



Return to Safer Training Protocol

Letterkenny Blaze Basketball Club

Information for Players & Parents/ Guardians

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

A. Introduction

Letterkenny Blaze Basketball Club aims to create the safest and most enjoyable environment for children and young people to play and enjoy basketball and for club coaches to coach the game. Following a detailed Risk Assessment, the club 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 future training sessions.

B. Prior to attending training sessions:

1. Please read the Basketball Ireland Return to Sport Covid Safety Statement [here](#) . Please note Appendix 4 Club Members COVID 19 Risk Information.
2. Please complete the Sport Ireland Covid 19 Awareness eLearning Course [here](#).
3. Players, parents and guardians are advised to keep up to date with the HSE guidelines at HSE.ie [here](#).
4. All parents/guardians and players must read, sign and return the Club Consent form before training resumes.
5. Players who have **NOT** returned a completed Consent Form will not be allowed to train.
6. If players or anyone in their immediate family have any of the following – **PLAYERS DO NOT ATTEND ANY TRAINING SESSION**
 - [a fever \(high temperature - 38 degrees Celsius or above\)](#)
 - [a cough](#) - this can be any kind of cough, not just dry
 - [shortness of breath](#) or breathing difficulties
 - [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

It is always advised that players do not attend training when ill (suffering from symptoms other than the symptoms listed above).

7. If a player tests positive for Covid -19 please contact your coach immediately.
8. If a parent / guardian has any concerns about their child's possible underlying health issues, please contact your GP prior to the child attending training.

9. Complete the *Blaze Covid 19 Compliance Consent* form in advance of the first training session. Alert your coach if any information needs to be updated during the season.
10. 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.
11. Players are required to have their own clearly identifiable water bottle at training and look after it during and after training.
12. No changing rooms / toilets can be used during outdoor training sessions. Players are to arrive to training wearing their gear and ready to train, as changing rooms will not be open.
13. Car pooling to training is not advised as it is not in keeping with social distancing.
14. 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.
15. Parents are encouraged to have their 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.
16. All players will sanitize their hands on entry to the court and at regular intervals after.
17. Adhere to club management protocols to include one-way traffic system and designated drop off points.
18. No adults other than the coaches or the designated supervisor for that particular session will be permitted at the court. Strictly no gathering of groups while training is ongoing are permitted. Protocols must be followed throughout the duration of the training session.
19. A Players Attendance Log will be held by the Team Covid Officer for each session in the event that contact tracing by Public Health is necessary.
20. Attendees must maintain social distancing rules during drop off and pick up, and at all times in between.
21. A minimum of 2 adults must be present at each training session. If this is not possible the session will be cancelled.
22. Parents/Guardians are to ensure that their children understand the Covid 19 measures that the club will be implementing.
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c. During the session:

1. Only players who are registered with the club can attend training.
2. Players will be asked to sanitize their hands during training. If allergic to hand sanitizers players are to bring their own to the session.
3. All players will be expected to remain in allocated zone within the court during the

training session.

4. Distance between players should be created and maintained when explaining drills or the rules of a game.
5. 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.
6. Coaches and players must avoid High 5s, handshakes and any other unnecessary contact during the session. Coaches and players can suggest other ways of celebration or greetings that don't involve contact.
7. Avoid touching high-contact surfaces such as door handles or gates.
8. Coaches and supporting coaches/junior coaches are recommended to wear face masks or visors. Players may use masks if they wish.
9. 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.
10. Players must bring all personal items home with them.

D. After the Session

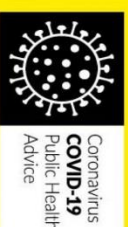
1. Car pooling from training is not advised as it is not in keeping with social distancing.
2. All players are asked to return to car / walk directly home to avoid congregating with other children/young people at the end of training.
3. All players are advised to go home, wash hands and water bottle thoroughly after attending their training session
4. All players are encouraged to change & wash clothing and shower immediately on return home.
5. Parent/Guardians - Please inform your coach if your child develops symptoms or feels unwell after attending a session.

References

- Basketball Ireland Return to Sport Covid Safety Statement. [here](#)
- Sport Ireland Covid 19 Awareness eLearning Course [here](#)
- HPSC COVID-19 Interim recommendations for sports activities for children and adolescents in the context of the COVID-19 pandemic [here](#)
- Basketball Northern Ireland Return to Play [here](#)

Updated April 2021

Coronavirus COVID-19



Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
Fever	Common	Rare	Common
Cough	Common* (Usually Dry)	Mild	Common* (Usually Dry)
Shortness of Breath	Sometimes	No	No
Aches and Pains	Sometimes	Common	Common
Sore Throat	Sometimes	Common	Sometimes
Headaches	Sometimes	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Runny or Stuffy Nose	Rare	Common	Sometimes
Diarrhoea	Rare	No	Sometimes for Children
Sneezing	No	Common	No

Sources: World Health Organization, Centers for Disease Control and Prevention



Rialtas na hÉireann
Government of Ireland