



# Letterkenny Blaze Basketball Club

## Return to Train Information For Club Coaches

(This is a live document and is subject to change in line with Government updates)



### 1. Introduction

As a club we aim to create the safest and most enjoyable environment for children and young people to play and enjoy basketball. Following a detailed Risk Assessment, Letterkenny Blaze have identified areas where there is potential risk and have outlined the steps which need to be taken to provide the safest environment for all involved. To help us do so, please see the list of points below in relation to attending training.

### 2. Education and Awareness

1. All coaches must be familiar with the Basketball Ireland Return to Sport Safety Statement [here](#) . Please note Appendix 4 Club Members Covid 19 Risk Information.
2. All coaches must complete the Sport Ireland Covid 19 eLearning course [here](#) and send their certificate of completion to the club Chairperson.
3. Coaches are advised to keep up to date with the HSE guidelines at HSE.ie [here](#).

### 3. Pre-attendance screening

1. Each coach must ensure that the Blaze Covid Compliance Consent form is completed prior to any player commencing training.
2. Following the completion of the Covid Compliance Consent Form, the parent / guardian is to alert the coach if any information needs to be updated during the season.
3. On the day of training, each player must complete their own Self Screen at home. By a player arriving at the club session they are confirming that they have been screened prior to arrival and that they are not showing any signs or symptoms of Covid-19 and are not feeling unwell in any way. The player MUST NOT have any symptoms of Covid or contact with anyone with symptoms or with anyone who has had Covid in the last 14 days. The player must not have any underlying illness that may increase the risk of infection.
4. If a coach has any concerns about possible underlying health issues, please contact your GP prior to attending training this season.
5. If a coach or anyone in their immediate household has symptoms of COVID-19, **PLEASE DO NOT ATTEND ANY TRAINING SESSION.** Symptoms include:
  - a. [a fever \(high temperature - 38 degrees Celsius or above\)](#)
  - b. [a cough](#) - this can be any kind of cough, not just dry
  - c. [shortness of breath](#) or breathing difficulties
  - d. [loss or change to your sense of smell or taste](#) – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

6. It is always advised that coaches do not attend training when ill (suffering from symptoms other than the symptoms listed above).
7. Any coach coming into Ireland from a country not on the Government's Green List must restrict their movements for 14 days after arrival. During the 14-day period, the coach is not allowed to attend any training sessions with the club. They are free to resume training after the 14 days

#### **4. During Training - Adhere to hygiene best practice**

1. All players will have their temperature checked by the Team Covid Officer on entry. If anyone's temperature is 38C or over, they will not be able to stay for the training session. Parent/guardian should remain in car until child temperature has been checked.
2. Check in sheets must be retained by the Team Covid Officer.
3. Players are required to have their own clearly identifiable water bottle at training and look after it during and after training.
4. Players are to arrive to training wearing their gear and ready to train, as changing rooms will not be open.
5. Toilets will be available, but on a one-in-one-out basis.
6. Players will be asked to sanitize their hands on entry to the gym and during training. If allergic to hand sanitizers players are to bring their own to the session.
7. Whistles should not be used indoors: alternative mechanisms should be used to attract members' attention.
8. Coaches and players must practice proper sneezing and coughing etiquette during sessions. Everyone will be encouraged to cover their cough and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the bin and the child/young person will be encouraged to sanitize their hands.
9. Coaches and players should avoid High 5s, handshakes or any other unnecessary contact during the session.
10. Avoid touching high-contact surfaces such as door handles where possible. These High contact areas must be cleaned with disinfectant at the end of each session. This may be done by the coach, Team Covid Officer or by Parent Supervisor who is recorded on the attendance record.
11. Coaches, assistant coaches and junior coaches are recommended to wear face masks or visors. Players may use masks but this could restrict breathing.
12. Players must bring all personal items home with them.
13. All items left behind at the training venue shall be deemed as contaminated items and destroyed.
14. All players are advised to go home, wash hands and water bottle thoroughly after attending their training session.
15. All players are encouraged to change & wash clothing and shower immediately on return home.
16. Sessions must be completed within the time appropriate timeframe.
17. It is advised to avoid as much as possible the contact aspect of the sport and instead focus on fitness and skills, which also allow maintenance of social distancing.

