



basketballscotland

## UPDATE TO CLUB GUIDANCE: 26th December 2021

**Please note this guidance is valid from Sunday 26th December 2021 or until otherwise updated.**

On Tuesday 21st December 2021, the Scottish Government provided an update on COVID-19 and related restrictions. There are new restrictions that will last for a minimum of 3 weeks.

Adult indoor contact basketball (18 years of age and over) is **prohibited** during this period. Outdoor contact basketball for adults continues to be permitted. Contact indoor and outdoor basketball continues to be permitted for those under the age of 18.

Please consider the safety, health and wellbeing of players, coaches and volunteers in decision making should your club wish to continue delivering basketball during this period.

### Testing and Isolation

From 5th January 2022, the Scottish Government updated testing and isolation advice:

- **Positive cases** are advised to self-isolate for 10 days. However, if the individual returns two consecutive negative LFD tests taken at least 24 hours apart with the first test no earlier than day 6 they may end isolation before the end of the 10 day period if they have no fever.
- **Close contacts** who are fully vaccinated, having received 3 doses of the vaccination (plus 14 days) or are aged under 18 years and 4 months, can take daily LFD tests for 7 days instead of isolation - provided the tests are negative and they remains without symptoms. If someone has not received 3 doses of the vaccination, they will need to book a PCR test and even if this is a negative result, they will need to isolate for 10 days.

### A Reminder:

- Coaches numbers must be included within the sporting 'field of play bubble' and Indoor activity numbers will be determined by any facility provider restrictions and the club risk assessment.
- Alongside any facility restrictions, clubs should risk assess participant numbers considering the space available and coaching ratios.
- Specific guidance for officials can be found [here](#).

Should clubs wish to deliver basketball all "Core Guidance" (see below) applies.



**basketballscotland**

**GUIDANCE FOR CLUBS AND COACHES:**

**APPLICABLE FROM 26TH DECEMBER 2021**

**UPDATED 10TH JANUARY 2022**

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# GUIDANCE FOR CLUBS AND COACHES

These guidelines are for **basketball**scotland Registered Clubs and Coaches wishing to deliver coaching sessions under the Scottish Government's COVID Protection Level System.

The guidelines will apply from Sunday 26th December 2021 and will be reviewed and updated regularly in line with changes to the restrictions.

## 1. INTRODUCTION

**basketball**scotland have developed these guidelines for coaching and club activity based upon the Scottish Government's Protection Level system to support clubs to deliver basketball activity in a way that is aligned to the Scottish Government's advice and help prevent the spread of COVID-19.

The document provides guidance for activity and checklists that should be completed before each and every session.

The guidance is based on the Protection Level's detailed by the Scottish Government and should be applied in line with the Protection Level specified for the specific Local Authority at the time of the session.

Details of which Protection Level applies for your Local Authority can be found [here](#).

While courts and facilities will be permitted to open in the lower protection levels, Clubs and participants should be aware that not all courts will be able to open immediately and not all facilities will be accessible for clubs to book.

As facilities reopen, they are likely to have their own local restrictions and guidance in place, this should be followed at all times. It is also the responsibility of the club and participants to assess risks based on their local environment.

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene. Clubs, coaches and participants should be aware of and be ready to adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance](#).

To manage a safe return to sport and leisure activities it is a mandatory requirement that all clubs, facility operators and deliverers put in place comprehensive Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and on the [Scottish Government website](#).

In line with the current Scottish Governments Guidance, if an individual is testing positive, symptomatic and/or a close contact with a possible COVID-19 infection they should follow Scottish Government Guidance.

**IMPORTANT: Do not leave your home to undertake exercise or outdoor activity if Scottish Government advice means you should stay at home.**

## 2. ACTIVITY PERMITTED AT EACH PROTECTION LEVEL

Adult indoor contact basketball (18 years of age and over) is **prohibited** during this period. Outdoor contact basketball for adults continues to be permitted. Contact indoor and outdoor basketball continues to be permitted for those under the age of 18.

### 3. CORE GUIDANCE FOR CLUB SESSIONS:

Please read in conjunction with specific guidance below

#### General Club Responsibilities

**1. COVID Officer:** Clubs should appoint a named 'COVID Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place and that appropriate records of attendance and contact details are maintained at all club sessions. Clubs should inform **basketballscotland** of their appointed COVID officer and confirm contact details.

