members are encouraged to put forward suggestions for improvement. The Return to Sport Policy will be reviewed continuously and will include as it is received, guidance from the HSE, the Government, FIBA and the WHO (World Health Organisation).

Signed \_\_\_\_\_

Date: \_\_\_\_\_

## **Introduction**

This is a resource developed by Basketball Ireland to help everyone in the Basketball community during the COVID-19 pandemic and to guide a safe return to Basketball activities. The first section provides information to everyone involved in the game including players, coaches, support and administrative staff. This is a live document that will be updated regularly, as this fast-evolving situation continues to change and so it should be referred to frequently to stay abreast of changes and developments. Note\* any mention of “Club” in this document is indicative of all participants.

### **Who should read this document?**

This document is for the Basketball community, players, coaches, support staff, and administrators. We are all part of society and most of the measures needed to combat COVID-19 start in the community and at home. Viral infection does not differentiate between people or locations. Strict observance of measures at work and at team facilities may be undone at home or in social situations. We will look at some of the specifics we all need to take care of in our daily life.

Basketball Ireland and its constituents need to be sure to comply with HSE recommendations (including health & safety, employment and COVID-19-specific legislation) and any policies implemented by Government. Basketball Ireland and its constituents should monitor changes to such legislation and policies, and amend policies as required to ensure that the Basketball community in their area is applying best practice and complying with requirements.

### **What is in this document?**

1. Safety Policy,
2. Introduction,
3. Information on who should read this document and what the document is,
4. COVID-19,
5. Safe Return to Basketball,
6. Overview of the Government Phased Opening,
7. COVID-19 management in the community,
8. Role of screening and testing,
9. Risks within basketball and a Template for a COVID-19 risk assessment,
10. Return to Basketball,
11. BAME community and risks,
12. COVID-19 symptoms reporting,
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## **COVID-19**

Coronavirus disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This virus appears to be highly infectious and at present we do not have an effective treatment for it. Most people (80%) who are infected have mild symptoms, some do not have any symptoms at all. Because this is a new virus, there is much we do not know about it. Like other viral infections however, we know that many individuals who are infected, are infectious for up to 2 days before they have symptoms. This means it is easy to spread this disease before you are aware you have it.

## **Safe Return to Basketball – in the Context of the COVID-19 Pandemic**

While the majority of those who become symptomatic can be managed at home, 15-20% who contract the virus become unwell and may require hospitalisation. A small number (5%) require intensive care, some of whom require breathing support through ventilation. These patients are more likely to be male, older (>60) and have underlying conditions such as cardiovascular disease, hypertension, chronic lung disease, or diabetes.

There is growing evidence that individuals from Black, Asian & Minority Ethnic (BAME) communities appear to have higher rates of serious illness from COVID-19 (up to 1.9 times more likely to die from COVID-19 compared to white people). Given that a proportion of the basketball family come from these communities, the guidance should be seen as especially important for these individuals.

The exact mortality rate associated with COVID-19 infection is unknown, but it may be as high as 1- 2% overall and is higher in vulnerable groups. COVID-19 will likely remain a potentially deadly virus until an effective vaccine is created, but vaccination is unlikely to be available for several months to years.

Younger healthy people appear to be less likely to develop severe symptoms based on current knowledge. Anyone, however, can spread the disease infecting those they love, their friends, colleagues, and teammates.

Governments and health authorities around the world have instigated social distancing requirements, restrictions on public gatherings, quarantine measures and limited travel to and from other countries to slow the spread of the disease and to enable health care systems to cope with the potential increased demands associated with managing the disease. The Basketball community has a responsibility to support these efforts.

This document aims to help Basketball players, coaches, support staff, and administrators to live safely during this crisis; and when restrictions are reduced, to guide a safe return to activity in a compliant and safe manner.

Please note that this document reflects the information and research gathered when this document is circulated. The COVID-19 pandemic and the responses of the public health community and governments to it, remains fluid, data and recommendations will change, this document will be updated to reflect this process.

\*NOTE: this document is aligned to HSE, Government and WHO World Health Organisation guidelines and recommendations, certain measures described (e.g. Distance recommended for maintaining social distance) may differ. Please ensure when developing your policies by using the framework or recreating this document that all measures are compliant with laws, guidelines and policies.

# Be Responsible. Be Safe.

## Revised Roadmap for Reopening Ireland



COVID-19 is still having a major impact on Ireland. However, the expert advice is that progress on suppressing the virus, due to the huge effort of our citizens, means we can now bring forward our reopening roadmap.

As we continue to reopen the country, every step will be guided by scientific evidence and public health advice. It's really important to remember now, as things open up further, that personal responsibility and your own judgement are more important than ever.

We all have to continue to do everything possible to avoid the virus spreading. By working together we have saved lives and limited the impact of the disease on society. Continuing to adhere to public health advice will determine whether we continue to move forward to the remaining phases.

Here are four things you should know:

 <p><b>Public Health Advice</b></p> <ul style="list-style-type: none"> <li>Wash your hands</li> <li>Practice good cough &amp; sneeze etiquette</li> <li>Stay 2m away from others</li> <li>Avoid crowds</li> <li>Know the symptoms</li> </ul>	 <p><b>Limiting our social interactions is crucial to preventing the spread of the virus. We must continue to act responsibly and work together.</b></p>	<p><b>29 JUNE</b></p> <p>Phase 3 is due to come into effect on <b>29th June</b> subject to Government approval.</p>	 <p>More businesses are reopening than previously planned. <b>Businesses should use this time to make all necessary preparations.</b> Continue to work from home as much as possible.</p>
<p><b>If you are over 70 or medically vulnerable</b>, please use your judgement to decide how best to apply the following health guidance:</p>		<p><i>Stay home as much as you can</i> Maintain social distancing with visitors/those whom you visit and use face coverings</p>	<p><i>Use the times specially allotted for shopping</i> Use face coverings when attending shops or busy public areas.</p>

