



RETURN TO PLAY GUIDELINES

Phase 1 - RETURN TO MODIFIED TRAINING - INDIVIDUAL

Phase 2 - RETURN TO MODIFIED TRAINING - SMALL GROUPS

Phase 3 - RETURN TO MODIFIED GAMES

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CONTENT DISCLAIMER

The COVID-19 (Coronavirus) outbreak is an ongoing, rapidly developing situation. The Alberta Basketball Association (ABA) encourages its membership to monitor publicly available information and to always follow federal, provincial and local health organization guidance and government mandates. This information is intended to assist ABA members with guidance when dealing with return to play guidelines related to COVID-19.

In this document the term “phase” will identify with basketball specific content. The term “stage” will refer to the Government of Alberta Relaunch Strategy.

The information provided here in part is obtained from publicly available sources, including federal and provincial government entities and other leading trade associations and consultants. This information may vary and will be updated depending upon current situations.

Should any individual members, clubs and organizations wish to add stricter guidelines, measures and/or precautions they are able to do so for the basketball activity they oversee within their specific organization.

Further, the information contained herein are guidelines only and should not be construed as legal advice on any subject matter.

It is important to note that these guidelines were published using the information available from the Government of Alberta as of June 12, 2020. The Return to Sport, Physical Activity and Recreation – Stage 2 Guidelines is the main reference document and Canada Basketball’s: Back to Basketball - Return to Sport Guidelines for return to play protocols. Other applicable guidelines and resources are provided in Appendix 1 as the situation related to COVID-19 is ever changing.

**These guidelines have been updated as per the [Government of Alberta’s July 20th, 2020 update](#)*

RESPONDING TO CHANGING CONDITIONS

Due to the nature of the COVID-19 pandemic, we must be prepared to respond to changing conditions provincially, regionally and within our individual organizations. If health situations change, we may be required to return to a previous stage of the Government of Alberta Guidelines, which could result in the ceasing of on court activities. As Alberta Health Services (AHS) monitors the provincial progression through Alberta’s Relaunch Strategy, we expect that they will continue to advise sport organizations on how they can lead their sport through the stages of relaunch. ABA will provide the applicable health and safety guidelines that should be implemented in order to safely move from one phase of the Return to Play Guidelines to the next.

If public health restrictions should be reinstated and basketball activity is no longer permissible or we must return to a previous phase, ABA will communicate with our individual member organizations. Changes will also be posted on the ABA website and social media accounts.



INTRODUCTION

In Alberta we are fortunate to have organized sport during these times. We all have a shared responsibility to ensure the safety of all participants, it is essential that all of the “Return to Play Guidelines” are followed. The basketball community has the responsibility to protect ourselves and our participants from COVID-19 by promoting the practice of good hygiene, physical distancing and monitoring for symptoms throughout our programming and activities.

The ABA Return to Play Guidelines are developed in accordance with the Government of Alberta guidelines to support the safe return of basketball activities as permitted through the Stages of Alberta’s Relaunch Strategy. This document is meant to assist the basketball community in understanding their responsibilities in providing a reasonable standard of care while facilitating basketball programming to their registrants, coaches, volunteers and staff.

Compliance

In order to comply with ABA Return to Play requirements please complete the following steps:

Step 1: Register as an ABA Member. Please contact the office for more information info@basketballalberta.ca.

[ABA Organization Registration](#)

Ensure all participants have an [ABA Individual Registration](#)

Step 2: Complete and submit the following forms to info@basketballalberta.ca:

- A. [Club Risk Assessment and Mitigation Checklist Tool](#)
- B. [Declaration of Compliance](#)
- C. [Training/Cohort Activity Plan & Cohort Listing](#)

Step 3: At each of your training/cohort sessions, complete the following forms:

- A. [Daily Contact Tracing Log](#)
- B. Daily Attestation Waiver
 - a. [For Children Under 18](#)
 - b. [For Adults 18 years and older](#)
- C. [Event Participation Waiver*](#)

*to be completed once prior to the program/event

Timelines For Return to Play

The timelines related to the Multi - Phases for Return to Play Guidelines are subject to all Conditions for return to basketball being met and that they continue to remain in place. ABA’s phases to Return to Play are subject to and aligned with [Alberta’s Relaunch Strategy](#).



PLANNING FOR RAPID RESPONSE

An individual participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials or volunteers of:

- the reason for missing a practice or game,
- if they are pursuing COVID-19 testing, or
- the results of a COVID-19 test.