**2. Cleaning of Equipment:** Where shared equipment is permitted, cleaning should be undertaken before and after each session and during regular breaks in the session. Cleaning of any shared equipment, particularly basketballs, should be undertaken in line with "cleaning guidance for clubs" available here in section 10, below

**3. Risk Assessment:** Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission and following Scottish Government guidance regarding health, hygiene, and physical distancing. A risk assessment template is included in the resources below. Coaches should risk assess and plan appropriately for the session in advance, be aware of responsibilities and be clear on expectations with participants. They should also build in a review period to reflect on effectiveness and safety of the session.

**4. Test & Protect:** A register of participants should be kept for each session in line with section 8 below. Facility operators may maintain their own Test & Protect Records or request information from the club.

**5. Travel: A)** Participants Under 18 can travel to and from BL0-3 areas to take part in organised club and competition basketball.

**B)** Participants aged 18 years or over can travel to and from a BL0-2 areas to take part in organised club activity. They should not travel to a Level 3 or 4 area.

**C)** If you need to share a vehicle with anyone from another household, you should continue to follow the appropriate measures, steps and precautions where possible:

- if sharing a vehicle with anyone from another household, limit the number of people in the vehicle to as few as possible, ideally no more than 2 (applies to adults and children aged 12 and over)
- use the biggest vehicle available for car sharing purposes
- windows in the car should be opened as far as possible taking account of weather conditions to improve ventilation in the space
- occupants in the car, including the driver, should wear a face covering provided it does not compromise driver safety in any way
- occupants should perform hand hygiene before entering the vehicle and again on leaving the vehicle
- occupants should avoid eating in the vehicle
- passengers in the vehicle should minimise any surfaces touched
- keep the volume of any music/radio to a minimum to prevent the need to raise voices in the car
- the longer the journey, the higher the risk; keep journey times to the minimum feasible and do not linger in the vehicle before or after the journey itself
- where non-household members are car-sharing, the car must be cleaned regularly

**6. Player Screening:** The player self-screening form should be provided to all participants in advance of the session. Any player showing symptoms should not be allowed to attend.

**7. Hand Hygiene:** All participants should use hand sanitiser before and after sessions and during any breaks. Coaches should make hand sanitisers or wipes available for use before, during and after a session where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.

**8. Sneeze and Cough Hygiene:** If you need to sneeze or cough, you should do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin or place in a plastic bag and take home. Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel.

**9. First Aid:** Coaches should hold an up to date first aid qualification. Coaches should ensure access to first aid and emergency equipment is maintained.

**10. Safeguarding:** Coaches should be mindful of their clubs safeguarding policies when leading any activity, particularly with small groups.

**11. Spectators:** There are no limits on spectator numbers, subject to organisers obtaining relevant permissions, where they normally would be required to do so.

A COVID vaccine certificate or a record of a recent negative COVID-19 test result (from either a Lateral Flow Device or PCR) is needed for:

- indoor events (unseated) with 500 or more people
- outdoor events (unseated) with 4,000 or more people
- any event with 10,000 or more people (unseated and seated)

**12. Communication:** Communicate with members/participants clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.

**13. Payment:** Any payments required for sessions should be online and cash payments should be avoided.

**14. Outdoor Court Access:** Where possible, access to courts should be confirmed in advance of any activity. Not all courts will be open and others will be busy with general use. Coaches should not ask recreational participants to leave courts in order to deliver sessions.

**15. Toilet Access:** Clubs should check what toilet facilities (if any) will be available and communicate with participants in advance. Participants should follow any specific guidance on accessibility to, and use of toilets.

## 4. SPECIFIC GUIDANCE FOR OUTDOOR CONTACT BASKETBALL.

**Under 18: Applicable in Protection Level BL0 to 3**

**Adult: Applicable in Protection Level BL0 to 3**

**1. Physical Distancing:** No requirement for physical distancing. Rules on household groups should be maintained before and after sessions **and during breaks in sessions**.

**2. Group Size:** Organisers should still seek to reduce risk by minimising the number of participants taking part where possible and limiting the duration of sessions. The maximum size of any group, including coaches is:

- No size limit for BL0, total daily limit 5000
- No size limit for Level 0, total daily limit 1000
- 30 people. 100 people for Level 1, total daily limit 1000
- 50 people for Level 2, total daily limit 500
- 30 people for Level 3, total daily limit 200

Please consider court size and coach:player ratios when determining your sizes for sessions.