### Phase 3 – Commencing 29th June

Community Health	Education/Childcare/Young People	Economic Activity & Work	Social	Cultural & Religious	Sport	Transport & Travel
<p>Face coverings are recommended for public transport, retail outlets, and other places where it is difficult to maintain social distancing.</p>	<p>The following may reopen:</p> <ul style="list-style-type: none"> <li>All adult education facilities</li> <li>Credches, childminding facilities and pre-schools</li> <li>Summer Camps</li> <li>Youth Clubs</li> <li>All indoor and outdoor amenities for children.</li> </ul>	<p>Continue to work from home as much as possible.</p> <p>The following may reopen:</p> <ul style="list-style-type: none"> <li>Wellbeing services, e.g. chiropractic, massage therapy, acupuncture, reflexology and homoeopathy.</li> <li>Hairdressers, barbers, nail and brow salons, beauty salons, spas, make up application services, tanning, tattooing and piercing services.</li> <li>Driving schools.</li> <li>All remaining retail (e.g. bootmakers), services and commercial activities.</li> </ul> <p>Driving tests as well as volunteer and other driving services may recommence.</p> <p>Compliance with work protocols and health guidance will be monitored by State agencies.</p>	<p><b>Indoor gatherings of up to 50 people</b> when conducted in line with public health advice are permissible.</p> <p><b>Outdoor gatherings of up to 200 people</b> when conducted in line with public health advice are permissible.</p> <p>The following may reopen:</p> <ul style="list-style-type: none"> <li>Cafés and restaurants providing food &amp; beverages</li> <li>Pub and hotel bars operating as restaurants</li> <li>Hotels, hostels, caravan parks and holiday parks.</li> </ul> <p>Specific recommendations apply to singing, choirs and playing musical instruments in groups.</p> <p>All of the above are subject to the Phases 3 and 4 restrictions on numbers for public gatherings and other important public health advice.</p>	<p>The following may reopen:</p> <ul style="list-style-type: none"> <li>Museums, Galleries, Theatres, concert halls and other cultural outlets</li> <li>Cinemas, Music Venues (excluding nightclubs and discos), leisure facilities, bingo halls, arcades, skating rinks, amusement parks.</li> <li>Religious Buildings and places of worship.</li> </ul> <p>All of the above are subject to the Phases 3 and 4 restrictions on numbers for public gatherings and other important public health advice.</p>	<p>Sporting activities may recommence, including:</p> <ul style="list-style-type: none"> <li>Team leagues for adults and children</li> <li>Close contact sports</li> <li>Organised sporting spectator events and fixtures.</li> </ul> <p>The following may reopen:</p> <ul style="list-style-type: none"> <li>Indoor Gyms and exercise facilities</li> <li>Yoga, Pilates and dance studios.</li> <li>Sports clubs and public swimming pools.</li> </ul> <p>All of the above are subject to the Phases 3 and 4 restrictions on numbers for public gatherings and other important public health advice.</p>	<p>Walk or Cycle if possible</p> <p>Public Transport:</p> <ul style="list-style-type: none"> <li>Social distancing means that overall capacity remains restricted</li> <li>Use public transport only for essential journeys</li> <li>Face coverings should be worn</li> <li>Avoid peak-time travel.</li> </ul> <p>International Travel:</p> <ul style="list-style-type: none"> <li>All non-essential overseas travel should be avoided</li> <li>Passengers arriving from overseas are expected to self-isolate for 14 days</li> <li>Passengers will also have to complete a form showing where they will self-isolate.</li> </ul> <p>Tourist travel to offshore islands may resume.</p> <p>Private Transport:</p> <ul style="list-style-type: none"> <li>Tour, event and private bus use, and vehicle hire, may recommence.</li> </ul>

### Phase 4 – Commencing 20th July

Phase 4 is due to commence on July 20th, subject to Government approval, and the main changes are:

- Pub, bar, hotel bars and casinos may reopen.
- Gatherings of up to **100 people indoors** and **500 outdoors** will be permissible

All details are now available at [gov.ie/roadmap](http://gov.ie/roadmap)



Rialtas na hÉireann  
Government of Ireland



## COVID-19 management in the community

### Definitions

An infected person is a person who has had a positive PCR (laboratory) test confirming the presence of COVID-19.

### Potentially Infected Person

A potentially infected person is someone who:

- has symptoms or signs suggestive of COVID19
- is awaiting results of testing following a close contact (see below)

### Close Contact

A close contact is someone who has:

- had contact with an infected person (being contact within 1 metre and for >15 minutes);
- provided direct care to an infected person without using proper personal protective equipment;
- stayed in the same close environment as an infected person (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time;
- Travelled in close proximity with (that is, within 1 m separation from) an infected person in any kind of conveyance.

COVID-19 is most likely spread from person to person through:

- contact with droplets when an infected person talks loudly, laughs, coughs or sneezes
- direct contact with an infected person while they are infectious (both people are, close enough for disease transfer)
- touching objects or surfaces that are contaminated by droplets coughed or sneezed from an infected person

### Quarantine

This is the restriction of activities of or the separation of people who are **not ill** but who may have been exposed to an infected person or disease. The purpose of quarantine is to monitor their symptoms and ensuring the early detection of cases and preventing possible further disease spread.

### Isolation

This is the separation of ill or infected persons from others to prevent the spread of infection or contamination.

### What are the symptoms of COVID-19 infection?

If you are unwell and have a temperature you should contact your doctor or primary care doctor's office by telephone and follow local public health guidelines. Common symptoms of COVID-19 include;

- Fever
- Cough
- Sore throat
- Tiredness
- Shortness of breath
- Loss of taste and smell

Though these are common symptoms, they may be signs you have been infected, and it is vital that you do not infect team-mates, colleagues, or the general public.

### **What happens if I have been in contact with an infected person?**

- The WHO currently recommends that close contacts (see definition above) of an **infected person** be quarantined for 14 days from the last time they were exposed to the infected person
- If you are worried that any of these measures may relate to you, you should contact your doctor or primary care doctor's office by telephone and follow public health guidelines.
- If you have been in close contact, you should isolate at home, and you may have testing performed to exclude infection.
- OF NOTE: testing and quarantine guidelines may vary and you should ensure that you follow the directions of your doctor, primary care doctor or COVID-19 Compliance Officer.