Below are some answers to your questions:

If an attendee becomes sick ([see Symptoms](#)) while participating, the following requirements apply:

- While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.
- The individual should arrange, with assistance from team officials or the facility as necessary, for immediate transportation to their home/residence to begin isolation. Public transportation like buses, taxis or ride sharing should be avoided. Refer to the [Guidance for Taxis, Limos and Rideshares and Commuting](#).
- Once a sick individual has left the facility or event, facility staff should clean and disinfect all surfaces and areas that the individual may have come into contact with. Provided that the guidance in this document is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group or mini-league, in the event that an individual becomes sick.
- Team officials should immediately consider and record the names of all participants in which the sick individual has been in contact. This information may be necessary to assist public health officials if the sick individual later tests positive for COVID-19.
- Provided that the guidance in this document is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group or mini-league, in the event that an individual becomes sick.

If an attendee receive information about being in close contact with someone who has tested positive for COVID-19

- You are legally required to quarantine for 14 days from the time you were exposed and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19.
- If you become sick with a [known COVID-19 symptom](#) during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

A close contact of a person infected with COVID-19 is someone who:

- provides care, lives with, or has close physical contact without appropriate use of personal protective equipment, or
- comes into direct contact with infectious body fluids
- comes within 2 metres of them for more than 15 minutes

If an attendee receive information about testing positive with COVID-19

- You are legally required to isolate for 10 days minimum if you have tested positive for COVID-19.
- Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

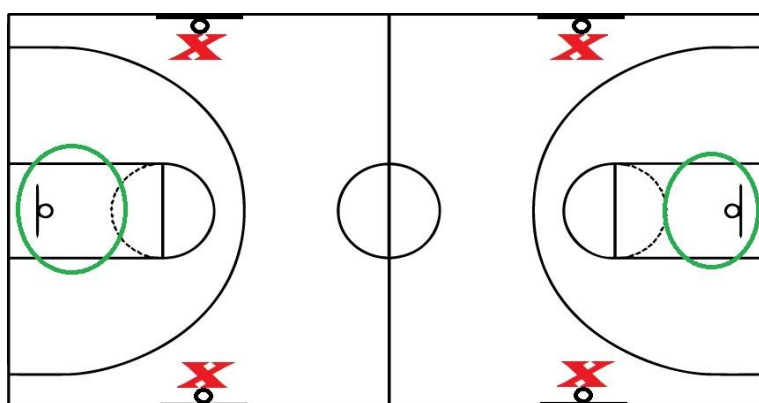
If an club/organization/cohort receive information about an attendee testing positive with COVID-19

- If Alberta Health Services identifies a confirmed case of COVID-19 that was infectious while attending an event you organized, AHS will contact you (the event organizer) and direct you to notify all attendees who are considered exposed to COVID-19.
- To support event organizers in managing this notification, we – AHS – will provide you with [written notification that you will be directed to send to all event attendees](#), by email, within 24 hours of AHS directing you to do so.
- Where email addresses are not available and more rapid email notification is not possible, AHS will continue to make phone calls where necessary. AHS will also continue to directly notify close contacts of cases who were exposed outside of any event.
- This change will improve the efficiency of the close contact notification process for events that have high risk of rapid spread of illness, such as sports tournaments, weddings, church socials and other gatherings of 10 or more people.

For more information and day to day details see the [Government of Alberta's: Guidance for Sport, Physical Activity and Recreation](#) and [Government of Alberta's isolation and quarantine requirements](#).

ABA PHASE 1 - RETURN TO MODIFIED TRAINING - INDIVIDUAL

In this phase, basketball participants will be able to train one-to-one indoors between a coach and an athlete as long as a three metre distance is maintained. ABA recommends that there is only one training group of 1:1 at each end basket; no more than two training groups per court - Please see the example diagram below



- Individual strength and conditioning continues (as per Return to Modified Training - Individual guidelines)
- Small group skills and drills development:
 - Maximum 45 min to 1 hour per session.
- Sessions are encouraged to initially be scheduled closer to the lower end of the range to gradually build up an athlete's basketball fitness.
- No sharing of equipment ("One player, one ball, one basket"); no passing.
- Non-contact training.
- Physical distancing (3 metres/9 feet) measures maintained.
- Adhere to local public gathering restrictions
- No competition (individual shooting/dribbling challenges at own baskets permitted). Players must retrieve their own basketball or use alternative methods (ie. avoid touching with hands, use feet etc.) to return basketballs to fellow players.
- No spectators.
- Reminder the maximum number in this phase is restricted to one player per basket (maximum 2 in a gym), with one coach supervising and to maintain physical distancing in adherence.
- Participants (athletes/coaches/trainers) should wear masks at all times.