**3. Contact basketball:** All forms of basketball can be played outdoors within their usual club environment and where guidance is followed.

**4. Shared Equipment:** Use of non-essential shared equipment (e.g. cones, agility ladders) should be avoided. Shared basketballs should be cleaned before, during and after each session in line with the guidance in section 10.

**5. First Aid:** In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The club appointed 'COVID Officer' should consider processes for managing this as part of the risk assessment.



## 5. SPECIFIC GUIDANCE FOR INDOOR CONTACT BASKETBALL.

**Under 18: Applicable in Protection Level BL0 to 3**  
**Adult: Not Applicable**

**1. Maintain Physical Distancing:** No requirement for physical distancing. Rules on household groups should be maintained before and after sessions and during breaks in sessions.

**2. Group Size:** Organisers should still seek to reduce risk by minimising the number of participants taking part where possible and limiting the duration of sessions. Facility provider restrictions and club risk assessments will determine a safe number of participants.

- No size limit for Level BL0, total daily limit 5000
- No size limit for Level 0, total daily limit 1000
- 100 people for Level 1, total daily limit 1000
- 50 people for Level 2, total daily limit 500
- 30 people for Level 3, total daily limit 200

Please consider court size and coach:player ratios when determining your sizes for sessions.

**3. Contact basketball:** All forms of basketball can be played indoors where this is permitted in the Protection Level for that Local Authority and where guidance is followed.

**4. Shared Equipment:** Use of non-essential shared equipment (e.g. cones, agility ladders) should be avoided. Shared basketballs should be cleaned before, during and after each session in line with the guidance in section 10.

**5. First Aid:** In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The club appointed 'COVID Officer' should consider processes for managing this as part of the risk assessment.

## 6. SPECIFIC GUIDANCE FOR INDOOR NON-CONTACT BASKETBALL.

**Under 18: Not Applicable in Protection Levels BL0 to 3 - contact Permitted**

**Adult: Applicable in Protection Level BL0 to 3**

- 1. Maintain Physical Distancing:** 1m physical distancing should be maintained at all times.
- 2. Small Group Activity:** Where coaching is permitted, with physical distancing maintained at all times, group size should be assessed to ensure adequate space for physical distancing is available.
- 3. No Contact Basketball:** All forms of contact basketball should be avoided in order to maintain physical distancing.
- 4. Pre and Post Session Meeting:** Appropriate steps should be taken in order to ensure physical distancing before and after sessions. Staggering arrival times should be considered.
- 5. Shared Equipment:** Use of non-essential shared equipment (e.g. cones, agility ladders) should be avoided. Basketballs may be shared between small groups (recommended maximum of 6 players sharing a ball). Sharing of basketballs should be minimised where possible. Shared basketballs must be cleaned before, during and after each session in line with the guidance in section 10. Hand sanitisation should take place before and after any activity that involves sharing of basketballs.

## 7. CLUB VS CLUB GAME GUIDANCE.

**Under 18: Applicable in Protection Level BL0-2 (not applicable in Level 3 due to maximum bubble size)**

**Adult: Not Applicable**

### **Prior to Playing Club Vs Club Fixtures**

- All participants (players, coaches, officials and volunteers) should check for symptoms of COVID-19. In line with the current Scottish Governments Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should follow Scottish Government Guidance.
- If an individual is testing positive, symptomatic and/or a close contact with a possible COVID-19 infection they should follow Scottish Government Guidance which can be found [here](#).
- Any participants who have been asked to isolate by the NHS Test and Protect must not exercise outside their home or garden and must not exercise with others.
- Participants should maintain strict and frequent hand hygiene measures at all times. Please refer to **basketballscotland's** Shared Equipment Cleaning Guidance in section 10.
- Participants should follow Scottish Government guidance on best practice for travel.
- Use of toilets should adhere to the latest Scottish Government guidance.
- Access to, and use, of changing rooms and showering facilities is permitted (other than in Level 4 areas where indoor facilities should remain closed) if appropriate risk assessment and hygiene measures have been put in place.
- A risk assessment should have been completed and risk mitigation measures put in place and monitored in accordance with **sportscotland's** guidance on [Getting our Facilities Fit for Sport](#).
- Participants should have had the opportunity to familiarise themselves with procedures, access and toilet facilities before the game.