### **What can you do to stay safe?**

Wash your hands frequently,

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water (for 20 seconds). Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands. [Basketball Ireland link](#) to advice on safe handwashing.

Maintain social distancing,

- Maintain at least 2 metre (6 feet) distance between yourself and others, especially anyone who is coughing or sneezing (note, exact distance specified for social separation may vary between Phases of opening). When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth,

- Hands touch many surfaces and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene,

- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. If using tissues, you should dispose of the used tissue immediately and wash your hands. By following good respiratory hygiene, you protect the people around you from all viruses such as cold, flu and COVID-19. Catch it, bin it, kill it.

If you have fever, cough and difficulty breathing, seek medical care early,

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of the HSE and Government authority. National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the appropriate health facility. This will also protect you and help prevent spread of viruses and other infections.

### **Role of Screening and Testing**

Due to the close contact nature of basketball, we are advocating screening of anyone playing or participating in basketball to ascertain whether individuals are able to take part safely. We are asking both clubs and all individuals associated with basketball to take responsibility for reducing the risk of COVID-19.

## Individual Self-Screening

Before leaving the house to participate in basketball, please check you:

- Do not have symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather,).
- Do not have a new persistent cough.
- You have not got a loss of taste or smell.
- You have not been in contact with a person with suspected COVID-19 within the past 48 hours. You have not been advised to self-isolate due to a third party from another setting (i.e. school) that has been infected with COVID-19.
- No-one within your household has COVID-19 symptoms as outlined above, which would require the whole household to go into isolation as guided by Government.
- Individuals must **not** attend a basketball session if any of the above are true.
- There should be no pressure placed upon a player to attend a training session or game if they have symptoms or they feel like the environment is unsafe for them.
- If during a session an individual feels uncomfortable with the management of the session, then there should be no pressure placed on that individual if they decide to opt-out of that session.

Clinical screening – completion of a symptom questionnaire and temperature testing will identify 60% of symptomatic cases.

- Your Club should arrange a symptom reporting protocol, preferably completed prior to leaving home. A sample document is attached (appendix 1) and would be most effective if delivered via an online portal such as 'google docs' or similar.
- Temperature checks on entering the facility, temperature testing should be contact free (to avoid disease spread) and the devices available are of variable quality.
- Players or non-playing staff with a temperature or any symptoms should not attend training or the facility. They should contact their doctor or primary care doctor to establish the best course of action.

Testing (tests used to confirm presence of COVID-19 virus) - If an individual is suspected to have an acute infection of COVID-19, they may be tested by having a swab of their nose and throat taken. The sample is used to culture the virus and confirm whether the individual is infected or not. It should be noted that:

- This testing is not perfect, there are missed cases (false negative)
- A positive test means the individual must isolate at home
- 'Close contacts' of an infected person (defined above), from 2 days prior to the infected person becoming symptomatic, must also be assessed.

Antibody testing – this is a pin-prick test. This test is under development and aims to measure the presence of antibodies (proteins made by the body to fight the virus) in the blood of individuals who have been exposed to the virus. It is hypothesised that the presence of an antibody will indicate that you have had the infection in the past however scientific research is ongoing to determine if the presence of the antibody ensures that you are immune and, if so, how long that immunity lasts. These tests are currently undergoing scientific validation.

These tests may identify individuals who have;

- been exposed and may be immune however this has to be determined by scientific research
- not yet been exposed and who have a higher risk of infection

All these tests are subject to scientific validation, local availability and their role in the health authority COVID-19 plan. You will be guided by this local policy. The reliability of these test is still under investigation. In the future, regular testing (possibly both PCR and anti-body testing) may possibly be a component of training, playing and travelling. The evidence supporting the use of testing is growing quickly and will be updated in this document as it does.

## Risks within Basketball

Within a basketball game, there are high levels of contact for all players and staff. These risks can be reduced during training sessions by utilising specific guidance. When the government gives the opportunity to return to competitive basketball, members will have to be aware that the return will be managed to reduce the risk of COVID-19 spreading further than is necessary.

Should a teammate or opposition player in a recent training or match develop COVID-19 symptoms, all of those who have participated in the session will require isolation, as per the Government guidelines.

Basketball Ireland should also highlight that not all of participants in Ireland own or lease their own premises. Of the other clubs, 50% rely on educational institutions as venues. We expect there to be significant disruption to the availability of those educational institutions as each facility will have their own re-opening procedures, which will need to be considered in addition to this plan.

## Appendix 2:

### Template COVID-19 Basketball Risk Assessment

Further risk assessments for Phases to become available in due course

#### TEMPLATE COVID-19 CLUB RISK ASSESSMENT – Phase 3

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal. This template risk assessment must be considered alongside the Basketball Ireland Return to Play guidelines and the club's other Health and Safety documents. The risk assessment process must be subject to continual review. It is the responsibility of the COVID-19 Officer to ensure that this risk assessment remains up-to-date and in line with current Basketball Ireland, HSE and Government guidance.

Club Name:	COVID-19 Compliance Officer:
Name of Activity:	Venue:
Assessment carried out by:	Date assessment carried out:
Date of Review:	