Phase 1 – Return to Modified Training - Individual

PERMITTED ACTIVITIES	PROHIBITED ACTIVITIES
Small group training with 1:1 coach to player	Small group training and team practices
Individual skill training	Mini-Leagues/Cohorts (50 people)
No age restrictions player programs	Games/Scrimmages
	Tournaments

Conditions for Return to Play: Phase 1 - Return to Modified Training - Individual

Before Phase 1 – Return to Modified Training - Individual may occur in Alberta if all the following conditions are met and maintained;

External Conditions

1. The Federal & Provincial Governments ease lockdown restrictions in Alberta.
2. The Government of Alberta's Relaunch Strategy, indicates at which stage organized sport is permitted and under what conditions.
3. Municipal Governments allow organized sport to access outdoor courts and indoor facilities (Municipal owned or Private).
4. ABA's Return to Play Guidelines are deemed compliant to Provincial Health Regulations as determined by:
 - The Government of Alberta
 - Canada Basketball
 - ABA's Insurance Provider

Internal Conditions

1. Individual members, clubs and organizations are required to complete the [Club Risk Assessment and Club Mitigation Checklist Tool](#), to receive feedback on identified risks.
2. Individual members, clubs and organizations are not sanctioned for return to basketball activities without having completed the above conditions.

Operational Guidelines For Phase 1

ABA, in consultation with Canada Basketball and the Government of Alberta , continues to monitor the most recent developments surrounding the Coronavirus (COVID-19) pandemic. To support our game moving forward and taking into consideration the most up to date information and recommendations, the following health and safety guidelines are required for a phased-in Return to Play.

General Activity Requirements - Phase 1

All Phase 1 basketball activities must comply with these basic safety requirements. To find up to date details refer to the [Government of Alberta website](#).

Requirement	Description / Application
Oversight	<ul style="list-style-type: none"> • The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to. This individual should be knowledgeable of how COVID-19 is transmitted and the guidelines for Return to Modified Games. • Individuals exhibiting symptoms of COVID-19 must be sent home immediately.

Physical Distancing	<ul style="list-style-type: none"> The activity must comply with current Physical Distancing Restrictions issued by the Government of Alberta Individuals must maintain physical distancing of at least 2 meters from others, unless they are from the same household, cohort family Drop off and pick up protocol should be clearly mapped out with protocols for entering and exiting communications and marked to ensure social distancing requirements are maintained. No loitering before and after training is permitted.
Outdoor Gatherings	<ul style="list-style-type: none"> The activity must comply with current outdoor gathering restrictions issued by the Government of Alberta.
Spectators & Parents	<ul style="list-style-type: none"> No spectators except for parents and guardians where necessary for player support
Hygiene	<ul style="list-style-type: none"> Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants. Activity organizers must ensure participant compliance with all hygiene measures. No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.
First Aid & Rapid Response	<ul style="list-style-type: none"> Activity organizers must ensure personal protective equipment is immediately available if first aid treatment is required. Recommendation that a family member attend to an injured player, if available. If not possible, the attending person must wear medical gloves and a mask when 2 metre distance cannot be maintained. A Rapid Response Plan must be in place to manage symptomatic participants, spectators, and staff.

Organizational Guidelines - Phase 1

In addition to General Activity Requirements, organizations providing individual training must abide by these guidelines for organizing and implementing any basketball activity.

Requirement	Description / Application
Waivers & Declarations	<ul style="list-style-type: none"> All Participants (or parents/guardians if under 18 years of age) must sign the Event Participation Waiver prior to activity and, Sign a Daily Attestation prior to participating in any sanctioned basketball activity
Scheduling & Event Management	<ul style="list-style-type: none"> Activities must be scheduled to allow sufficient time between activities to avoid any overlap of players on the court and/or congestion during pick-up / drop-off as well as facility disinfectant. Entrances and exits should be clearly identified to encourage social distancing. Participants must arrive dressed for play & immediately depart at the end of the activity.
Parents / Guardians & Carpooling	<ul style="list-style-type: none"> Parents/Guardians must drop off & pick-up their child at the established entrances and exits. For safety reasons, parents may be asked to remain nearby in vehicles and/or designated areas. Designated areas must adhere to group size and physical distancing guidelines.