### **Travelling to and from the Venue**

Participants and clubs should follow the Scottish Government's Travel guidance which can be found [here](#). If you need to share a vehicle with anyone from another household, you should continue to follow the appropriate measures, steps and precautions where possible:

- if sharing a vehicle with anyone from another household, limit the number of people in the vehicle to as few as possible, ideally no more than 2 (applies to adults and children aged 12 and over)
- use the biggest vehicle available for car sharing purposes
- windows in the car should be opened as far as possible taking account of weather conditions to improve ventilation in the space
- occupants in the car, including the driver, should wear a face covering provided it does not compromise driver safety in any way
- occupants should perform hand hygiene before entering the vehicle and again on leaving the vehicle
- occupants should avoid eating in the vehicle
- passengers in the vehicle should minimise any surfaces touched
- keep the volume of any music/radio to a minimum to prevent the need to raise voices in the car
- the longer the journey, the higher the risk; keep journey times to the minimum feasible and do not linger in the vehicle before or after the journey itself
- where non-household members are car-sharing, the car must be cleaned regularly.

Participants should adopt a sensible approach to this and identify the risks associated to travelling on both public and private transport.

## At the Venue

- At the venue, the club should ensure all COVID-19 processes are in place, developing your own 'set up checklist' is helpful for this. This should include:
  - Set-up of public health operating messages and access signage
  - Set-up of basketball facility including all court safety requirements
- Clubs should make hand washing facilities and/or hand sanitising available for all site users. Please refer to **basketball**scotland's Shared Equipment Cleaning Guidance in section 10.
- Clubs should support the NHS Test and Protect Efforts by keeping a temporary record of all participants in any basketball activity and support NHS requests for data if needed.
- Before the start of the game, participants should wear face masks when travelling around the venue.

## Core Guidance

- More than one game can take place throughout the day.
- There must be 15 minutes between clear up of a game and the starting procedure for a following game to support cleaning procedures.
- Participants may not cross over into another bubble within a day.
- A bubble is defined as:
  - No size limit for Level BL0, including coaches and officials. Total daily limit is 5000.
  - No size limit for Level 0, including coaches and officials. Total daily limit is 1000.
  - 100 people for Level 1, including coaches and officials. Total daily limit is 1000.
  - 50 people for Level 2, including coaches and officials . Total daily limit is 500 people
- Participants should not arrive more than 30 minutes before the game start time.
- Access to, and use, of changing rooms and showering facilities is permitted (other than in Level 4 areas where indoor facilities should remain closed) if appropriate risk assessment and hygiene measures have been put in place.
- The home club COVID-19 Officer should monitor and be at the venue throughout the match

## Equipment

- Beside the match ball, the players should limit sharing of equipment.
- The ball should be sanitised before, during intervals of play and after the game. One person should be responsible for this.
- Please refer to **basketball**scotland's Shared Equipment Cleaning Guidance in section 10.

## Sanitisation

- Hand sanitiser should be used during each quarter by all participants.
- Hands should be sanitised before the start of the game.
- During quarter breaks the ball should be sanitised with an anti-bacterial wipe (confirming to BS EN 14476)
- The home team should appoint someone with the responsibility of sanitising the ball.

## Officiating

Please refer to our specific officiating guidance which can be found [here](#).

## Spectators

There are no limits on spectator numbers, subject to organisers obtaining relevant permissions, where they normally would be required to do so.

A COVID vaccine certificate or a record of a recent negative COVID-19 test result (from either a Lateral Flow Device or PCR) is needed for:

- indoor events (unseated) with 500 or more people
- outdoor events (unseated) with 4,000 or more people
- any event with 10,000 or more people (unseated and seated)

## After The Game

- All participants should sanitise their hands after the game.
- When traveling around the venue, participants should wear a face mask.
- As stated in the **basketball**scotland's Shared Equipment Cleaning Guidance in section 10, one person should be responsible for cleaning of equipment.