What are the Risks?	Who Might be Harmed?	Controls Required	Additional Controls	Action by Who?	Action by When?	Done?
Infection being passed directly from person to person	Players, coaches, support staff, members of the public in the facility	Signs detailing COVID-19 symptoms at venue/court entrance All participants should be screened, and attendance documented. Any individual who answers	All attendees reminded of the following: <ul style="list-style-type: none"> <li>• No bodily contact, including handshakes/high fives</li> <li>• Wash hands thoroughly for 20 seconds after going to the toilet and use</li> </ul>			

		positively to the screening questions should be advised to return home and self-isolate in line with government advice. Screening data to be sent to Basketball Ireland	alcohol based hand rub • Social distancing rules apply – 2 metres • No congregating once training or a game has ended			
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What are the Risks?	Who Might be Harmed?	Controls Required	Additional Controls	Action by Who?	Action by When?	Done?
Infection being passed directly from person to person	Players, coaches, support staff, members of the public in the facility	Screening should be set up away from building entrances/exits Maximum of 50 participants, including coaches and support staff. Ensure two adults are present at all practices involving under 18s Use of face masks advised for coaches and support staff. Players may use masks but this could restrict breathing. Hand sanitiser available at entrances to the building and on courtside – should be applied regularly. Suitable hand washing equipment available in toilets and changing rooms. Attendees are advised before leaving the house, they should check that they do not have a high temperature, do not have a persistent cough, they have not lost their sense of taste and/or smell, they have not been in contact with a person with suspected COVID-19 within the past 48 hours, they have not been advised to self-isolate as per HSE guidance. Train outside, if possible. Open any doors that surround an indoor court if possible, to ensure maximum ventilation and reduce aerosol spread	All attendees reminded of the following: • No bodily contact, including handshakes/high fives • Wash hands thoroughly for 20 seconds after going to the toilet and use alcohol based hand rub • Social distancing rules apply – 2 metres • No congregating once training or a game has ended.			

What are the Risks?	Who Might be Harmed?	Controls Required	Additional Controls	Action by Who?	Action by When?	Done?
Infected surfaces in the building e.g. door handles, chairs and benches	Players, coaches, and support staff	Regular disinfection of heavily used areas and surfaces. COVID-19 bin available to dispose of cleaning equipment. Hand sanitiser available on court and in the entrance to building. Use separate entrances and exits to the court, where possible	All attendees reminded to: <ul style="list-style-type: none"> <li>• Avoid touching high contact surfaces e.g. door handles, benches, chairs.</li> <li>• Use hand sanitiser frequently during practice</li> </ul>			
Infected equipment e.g. basketball, water bottles, towels	Players, coaches, and support staff	All players and coaches bring their own equipment. No use of bibs unless brought directly by the player. No water bottles should be provided by coaches/clubs. Drills must be for individuals only and no ball passing should take place. Players must retrieve own balls	All attendees reminded to: <ul style="list-style-type: none"> <li>• Not share water bottles, balls or any other equipment</li> <li>• All basketballs should be washed or wiped down before and after the session</li> </ul>			
Lack of space to maintain social distancing	Players, coaches, and support staff	Only groups of up to 50 individuals including coaches and staff must be present. No contact drills. Train outside if possible. No spectators to be permitted to stay	All attendees reminded to: <ul style="list-style-type: none"> <li>• Always stay 2 meters apart</li> </ul>			

What are the Risks?	Who Might be Harmed?	Controls Required	Additional Controls	Action by Who?	Action by When?	Done?
Transport to and from sessions	Players, coaches, and support staff	Car-pooling should not be advocated and public transport and coaches/ minibuses are not advised				
Toilets and changing rooms	Players, coaches, and support staff	Cleaned regularly. Suitable hand washing equipment available in toilets and changing rooms. Venues should operate a 1 in, 1 out rule where toilets have restricted access	All attendees reminded to: <ul style="list-style-type: none"> <li>• Arrive changed, ready to play</li> <li>• Avoid prolonged time in the toilet</li> <li>• Avoid showering and changing at venue where possible</li> <li>• Wash hands thoroughly for 20 seconds and use an alcohol-based hand gel after going to the toilet</li> </ul>			
Infection passed on by non-participants i.e. spectators and members of	Players, coaches, and support staff	Coaches and all support staff should meet players in open areas to allow for social distancing. Parents should not be permitted to enter the venue if capacity is reached. Players and coaches should avoid	All attendees reminded to: <ul style="list-style-type: none"> <li>• Stay on court</li> </ul>			

the public		leaving the court unless it is to go to the toilet Use doors which lead directly onto court, if possible				
Increased risk to individuals with underlying medical conditions and those from BAME groups	Those with underlying medical conditions and BAME groups	Staff should make sure any participants within high risk group have all risk assessment information available so they can make an informed choice about joining the session	Those individuals with underlying medical conditions to complete Appendix 4 of the Return to Basketball Guidance			

What are the Risks?	Who Might be Harmed?	Controls Required	Additional Controls	Action by Who?	Action by When?	Done?
Risk to those returning to participate after being affected severely by Covid-19	Players, coaches, and support staff	Follow medical guidance and/or Basketball Ireland Athletic Development Programme, Medical Advice				
Social distancing not being adhered to due to first aid or injury treatment required	Players, coaches, and support staff	First Aider to ensure face mask is worn and hands and equipment are sanitised before and after treatment Waste disposed of safely. Accident form completed		First Aider		
Detriments to mental health	All individuals	Clubs to promote mental health & well-being awareness to club members. Clubs to have a dedicated Welfare Officer	Regular communication of mental health information and an open-door policy for those who need additional support	Welfare Officer Coaches		

## **Return to Basketball Phase System**

The Basketball Ireland Return to Play (RTP) Phases described in the Outline RTP-Roadmap document, link with the Irish Government's guidelines set out to govern the return to social and physical contact. Phase 1 (highest risk of infection) down to Phase 4 (normal, new normal playing, social and physical contact) allow the sport to mitigate the risk of COVID-19 infection throughout the different stages of RTP.

However, individuals must remember that there can never be risk-free basketball and any basketball activity will come with inherent COVID-19 risks until there is a proven vaccine or treatment and a significant reduction of the disease in the population. It must also be stated that in the same light that the government risk levels are subject to change at any time, so will the risk levels of the Basketball Ireland RTP.

## **Personal Risk**

Players should be aware of all signs and symptoms of COVID-19 and should aim to reduce risk of infection as much as possible (see COVID-19 symptoms and Hygiene Advice).