	<ul style="list-style-type: none"> Participants should only carpool with individuals from their household or cohort family.
Spectators	<ul style="list-style-type: none"> No spectators except for parents and guardians where necessary for player support.
Coaches	<ul style="list-style-type: none"> Only persons 18 or over may be responsible for overseeing basketball activity. Coaches must enforce strict attendance rules ensuring guidelines are followed. Please note local and facility guidelines on the use of masks and follow accordingly.
Equipment	<ul style="list-style-type: none"> If possible, equipment should be assigned to an individual and not shared. Any equipment that is shared and/or handled by hand should be cleaned and sanitized both before and after every session. Recommended that sanitization stations be made available at entrances and exits to ensure individuals sanitize personal equipment (balls, shoes) before and after sessions. Participants who bring their own equipment should be instructed to disinfect their items prior to and after sessions.
Use of Equipment in Training & Play	<ul style="list-style-type: none"> Use cones and signage to identify physical barriers for entry and exit, session activities, and for player drop-off & pick-up to ensure 2 metre physical distancing is maintained. Set-Up: Coaches must take charge of set up and collection of their equipment. Use of: Exercise caution with any and all equipment that is being used. Players should bring their own, sanitized ball to training sessions. Activities must not include the sharing of common equipment, unless the individuals are from the same household. Sanitize: Clean and disinfect equipment prior to and after every session. Balls must be cleaned prior to and after every activity.
Food, Water & Personal Items	<ul style="list-style-type: none"> No sharing of water bottles or communal water coolers; Individual participants must bring their own water. Snacks should be discouraged, however if allowed, participants may only consume food brought from their own household. Personal items should not be shared.
Personal Protective Equipment	<ul style="list-style-type: none"> Provide your staff/coaches with any protective items required by the health authorities and ensure that each member of your staff washes and/or sanitizes their hands regularly. Participants (athletes/coaches/trainers) should wear masks at all times.
Hygiene	<ul style="list-style-type: none"> Encourage participants to bring their own hand sanitizer containing >60% alcohol to training. All participants should follow proper respiratory etiquette (sneezing/coughing into crook of elbow; no spitting, no clearing of nasal passages; cough or sneeze into tissue) Participants should refrain from touching eyes, nose, mouth, or face with hands. Recommend that participant shoes are sanitized before and after basketball.

Health Check	<ul style="list-style-type: none"> • Verbal health checks for symptoms must be completed prior to every session, including coaches, trainers, managers, and players as per a “COVID-19 symptoms checklist” to ensure they are not experiencing any symptoms related to COVID-19. • If an individual is exhibiting symptoms related to COVID-19 (of fever, cough, shortness of breath, runny nose or sore throat), they must be sent home immediately. • They are not permitted to return to basketball activity for 14 days from the day they last experienced symptoms unless a recent, negative COVID-19 test result is provided.
Contact Tracing	<ul style="list-style-type: none"> • Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every basketball activity and be available to be accessed quickly to ensure efficient contact tracing. • Contact tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 14 days (2 weeks). • Reasonable security arrangements must be in place to protect personal information collected for contact tracing purposes, including safe disposal.
Response Plan	<ul style="list-style-type: none"> • Activity organizers should develop a Rapid Response Plan to manage symptomatic individuals at their activity. • Plans should include (1) how individuals will be safely isolated, (2) how they will travel home, (3) conditions for when activity will be suspended or temporarily cancelled (3) cleaning & disinfecting of equipment (4) hygiene for remaining participants, and (5) communication protocols for reporting symptomatic individual. • Facilities are encouraged to use Government of Canada approved cleaning products

Facility and Office Guidelines - Phase 1

ABA members, organizations and affiliated clubs who own facilities and/or operate office space must familiarize themselves with and abide by Alberta’s [Workplace Guidance for Business Owners](#) and [Indoor Sport, Physical Activity, and Recreation Guidelines](#) as related to operating a facility and/or office space. The chart below provides a very basic summary of applicable guidelines and is not exhaustive. Basketball organizations who operate facilities or maintain office spaces should conduct a hazard assessment to identify existing and potential hazards related to COVID-19.