18. Coaches to consider the need to decrease the number of players for games e.g. introduce 3v3.
19. No use of bibs permitted unless brought directly by the player.
20. A 15-minute gap must be maintained between consecutive training sessions.
21. If equipment is used please sanitise before and after the training session.
22. If possible doors in the gym should be left open to ensure good ventilation.
23. Players and coaches must adhere to HSE guidelines on hand hygiene at all times.
24. A Covid 19 bin will be available to dispose of cleaning equipment. The last session of each day should seal the rubbish bag in the bin and dispose of in the skip.

### **5. Travel to and from training**

1. Car-pooling to and from training is not advised as it is not in keeping with social distancing.
2. Encourage players to arrive no more than 5 minutes before the beginning of the session, and pick up within 5 minutes of the session ending.
3. Parents are encouraged to have their child / children wait in the car or outside the venue until just before the beginning of the training session, instead of congregating with other children/young people prior to the start.

### **6. Observe Social Distance Guidelines**

1. No adults other than the coaches or the designated supervisor for that particular session will be permitted in the gym. No spectators are permitted.
2. A one way system will be operated with separate entrance and exits points to and from the gym.
3. Attendees are encouraged to maintain social distancing rules during drop off and pick up, and at all times in between where possible.
4. All players will be expected to remain in allocated zone within the gym during the training session.
5. Training needs to be organized into pods of 6 players. These players stay in that pod for the session and may not interact with the other pods at any stage.
6. Distance between players will be maintained when explaining drills or the rules of a game.
7. Where practical demonstrations are required, the coach may have to repeat the demonstration to a number of smaller groups. This will help prevent all players grouping together.
8. Team photographs are strictly prohibited as HSE guidelines state that 2 metres social distancing is adhered to wherever possible.
9. At the end of the session, players will be directed to the exit door. Coaches are to ensure that there is no mixing of the pods.
10. After training, all players are asked to return to car / walk directly home to avoid congregating with other children/young people at the end of training.

## **7. Player Welfare**

1. Record Keeping - A Players Attendance Log will be held by the Team Covid Officer for each session in the event that contact tracing is necessary.
2. A minimum of 2 adults must be present at each training session. If this is not possible the session will be cancelled.
3. Coaches must continue to adhere to the Child Welfare and Safeguarding Policy at all times.
4. Players in need of medical attention should be treated in the gym in an isolated area within the gym. First Aiders will wear face mask. Hands and equipment must be sanitised before and after treatment. Accident forms must be completed and returned to Club Secretary within 72 hours of an incident.
5. A player suspected of a new onset of Covid 19 must be given a face mask and must be isolated immediately from the rest of the attendees. There will be an isolation area for anyone that feels unwell or has to leave their session for any reason. The coach will call the parent / guardian immediately and request that he/she collect their child without delay. Once the isolation area is vacated, it should be cleaned and contact surfaces disinfected immediately.
6. The Team Covid Officer is to ensure safe and correct use and storage of disinfectants, including storing products securely away from players.
7. All participants (players, coaches and parent supervisor) in the training session have a responsibility to notify the Team Covid Officer should they get symptoms of COVID 19 within 48 hours of the training session.
8. The Team Covid Officer will contact all individuals that attended the training session in question to advise that an individual within the group has reported symptoms if symptoms were reported within 48 hours of the training session.
9. The name of the infected individual will not be disclosed to protect anonymity.

## **8. Coach Welfare**

1. If a coach develop symptoms within 48 hours of a training session, please inform the Team Covid Officer and the Club Covid Officer.
2. Anyone with symptoms should call their doctor / health care provider immediately.

## **9. Next Steps**

1. The Club Covid Committee will meet regularly to review implementation, Risk Assessment and Updated Basketball Ireland Safety Statement.
2. Letterkenny Blaze will continue to update this safe Return to Train Protocol based on advice from Basketball Ireland, North West Area Board, Government and Public Health.
3. All Letterkenny Blaze Return to Train guidelines will be posted up on the club's website <http://www.blazebasketball.ie>