



# Letterkenny Blaze Basketball Club



## Return to Train Information for Players, Parents / Guardians

### 1.0 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 following points in relation to attending training.

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

### 2.0 Education & Awareness

1. Please read the Basketball Ireland Return to Sport Covid Safety Statement. Please note Appendix 4 Club Members COVID 19 Risk Information and the specific risks that are highlighted in relation to the BAME (Black, Asian, Minority, Ethnic) communities.
2. Please complete the Sport Ireland Covid 19 Awareness eLearning Course.
3. All parents/guardians and players must read, sign and return the Club COVID Compliance Consent Form to the Team Covid Officer before training resumes.
4. Players who have **NOT** returned a completed Covid Compliance Consent Form will not be allowed to train.
5. Parents/Guardians are to ensure that their child / children understand the Covid 19 measures that the club will be implementing.
6. Players, parents and guardians are advised to keep up to date with the HSE guidelines at HSE.ie

### 3.0 Pre-attendance screening

1. If a parent / guardian has any concerns about their child's possible underlying health issues, please contact your GP prior to your child attending training.
2. Complete the Covid 19 Compliance Consent form in advance of the first training session.
3. 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.
4. 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.
5. If players or anyone in their immediate family have any of the following – **PLAYERS DO NOT ATTEND ANY TRAINING SESSION**
  - 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 players do not attend training when ill (suffering from symptoms other than the symptoms listed above).
7. Any player coming into the Ireland from a country not on the Government Green List must restrict their movements for 14 days after arrival. During the 14 day, the player is not allowed to attend any club training sessions/activities. They are free to resume training after the 14 days have passed.

#### **4.0 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. Players are required to have their own clearly identifiable water bottle at training and look after it during and after training.
3. Players are to arrive to training wearing their gear and ready to train, as changing rooms will not be open.
4. Toilets will be available, but on a one-in-one-out basis.
5. Players will be asked to sanitize their hands during training. If allergic to hand sanitizers players are to bring their own to the session.
6. 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 a bin and the child/young person will be encouraged to sanitize their hands.
7. Coaches and players should avoid High 5s, handshakes or any other unnecessary contact during the session.
8. Avoid touching high-contact surfaces such as door handles where possible.
9. Coaches, assistant coaches and junior coaches are recommended to wear face masks or visors. Players may use masks but this could restrict breathing.
10. Players must bring all personal items home with them.
11. All players are advised to go home, wash hands and water bottle thoroughly after attending their training session.
12. All players are encouraged to change & wash clothing and shower immediately on return home.
13. Players are encouraged to use toilets at home before and after training.

#### **5.0 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. Please aim 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.

#### **6.0 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. Distance between players will be maintained when explaining drills or the rules of a game.
6. 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.

## **7.0 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. 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.
4. 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.
5. Anyone with symptoms should call their doctor / health care provider immediately.
6. 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.
7. The name of the infected individual will not be disclosed to protect anonymity.

## **8.0 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>

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