Requirement	Description / Application
Communication	<ul style="list-style-type: none"> • Notify workers, volunteers and patrons of the steps being taken to prevent the risk of transmission of infection, and the importance of their roles in these measures. • Post appropriate signs throughout the space, where possible, noting expectations around physical distancing, hand hygiene, cough/sneeze etiquette, sanitizing practices, no loitering, etc. • Please note local and facility guidelines on the use of masks and follow accordingly.

Workers and Volunteers	<ul style="list-style-type: none"> • Implement daily screening of staff and volunteers for symptoms of fever, sore throat, cough, runny nose or difficulty breathing. • Maintain contact tracing records for all staff and volunteers. Records must be maintained for a minimum of 14 days (2 weeks). • Provide personal protective equipment to workers and volunteers and provide training on how to use it properly. • Educate staff and volunteers on how COVID-19 is transmitted, how to reduce transmission, and the basic safety requirements outlined in this document.
Prevention	<ul style="list-style-type: none"> • Do not allow individuals exhibiting COVID-19 symptoms to enter the facility. • Ask participants to complete the COVID-19 self-screening prior to entering your facility. • Soap or hand sanitizer must be made available to all people in various locations throughout your facility. • Promote physical distancing by limiting capacity in areas throughout the facility and/or making public gathering areas inaccessible. • Limit time spent at the court by asking participants to arrive no more than 5-10 minutes before activity, leave immediately after activity; no loitering. • Use markings on the ground to indicate proper distancing from staff. • Frequently clean and disinfectant all surfaces, including counters, door handles, benches, etc. and document the time and which specific areas were cleaned. • Close all water fountains and ask that all players bring their own refreshments and do not share water bottles.

ABA PHASE 2 - RETURN TO MODIFIED TRAINING - SMALL GROUPS

In this phase, basketball organizations will be able to train in small groups with a maximum of two players per hoop with one coach for every two baskets. Phase 2 is recommended as best practices for commencement of return to play. When teams/organizations (in cohorts) are ready to move forward to Phase 3 - Return to Modified Games they may do so.

- Individual strength and conditioning continues (as per Return to Modified Training - Individual guidelines)
- Small group skills and drills development:
 - Maximum 1 hour to 1.5 hours per session.
 - Sessions are encouraged to initially be scheduled closer to the lower end of the range to gradually build up an athlete's basketball fitness.
- No sharing of equipment ("One player, one ball"); no passing.
- Two players/basket (not sharing a ball and staying at the same basket with the same partner).
- Non-contact training.
- Participants may wear masks when they are not engaging in intense physical activity.
- Physical distancing (2 metres / 6 feet) measures maintained.
- Adhere to local public gathering restrictions:
 - Consistent training groups (to allow for contact tracing).
 - 6 players + 2 coaches (2 separate groups).
- No competition (shooting / dribbling challenges at own baskets permitted). Players must retrieve their own basketball or use alternative methods (ie. avoid touching with hands, use feet etc.) to return basketballs to fellow players.
- No spectators.
- Reminder the maximum number in this phase is restricted to 2 players per basket and maintaining physical distancing plus one coach for every two baskets and adherence to local gathering restrictions

Organizations must be aware of which activities are permitted or prohibited in each Return to Play Phase.

Phase 2 – Return to Modified Training - Small Groups

PERMITTED ACTIVITIES	PROHIBITED ACTIVITIES
Small group training with 2 players per basket	Mini-Leagues/Cohorts (50 people)
Individual skill training	Games/Scrimmages
No age restrictions player programs	Tournaments

Conditions for Return to Play: Phase 2 - Return to Modified Training - Small Groups

Before Phase 2 – Return to Modified Training - Small Groups may occur in Alberta if all the following conditions are met and maintained;

External Conditions

1. The Federal & Provincial Governments ease lockdown restrictions in Alberta.
2. The Government of Alberta's Relaunch Strategy, indicates at which stage organized sport is permitted and under what conditions.
3. Municipal Governments allow organized sport to access outdoor courts and indoor facilities (Municipal owned or Private).
4. ABA's Return to Play Guidelines are deemed compliant to Provincial Health Regulations as determined by:
 - The Government of Alberta
 - Canada Basketball
 - ABA's Insurance Provider

Internal Conditions

1. Individual members, clubs and organizations are required to complete the [Club Risk Assessment and Club Mitigation Checklist Tool](#), to receive feedback on identified risks.
2. Individual members, clubs and organizations are not sanctioned for return to basketball activities without having completed the above conditions.