- Increased numbers at training will increase risk of exposure to the virus
- Playing sport indoors has a higher risk than playing outdoors.
- Individuals (or members of their household) suffering from other underlying illnesses may have a higher risk than others, if exposed to COVID-19. Underlying medical issues may include:
  - Cardiovascular problems
  - High blood pressure
  - Diabetes
  - Chronic kidney or liver disease
  - Compromised immunity diseases
  - Obesity (BMI 40+)

These individuals have an unquantifiable risk with current research predicting possible risk. Therefore, ALL individuals within Basketball Ireland need to have read Appendix 4 of this document prior to re-commencing basketball to understand the associated risks of participating. A COVID-19 Compliance Officer or Secretary should pass on Appendix 4 to all members. Following this, members should all be aware of the risks of playing basketball with others and that they consent they are happy to play despite the increased risk to their health.

## **Personal Protective Equipment**

Facial Coverings – coaches, support staff, table officials and statisticians are recommended to wear facial coverings to reduce infection risk. Players under 13 are not required to wear facial coverings. It is acknowledged that referees may be able to wear a lightweight plastic visor at their own discretion. Further information on this will be released as it becomes available from the Government and the HSE in line with the RTP Roadmap.

While the evidence is limited, facial coverings may reduce the risk of infection (see References) by:

- Reducing the water droplet effect from coughing, sneezing and generally breathing.
- Reminding the wearer to not touch their eyes, nose and mouth.

Health authorities recommend the following as good facial coverings:

- Surgical masks
- Three layered masks
- Fabric or cloth masks. First Aiders and COVID Compliance Officers should use their own clinical judgement in accordance with the advice of the HSE.



## BAME Communities

Some of our membership are from Black, Asian, and Minority Ethnic (BAME) communities. There appears to be evidence that these communities are affected more by COVID-19 than other sections of society. The health statistics describe black people as being 1.9 times more likely to die from COVID-19 than white people, with Pakistanis and Bangladeshis at 1.8 times, and Indians at 1.5 times. There appears to be a number of possible reasons for this, but none that have been researched in enough depth by the scientific world to be acted upon specifically.

Basketball Ireland would advise that individuals from BAME communities should only return to playing basketball if they understand the possible increased risks associated with coming into a basketball environment. Basketball Ireland has created an information sheet for all members to read, which highlights the risks of returning to basketball for everyone including the wider household members.

## Team Risk

Large gatherings and high numbers within a confined space are likely to increase the risk of infection.

Small group sessions will reduce the infection risk (but up to 50 indoors and 200 outdoors are allowed during RTP Level 3).

Outdoor training is likely to reduce the infection risk due to the reduction in the virus' ability to travel in that environment – aerosol spread.

## National Risk

- Increased travel distances increase the likelihood of viral spread, coupled with pressure on transport systems.
- Basketball Ireland are not advocating carpooling and the Government guidance for the use public transport for phase 3 is recommended.
- Establishment of team leagues in Phase 3 but at phase 4 (when competition resumes), we will re-introduce competition on a local/regional basis first and expand to national if government advice allows. (Phase 3 government roadmap allow for close contact not full contact).
- Use of minibuses and coaches is allowed only when following Government guidelines for game travel, due to the close confines of individuals within them.
- Increased movement of people can spread the virus and poses challenges in contact-tracing individuals who subsequently are diagnosed with having COVID-19.

## Clubs

- The priority is to keep your players and staff healthy.
- Any individual coming to training/a game needs to be screened before entering the venue and their attendance documented.
- Contact details are required in order to help contact-tracing if a suspected case of COVID-19 arises.
- The attendance records of all individuals attending the training or game is to be held with the Club COVID-19 Compliance Officer in a secure place and records should be maintained in line with the clubs existing policies and procedures.
- We would remind clubs to be mindful of GDPR regulations, [See Basketball Ireland Website](#), regarding holding data during this pandemic.
- Clubs are required to provide all staff and players with education on COVID-19 and the potential risks associated with playing basketball – [Risk Information](#).

## If COVID-19 Symptoms Reported After the Session

- All participants (players, coaches and support staff) in the training session have a responsibility to notify the Club COVID-19 Compliance Officer should they get symptoms of COVID-19 within 48 hours of the training session.
- Anyone with symptoms should call their doctor or health care doctor.
- Club COVID-19 Compliance Officer to direct the infected individual to the National Government's Contact-tracing procedures. In addition to the above advice, the Club COVID Compliance Officer must contact all individuals that attended the training session in question to advise that an individual within that group has reported symptoms. If the individual is a coach, then all participants of all sessions will need to be contacted.
- If a member of the club presents with symptoms within 48 hours of a training session/game and has been in contact with players and officials in the interim, then training/practice/matches played by the club must be suspended and a period of isolation as set out by the government followed - currently 14 days for an individual and 14 days for members of the household.
- The name of the infected individual is not to be disclosed to protect anonymity.
- All attendees of the session should be advised to isolate for 14 days (as per government guidelines) in case symptoms arise.
- COVID-19 Compliance Officer should complete the following COVID-19 incident reporting form, Basketball Ireland COVID-19 Screening Document.



### Appendix 3:

#### Basketball Ireland COVID-19 Screening Document

Date and Time:

Venue (state whether indoor/outdoor):

Name of individual conducting the screening:

**PLEASE INFORM CLUB COVID-19 COMPLIANCE OFFICER IF ANY INDIVIDUAL IS FOUND TO BE POSITIVE.**

Screening questions:

- Have you been in contact with anyone with or suspected of having COVID-19 in the last 48 hours?
- Has anyone in your household had COVID-19 symptoms in the last 2 weeks?
- Have you been advised to self-isolate due to an infection within another setting, such as school?
- Do you have a new persistent cough?
- Have you had any loss of taste or smell?
- Do you have any underlying health conditions that would put you at further risk should you contract COVID-19?
- Cardiovascular problems
- High blood pressure
- Diabetes
- Chronic kidney or liver disease
- Compromised immunity diseases
- Obesity (BMI 40+)

Name	Age	Temp	Contact within 48hrs Y/N	Loss of smell or taste Y/N	New persistent cough Y/N	Underlying illness Y/N

### Hygiene Considerations

We play a sport with high levels of bodily contact along with a high moisture level. Sweat, saliva and moisture-rich breath will all be in potential contact with all players and staff during a game or training session. This is increased when playing indoors.

This is the current guidance on maintaining good hygiene for all within basketball.