## 8. CLUB CHECKLIST

### BEFORE THE ACTIVITY

- Contact the Facility to check:**
  - Cleaning equipment and hand sanitisers will be provided
  - Protocol of entry and exit to the building
  - Time gap between sessions to safely enter and leave the facility
  - Access to toilets and changing rooms
  - Limits on numbers
- Risk Assessment completed and documented**, including consideration of limiting spread of infection
- First Aid training confirmed**, ensuring it is in date
- Attendance numbers confirmed**, to comply with facility and club risk assessments
- Safeguarding requirements considered** including attendance of a parent if required
- All Required equipment Available:**
  - First Aid equipment
  - Hand Sanitiser
  - Plastic bag for rubbish
- Communication with participants detailing:**
  - Screening process and form.
  - Arrival and departure times (consider staggering).
  - Hygiene Requirements and protocols.
  - Measures in place to stop spread.
  - Facility-specific guidance participants should be aware of

### AT THE ACTIVITY

- Complete Test & Protect information** including phone contact for participants
- Hand sanitiser provided** to participants before and after session

### AFTER THE ACTIVITY

- Remove all rubbish/equipment**
- Ensure club COVID Officer receives register details** for Test and Protect purposes.

## 9. RESOURCES

### 9.1 SCREENING FORM:

The screening form should be provided to all participants and they should be requested to review all questions before leaving home to attend the activity.

Screening forms should not be physically shared or collected by the coach.

#### BASKETBALLSCOTLAND

#### COVID-19 SELF-SCREENING FORM

From 17th December 2021

Name: \_\_\_\_\_

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

Please answer all questions accurately and honestly:

- Are you experiencing any of the following symptoms?
  - High Temperature.
  - A new, continuous cough.
  - Change or loss of taste and smell
- Are you awaiting for a Coronavirus test result?
- Have you been told by the NHS Test and Trace service that you've been in contact with a person who has Coronavirus?
- Have you returned from a destination outside the UK which requires you to quarantine?

If you have answered yes to any of the above questions, please follow Scottish Government guidance before attending any activities.

#### Please note:

- If an individual is testing positive, symptomatic and/or a close contact with a possible COVID-19 infection they should follow Scottish Government Guidance which can be found [here](#).

#### 9.2 RISK ASSESSMENT TEMPLATE

[AVAILABLE HERE](#)

# 10. SHARED EQUIPMENT CLEANING GUIDANCE

## Use of Shared Equipment

We recommend a basketball is the only equipment that should be shared at this point. Additional training resources (e.g. cones, ladders, bibs) should not be used.

1. Individuals should use their own ball for as much of the session as possible. Sharing of equipment should be limited as much as possible.
2. Individuals should bring their own water-bottles. These should not be shared in any circumstances.
3. Clubs should provide hand-sanitiser at all sessions, but individuals should also be encouraged to bring and use their own where possible

## Basketball Cleaning Station:

1. Clubs should set up a cleaning station at any session they are delivering.
2. Cleaning station should include:
  - Disposable gloves
  - Spray bottle of disinfectant solution (conforming to EN14476 standards).
  - Disposable wipes
  - A bin or bag for disposing of gloves/wipes
3. One person should be designated as responsible for cleaning shared basketballs before and after each use.

## Cleaning frequency:

1. Shared equipment should be cleaned before and after every session.
2. If you are sharing equipment for significant parts of sessions, the equipment should be cleaned during regular breaks in participation.
3. At times when equipment is cleaned, all participants should also sanitise their hands.

## Cleaning Process

1. Disposable gloves should be worn while cleaning
2. The ball should be sprayed thoroughly to ensure all surfaces are covered
3. The ball should be wiped down thoroughly with disposable wipes, ensuring all surfaces are wiped.
4. Wipes should be disposed of.
5. Gloves should be removed and disposed of.
6. Hand sanitiser should be used by the individual who has completed the cleaning process.

## Participants

All participants should use hand sanitiser immediately before and after using shared equipment



# 11. TEST & PROTECT GUIDANCE

[Test and Protect](#) is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.

## **Club Responsibilities:**

To support Test and Protect the appointed COVID officer for sports clubs is required to:

- Collect the following details from every participant:
  - name
  - contact number
  - date of visit
  - time of arrival
  - time of departure
- Store the information securely for 21 days
- Be able to access to the information at short notice
- Provide any information requested should be shared with public health officials when requested.
- Not allow anyone refusing to provide Test & Protect information to participate in sessions.

## **Further information:**

More information on the Test and Protect service is available [here](#).