Operational Guidelines For Phase 2

ABA, in consultation with Canada Basketball and the Government of Alberta , continues to monitor the most recent developments surrounding the Coronavirus (COVID-19) pandemic. To support our game moving forward and taking into consideration the most up to date information and recommendations, the following health and safety guidelines are required for a phased-in Return to Play.

General Activity Requirements - Phase 2

All Phase 2 basketball activities must comply with these basic safety requirements.

Requirement	Description / Application
Oversight	<ul style="list-style-type: none"> • The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to. This individual should be knowledgeable of how COVID-19 is transmitted and the guidelines for Return to Modified Games. • Individuals exhibiting symptoms of COVID-19 must be sent home immediately

Physical Distancing	<ul style="list-style-type: none"> The activity must comply with current Physical Distancing Restrictions issued by the Government of Alberta Individuals must maintain physical distancing of at least 2 meters from others, unless they are from the same household, cohort family Drop off and pick up protocol should be clearly mapped out with protocols for entering and exiting communications and marked to ensure social distancing requirements are maintained. No loitering before and after training is permitted.
Outdoor Gatherings	<ul style="list-style-type: none"> The activity must comply with current outdoor gathering restrictions issued by the Government of Alberta. A maximum of 200 attendees are permitted for outdoor seated/audience events/settings; and A maximum of 100 attendees are permitted for outdoor social gatherings, including attendees, staff and volunteers.
Spectators & Parents	<ul style="list-style-type: none"> No spectators except for parents and guardians where necessary for player support
Hygiene	<ul style="list-style-type: none"> Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants. Activity organizers must ensure participant compliance with all hygiene measures. No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.
First Aid & Rapid Response	<ul style="list-style-type: none"> Activity organizers must ensure personal protective equipment is immediately available if first aid treatment is required. Recommendation that a family member attend to an injured player, if available. If not possible, the attending person must wear medical gloves and a mask when 2 metre distance cannot be maintained. A Rapid Response Plan must be in place to manage symptomatic participants, spectators, and staff.

Organizational Guidelines - Phase 2

In addition to General Activity Requirements, organizations providing modified training - small groups must abide by these guidelines for organizing and implementing any basketball activity.

Requirement	Description / Application
Waivers & Declarations	<ul style="list-style-type: none"> All Participants (or parents/guardians if under 18 years of age) must sign the Event Participation Waiver prior to activity and, Sign a Daily Attestation prior to participating in any sanctioned basketball activity
Scheduling & Event Management	<ul style="list-style-type: none"> Activities must be scheduled to allow sufficient time between activities to avoid any overlap of players on the court and/or congestion during pick-up / drop-off as well as facility disinfectant. Entrances and exits should be clearly identified to encourage social distancing. Participants must arrive dressed for play & immediately depart at the end of the activity.

Parents / Guardians & Carpooling	<ul style="list-style-type: none"> Parents/Guardians must drop off & pick-up their child at the established entrances and exits. For safety reasons, parents may be asked to remain nearby in vehicles and/or designated areas. Designated areas must adhere to group size and physical distancing guidelines. Participants should only carpool with individuals from their household or cohort family.
Spectators	<ul style="list-style-type: none"> No spectators except for parents and guardians where necessary for player support.
Coaches	<ul style="list-style-type: none"> Only persons 18 or over may be responsible for overseeing basketball activity. Coaches are subject to sport cohort restrictions unless they maintain 2 metres physical distance from all members of the cohort. Coaches must enforce strict attendance rules ensuring sport cohort guidelines are followed. Please note local and facility guidelines on the use of masks and follow accordingly
Equipment	<ul style="list-style-type: none"> If possible, equipment should be assigned to a single team and not shared between teams. Any equipment that is shared and/or handled by hand should be cleaned and sanitized both before and after every session. Recommended that sanitization stations be made available at entrances and exits to ensure individuals sanitize personal equipment (balls, shoes) before and after sessions. Participants who bring their own equipment should be instructed to disinfect their items prior to and after sessions.
Use of Equipment in Training & Play	<ul style="list-style-type: none"> Use cones and signage to identify physical barriers for entry and exit, session activities, and for player drop-off & pick-up to ensure 2 metre physical distancing is maintained. Set-Up: Coaches must take charge of set up and collection of their equipment. Use of: Exercise caution with any and all equipment that is being used. Players should bring their own, sanitized ball to training sessions. Activities must not include the sharing of common equipment (except for basketball balls), unless the individuals are from the same household. Sanitize: Clean and disinfect equipment prior to and after every session. Balls must be cleaned prior to and after every activity.
Food, Water & Personal Items	<ul style="list-style-type: none"> No sharing of water bottles or communal water coolers; Individual participants must bring their own water. Snacks should be discouraged, however if allowed, participants may only consume food brought from their own household. Personal items should not be shared.
Personal Protective Equipment	<ul style="list-style-type: none"> Provide your staff/coaches with any protective items required by the health authorities and ensure that each member of your staff washes and/or sanitizes their hands regularly. Participants should wear masks when they are not engaging in intense physical activity.