### Preparation

- Arrive to the venue already changed and ready to play
- After going to the toilet, thoroughly wash hands for a minimum of 20 seconds with soap or alcohol gel (minimum 60% ethanol or 70% isopropanol)
- No use of changing rooms
- No handshakes, high fives or other bodily contact Social distancing rules apply if at Phases 4 and 3 (currently 2 metres distance)
- No carpooling to venues
- Public transport is allowed only when following Government guidelines
- Avoid touching high-contact surfaces such as door handles, benches, chairs, public computer keyboards etc.

### During Training/Playing

- All HSE, Basketball Ireland, Government and child protection guidelines are adhered to,
- Ball washing or wiping down with wipes (we recommend Universal Wipes) prior to starting – each individual to clean their own ball.
- A single ball should be used ONLY within a household as long as it is wiped down before and after playing.
- Within a club environment, everyone has to play with their own ball that has already been disinfected.
- No use of bibs unless brought directly by the player.
- No shared towels.
- No shared water bottles.
- No 'crates' of water to be provided by clubs/coaches.
- No handshakes, high fives or other bodily contact.
- Have plenty of hand sanitiser available courtside with regular stoppages (the recommendation is every 30 minutes) for application.
- Social distancing rules apply.

- Relaxed social distancing may apply with increases in numbers within the training environment but maintenance of 2-meter distancing rule still in place.
- Players should only use their own ball, cleaned before and after training.
- Avoid passing the ball to one another, even if retrieving it.
- Once team practices commence, we recommend wiping balls every 30 minutes.
- Ball washing/wiping at the end of the session - everyone to wash their own.
- Immediate hand washing once the session is complete.
- Recommended use of face masks for coaches, support staff and officials.

### **After Training/Games**

- Immediate hand washing or hand sanitising for a minimum of 20 seconds.
- Advised against showering or changing at the venue (local policies may be in place as well).
- No congregating at the venue after your game.
- No handshakes, high fives or other bodily contact.
- No carpooling from the venue.
- Public transport is allowed only when following Government guidelines.

### **Competitive Games**

Only from Phases 3-4, (Close contact only allowed).

- Hand sanitiser (minimum 60% ethanol or 70% isopropanol) is advised:
- When being substituted on and off the court
- Time-outs
- End of Quarters and Half-time
- It should be easily accessible for ease of use at all times by all individuals during the games
- Substitutions can occur directly from the bench, no need to go to the score table.
- Have 2 match balls for the game, one can be wiped down as the game continues.
- Ball wiping by officials at all major stoppages (at the end of quarters/ time-outs).
- Face covering should be considered by coaches, table officials, statisticians and all other support staff.
- Any staff involved with floor cleaning should wear masks and be mindful to wash hands immediately at half-time and full-time. There is no requirement to wear gloves.
- The cleaning of any blood/mucus/sputum/vomit should be in adherence with HSE guidance and policies.
- It is the Match Promoter's responsibility to collect all screening documents and make sure they are all filled out properly by both teams and all officials. The documents should then be passed onto the Club COVID-19 Compliance Officer.

### **Referees, Table Officials and Statisticians**

Match Promoters will contact the officiating team no later than 24 hours prior to tip off with the full Event Schedule providing information on game details, facility logistics and any other relevant information.

- Officials should be on court 20 minutes before tip-off.
- Officials should arrive in uniform and should not use the changing facilities.
- The Event Schedule will detail the location where ball wiping will take place. Ball wiping is the responsibility of COVID-19 Compliance Officer or a designated Venue Officer. The location should be off court at the opposite side to where the team benches.
- If possible, limit the amount of time near Table Officials or Statisticians.

- Substitutions should take place directly from the bench onto the court and not from the substitution chairs.
- If the equipment and facilities allows, Table Officials and Statisticians should sit a minimum of 2 metres apart.
- All officials are advised to wear a facial covering in the form of a mask or visor, however, the evidence is not clear that it will reduce the risk of infections.
- Referees should stop the game temporarily and discuss with a member of the home team if they feel that social distancing (where appropriate) at the venue is not being followed or hygiene regulations are not being used. Once rectified, the game can resume.

## **Medical Provisions**

- Where possible, all face-to-face contact should be reduced. Consider video consultation if suitable and appropriate.
- The medical room size must be factored in when considering number of people allowed in the room to allow appropriate social distancing.
- Only essential people should be in the medical room.
- It would be advised to use an appointment system to reduce unnecessary congestion of the room.
- As players and medical staff (therapist/doctor) are in close contact, ensure any consultation is conducted 2 meters apart.
- Therapist's need to be happy their insurance will cover them to treat individuals in the sport environment.
- The clinician should strongly consider wearing face coverings/masks and eye protection (glasses/goggles) during examination or treatment (close contact).
- The clinician should consider whether it is appropriate to give the players or member a face mask while treatment or close contact is being carried out.
- Keep close contact (within 2 metres) to the absolute minimum. Consider alternatives where appropriate to reduce close contact time.
- Ensure all first aiders are up-to-date with resus guidelines during COVID-19 pandemic

## **Guidance for Venues**

### **Venue Variability**

It is impossible to set out definitive guidelines and this document is not intending to do that. Clubs and associations need to consider the specific circumstances of each venue that they use. For example, a facility that has two courts side by side, may initially return only utilising one court whereas a facility that has two courts in separate halls may be able to start with both courts operating.

Similarly, the flow of people entering and exiting venues needs close consideration because the medical advice is that we must avoid large groups of people in a close proximity. A venue where there is only one entry/exit point may need to start on a smaller scale than a venue where people can enter through one door and exit from another (e.g. Fire Exit).

- National government regulations take precedence
- Additional venue requirements/procedures may be required for consideration.
- Abide by guidelines set out in the Government Phased Opening plan.
- Normal Operating Procedures to be visible.
- Emergency Operating Procedures to be visible.
- Robust cleaning procedures in place and available on request.
- Phase 2 - no use of indoor courts.
- Phase 3 - use of indoor courts (if permitted and accessible) but only the club/team training allowed on the court (maximum of 50 individuals).