Hygiene	<ul style="list-style-type: none"> • Encourage participants to bring their own hand sanitizer containing >60% alcohol to training. • All participants should follow proper respiratory etiquette (sneezing/coughing into crook of elbow; no spitting, no clearing of nasal passages; cough or sneeze into tissue) • Participants should refrain from touching eyes, nose, mouth, or face with hands. Recommend that participant shoes are sanitized before and after basketball.
Health Check	<ul style="list-style-type: none"> • Verbal health checks for symptoms must be completed prior to every session, including coaches, referees, trainers, managers, and players as per a “COVID-19 symptoms checklist” to ensure they are not experiencing any symptoms related to COVID-19. • If an individual is exhibiting symptoms related to COVID-19 (of fever, cough, shortness of breath, runny nose or sore throat), they must be sent home immediately. • They are not permitted to return to basketball activity for 14 days from the day they last experienced symptoms unless a recent, negative COVID-19 test result is provided.
Contact Tracing	<ul style="list-style-type: none"> • Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every basketball activity and be available to be accessed quickly to ensure efficient contact tracing. • Contact tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 14 days (2 weeks). • Reasonable security arrangements must be in place to protect personal information collected for contact tracing purposes, including safe disposal.
Response Plan	<ul style="list-style-type: none"> • Activity organizers should develop a Rapid Response Plan to manage symptomatic individuals at their activity. • Plans should include (1) how individuals will be safely isolated, (2) how they will travel home, (3) conditions for when activity will be suspended or temporarily cancelled (3) cleaning & disinfecting of equipment (4) hygiene for remaining participants, and (5) communication protocols for reporting symptomatic individual. • Facilities are encouraged to use Government of Canada approved cleaning products

Facility and Office Guidelines - Phase 2

ABA members, organizations and affiliated clubs who own facilities and/or operate office space must familiarize themselves with and abide by Alberta’s [Workplace Guidance for Business Owners](#), and [Indoor Sport, Physical Activity, and Recreation Guidelines](#) as related to operating a facility and/or office space. The chart below provides a very basic summary of applicable guidelines and is not exhaustive. Basketball organizations who operate facilities or maintain office spaces should conduct a hazard assessment to identify existing and potential hazards related to COVID-19.

Requirement	Description / Application
Communication	<ul style="list-style-type: none"> • Notify workers, volunteers and patrons of the steps being taken to prevent the risk of transmission of infection, and the importance of their roles in these measures. • Post appropriate signs throughout the space, where possible, noting expectations around physical distancing, hand hygiene, cough/sneeze etiquette, sanitizing practices, no loitering, etc. • Please note local and facility guidelines on the use of masks and follow accordingly.
Workers and Volunteers	<ul style="list-style-type: none"> • Implement daily screening of staff and volunteers for symptoms of fever, sore throat, cough, runny nose or difficulty breathing. • Maintain contact tracing records for all staff and volunteers. Records must be maintained for a minimum of 14 days (2 weeks). • Provide personal protective equipment to workers and volunteers and provide training on how to use it properly. • Educate staff and volunteers on how COVID-19 is transmitted, how to reduce transmission, and the basic safety requirements outlined in this document.
Prevention	<ul style="list-style-type: none"> • Do not allow individuals exhibiting COVID-19 symptoms to enter the facility. • Ask participants to complete the COVID-19 self-screening prior to entering your facility. • Soap or hand sanitizer must be made available to all people in various locations throughout your facility. • Promote physical distancing by limiting capacity in areas throughout the facility and/or making public gathering areas inaccessible. • Limit time spent at the court by asking participants to arrive no more than 5-10 minutes before activity, leave immediately after activity; no loitering. • Use markings on the ground to indicate proper distancing from staff. • Frequently clean and disinfectant all surfaces, including counters, door handles, benches, etc. and document the time and which specific areas were cleaned. • Close all water fountains and ask that all players bring their own refreshments and do not share water bottles.