- Phase 2 and 3 – public gathering numbers increased.
- Plan for changeover of teams after sessions so there is time to deep clean all common areas and surfaces – venue/ venue officer responsible for the management of changeovers.
- Training for venue staff on management of spectators once we get to Phase 3 to abide by social distancing measures.
- Venue has to maximise ventilation opportunity – open doors, windows etc. – in order to reduce aerosol spread.
- Use of toilets to be made available.
- Recommended that toilets with restricted access or reduced availability have a 1 in, 1 out rule. Suitable hand washing facilities must be available.
- Water fountains cordoned off.
- Hand sanitiser available at entrance to the building.
- Recommended:
  - Hand sanitiser on court
  - Regular disinfection of heavily used areas and surfaces
  - Increased waste disposal bins and dedicated COVID-19 disposal signage
  - Separate entrance and exits (if possible) to the court and main building clearly signed
  - COVID-19 symptom checker/poster at the entrance
  - Available PPE for medical emergency and staff with knowledge on how to apply first aid.

By the very nature of the sport, basketball relies on us all to get close to one another. With the Government's advice on social distancing being implemented, this poses a number of challenges.

Basketball Ireland has outlined guidance for the sport in relation to returning to play whilst adhering to the Government's Social Distancing guidelines.

Members need to be aware that local facilities may not be open despite basketball being available to play. It is assumed some schools may use their sports facilities to enable education in a social distancing environment.

## **Phased Reopening of Basketball**

### **Phase 1-Lockdown**

In a state of 'lockdown' therefore no basketball permitted as per government guidelines.

### **Phase 2**

- All individuals will abide by the government's guidance on maintaining a 2 metre distance between anyone not within their household.
- Only playing with one other person outside of their household at any time.
- Single ball can be played with, ONLY if amongst household.
- Only use outdoor courts.

### **Phase 3**

Clubs Risk assessment completed and logged (Appendix 2).

- Follow screening and hygiene guidance set out in this document.
- Establishment of team leagues in Phase 3 but at phase 4 (when competition resumes), we will re-introduce competition on a local/regional basis first and expand to national if government advice allows. (Phase 3 government roadmap allow for close contact not full contact).

- Social distancing rules continue to apply including 2 metre distance between people.
- Groups of up to 50 may gather to train to play basketball (this must include any coaches or staff present) on one court.
- Be mindful that if working with children in a club setting, two adults should be present at all times.
- Indoor courts are permitted by Government. This is subject to local guidance on the opening and accessibility of facilities.
- All high contact areas to be wiped down after session (benches, chairs, door handles, strength and conditioning equipment, tables etc.)
- Single ball can be played with, ONLY if amongst household.
- Strict distancing must be adhered to throughout the training sessions, therefore no contact drills allowed.
- 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.
- During play, go and get your own ball; no rebounding or retrieval of balls by other people.
- Team-based drills to limit contact opportunities. Close contact only as per government guidelines.
- No carpooling to courts, limit travel distances/time, observe public transport guidance.
- Training ideas: skill-based movement patterns, foot work, strength and conditioning, shooting form.

#### **Phase 4 - Restart Competition**

- Risk assessment completed and logged for Phase 4.
- Social distancing rules removed, and public gathering numbers increased by the government. Follow screening and hygiene guidance set out in this document.
- Full team training allowed.
- Ideally continue to work in small groups at training with that group staying together throughout the sessions to reduce infection risk.
- Parents or 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.
- Spectators allowed for competitive fixtures adhering to government guidelines on social distancing.
- Indoor and outdoor courts available.
- All high contact areas to be wiped down after session (benches, chairs, door handles, strength and conditioning equipment, tables etc.)
- Competitions and 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.
- Basketball Ireland are advocating a full 6-week 'pre-season' prior to commencing any competitions. This is to mitigate a spike in loading and injury rate. Please follow Basketball Irelands Athletic Development Programme to help all members reduce the injury rate once basketball commences.

#### **Phase 4 (Added to start of 4 in line with Government changes of the 19<sup>th</sup> June 2020) - Expand Competition and New Normal.**

- Expand Competition.
- Full training able to commence. Where courts are available.
- Full timetable of fixtures able to commence, including NBL fixtures.

- Travel rules relaxed.
- Social distance rules removed.
- Hygiene and screening guidance adhered as set out in this document.

#### **'New Normal'**

- Likely to happen only once the HSE, WHO and the Government deems the disease has been truly stopped.
- Full return to normal competition without the need for social distancing rules.
- No need for screening measurements.
- Good hygiene advised.

### **Returning to basketball after having covid-19**

Given the nature of this pandemic, the information, research and advice that is coming from all sources is constantly changing. The severity of the symptoms will be different between everyone. Coupled with the fact that most will have mild symptoms if any at all, providing guidelines of any sort is difficult.

In severe cases of COVID-19, it is known that there can be an effect not just on the lungs but also on the heart. Myocarditis is a serious condition where inflammation of the heart muscle can put extra strain on the ability of the heart to function properly. We are aware therefore that the length of time to return to physical activity in individuals that have had moderate to severe symptoms may be longer than expected.

Returning after having COVID-19 will require a doctor's clearance document and/or clearance document from your health care professional.

#### **None to Mild Symptoms**

These would be classed as symptoms that did not last more than 1 week and did not require a doctor or hospital assessment. This will be the vast majority of individuals that contracted COVID-19.

- Advised 4-week graded return to physical activity including basketball.
- Should start exercising at least 7 days after the last symptoms have resolved.
- Could start with walking and then build up.
- Follow the Basketball Ireland Athletic Development Programme to have a graded return to basketball specific activity.
- As returning to sport, monitor symptoms and make sure you feel comfortable when running and exercising.

#### **Moderate symptoms**

Classed as having to be seen by either a GP or hospital staff. No diagnosis of longer-term lung or heart problems.

- Advised to take 2 months to return to high level physical activity.
- Follow the Basketball Ireland Athletic Development Programme to have a graded return to basketball specific activity.
- Monitor symptoms throughout the return to activity as any rise in temperature or other symptoms may cause further stress on a recovering body and therefore put you at higher risk of injury or illness.

#### **Severe Symptoms**

Any individual that has been admitted to hospital for management of COVID-19 and in the worse cases, been intubated in Intensive Care.



- Most individuals will have a management plan given to them from their hospital.
- Individuals will be looking at approximately 3 months to return to normal activity levels, and this may increase if a diagnosis of myocarditis or other complications has been made.
- Start physical activity with walking.
- Monitor signs and symptoms throughout including breathlessness and fatigue as this would indicate the body struggling to cope with the level of exercise.
- Seek guidance from a rehab specialist, such as a physiotherapist.
- When able, follow the Basketball Ireland Athletic Development Programme to have a graded return to basketball specific activity

## **COVID-19 Compliance Club Officer - Role and Key Responsibilities**

Basketball Ireland are requiring each club to nominate an individual to become the Basketball COVID-19 Compliance Officer - details of the individual will need to be provided during team entry/registration process. This individual should have a knowledge of safeguarding, GDPR and be able to access the Basketball Ireland website for further information on this evolving pandemic. It is suggested that the clubs Safeguarding Officer, Club Secretary or Venue Officer could undertake this role.

The key roles and responsibilities will include:

- Ensure the Club is compliant with Basketball Ireland COVID-19 guidance and current Government guidance (formation of a COVID-19 Committee may help to distribute roles and responsibilities across a club during this re-start phase).
- Responsible for completing appropriate COVID-19 risk assessments.
- Keeping abreast of developments within Ireland and basketball itself to reduce the risk of COVID-19 infection and communicate it to all club members. Sources of information may include:
  - The Basketball Ireland website
  - Basketball Ireland's social media outlets
  - FIBA website
  - HSE
  - Irish Government website
- Screening of all players and staff for each training session or game, in accordance with the guidelines in this document.
- Upskill other staff or coaches to be able to conduct the screening.
- Responsible for the collection and appropriate storage of screening forms and attendance forms.
- Responsible for contact-tracing in relation to the individuals that have been in contact with a suspected case of COVID-19 within the basketball session, once an individual has notified the club that they have been infected with COVID-19.
- Responsible for directing an individual that has been infected by COVID-19 to report this to the HSE and get a test in order to commence HSE led contact tracing.
- Report any current COVID-19 infection to Basketball Ireland.



## Appendix 4:

### Club Members COVID-19 Risk Information (to send to all members)

#### Personal and Household Risk Information

This information sheet aims to inform you of those who are most at risk should they contract COVID-19. You should identify whether you or a member of your household is at higher risk. If you are, please discuss the risk of returning to basketball with your GP and your Club COVID-19 Compliance Officer to make an informed decision as to whether returning to group basketball is appropriate and safe for you and your family. While research around risk is ongoing, we simply hope to inform you so you can make the right decision for you and your household.

If any of the following statements apply to you or a household member, then this means that either you or a household members risk is increased. If it applies to a household member then you need to discuss it with your GP and the household member to make a decision on if a return to basketball is appropriate in a group setting, as it is possible to pass on the virus to a more vulnerable individual.

This is a non-exhaustive list and is for guide purposes.

<b>Statements apply to YOU or your HOUSEHOLD</b>
Had a solid organ transplant
Undergoing treatment currently or in last 6 months for any cancer
Currently taking or in the last 6 months have taken immunosuppressant medication
Have a respiratory condition including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD)
Have any rare diseases or inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell)
Pregnant, Aged 70 or older
<b>Have one or more of the underlying health conditions listed below:</b>

Chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
Chronic heart disease, such as heart failure
Chronic kidney disease
Chronic liver disease, such as hepatitis
Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
Diabetes
A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets
Being seriously overweight (a body mass index (BMI) of 40 or above)
Are you providing caring responsibilities for anyone meeting any of the above criteria?

*Should any of the above statements apply to you or your household, please notify your COVID officer and speak to your GP to allow you to make an informed decision that protects you and your household.*



## References

This reference list is as a guide, none exhaustive and for additional information for the Safety, Health and wellbeing of all associated.

[www.IrishsportsCouncil.ie](http://www.IrishsportsCouncil.ie)

Updates on Covid-19 and Basketball  
 Safety Health and Welfare at Work (General Application) Regulations 2007  
 Practice for Safety in Sports Facilities – Dept of Education (ROI) 1996  
[www.BasketballIreland.ie](http://www.BasketballIreland.ie)

World Health Organisation Links.

[www.who.int/news-room/q-a-detail/q-a-coronaviruses](http://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

[www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)

[www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice)

[www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos)

WHO COVID-19 Pandemic information

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

European Centre for Disease Prevention and Control (ECDC) cleaning information

[www.ecdc.europa.eu/sites/default/files/documents/coronavirus-SARS-CoV-2-guidance-environmentalcleaning-non-healthcare-facilities.pdf](http://www.ecdc.europa.eu/sites/default/files/documents/coronavirus-SARS-CoV-2-guidance-environmentalcleaning-non-healthcare-facilities.pdf)

HSE information about the coronavirus (Covid-19)

<https://www2.hse.ie/coronavirus/?source=banner-www>

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>

HSE hand washing hygiene

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/hcai/hand-hygiene-in-irish-healthcare-settings/hand-hygiene-videos/>

<https://www2.hse.ie/wellbeing/how-to-wash-your-hands.html>

GOV.ie Government Publishes roadmap to ease Covid-19 restrictions.

<https://www.gov.ie/en/news/58bc8b-taoiseach-announces-roadmap-for-reopening-society-and-business-and-u/>

<https://www.gov.ie/en/publication/aac74c-guidance-on-safe-use-of-face-coverings/>

CDC Coronavirus.

<https://www.cdc.gov/coronavirus/2019-ncov/>

FIBA

[www.fiba.basketball/news/covid-19](http://www.fiba.basketball/news/covid-19)

Office for National Statistics UK- BAME statistics

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirusrelateddeathsbyethnicgroupenglandandwales/2march2020to10april2020>