ABA PHASE 3 – RETURN TO MODIFIED GAMES

In this phase, basketball clubs and organizations will be given the opportunity to train and play basketball games with the ability for organizations to allow physical contact within a “cohort” sporting group. Off the court, including sidelines and team benches, players, coaches and referees will still be required to maintain physical distancing.

Sport Cohort Defined

The Government of Alberta states, “individuals should limit the number of cohorts/mini-leagues they are involved in.” A Sport Cohort is currently defined as a closed, small group of no more than 50 individuals - consisting of players, referees*, coaches, trainers, and/or managers who do not maintain a physical distance of 2 metres at all times from the cohort group, and who participate in the same sport or activity, and remain together for the duration of Stage 2 of the Government of Alberta’s Relaunch Strategy. Sport cohorts do not need to keep 2 metres apart however, physical distancing should be practiced when not participating on court (i.e. on sidelines, before & after activities, etc.)

**Referees can be excluded by any one cohort if they meet the conditions that have been laid out. For more details please see the Organizational Guidelines - Phase 3 chart below.*

Tournaments and Travel

Where 2 metre physical distancing between individuals is maintained or the mini-league model is employed, travel for sport, physical and recreational activities is allowed.

Tournaments, races and competitive events are permitted for sport, physical activity and recreational activities where participants can maintain 2 metre physical distancing at all times, or they follow the minileague model.

- If 2 metres distance or the mini-league model are not options, the tournament/event is not permitted.
- Tournament/events that compel a new cohort team to be formed for a short period (e.g., a weekend) are not permitted at this time.

Phase 3 Modifications

- Individual and group strength and conditioning continues
- Whole team is permitted to practice
- Divide the whole team (cohort of up to 50 people - including players, referees, coaching & training staff) into small, cohort groups for skills/concept development.
 - Maximum 2 hours per session
 - Cohort training groups for phase (to allow for contact tracing)
 - Eg. 2 baskets, 12 players + 2 coaches (2 separate groups of 6 players + 1 coach)
 - Eg. 4 baskets, 24 players + 4 coaches (4 separate groups of 6 players + 1 coach)
 - Drills or activities could include:
 - Partner shooting, small sided games, 5v0 play
 - Internal 3x3 drills / competition begins in preparation for internal 5v5 competition.
 - Team divided in 2 training groups eg. team of 12 divided into 4 teams of 3.

- Team A vs. Team B (cohort) and Team C vs. Team D (cohort)
 - Internal 5v5 competition begins in preparation for cohort competition.
 - Appropriate warm up / cool down
- Sharing of equipment within only the divided teams/cohort groups begins; passing allowed.
- Physical distancing no longer required within divided teams; however, when possible is recommended (i.e. water/nutrition break, timeouts etc.).
- Participants should wear masks when they are not engaging in intense physical activity.
- Essential basketball team staff/personnel only permitted in the gym, as determined on a team-by-team basis.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g., courts). Physical distancing of minimum 2 metres should be maintained by spectators/attendee at all times, unless from the same households or cohort family. Up to a maximum of 100 seated spectators are allowed, provided a distance of 2 metres between attendees from different households/cohort families is maintained. It is strongly recommended that all spectators wear masks, especially in an indoor setting. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.

Phase 3 – Return to Modified Games

PERMITTED ACTIVITIES	PROHIBITED ACTIVITIES
Within the confines of Sport Cohort Guidelines	
Training, Scrimmages, and/or Games	Games/Scrimmages outside of cohort
Mini-Leagues/Cohorts (MAX 50 people)	
No age restrictions player programs	
Individual skill training	
Games/Scrimmages	
Tournaments	

Conditions for Return to Play: Phase 3 - Return to Modified Games

Before Phase 3 – Return to Modified Games may occur in Alberta, all the following conditions must be met and maintained;

External Conditions

1. The Federal & Provincial Governments ease lockdown restrictions in Alberta.
2. The Government of Alberta's Relaunch Strategy, indicates at which stage organized sport is permitted and under what conditions - including further clarification regarding cohort guidelines and regional quadrants.
3. Municipal Governments allow organized sport to access outdoor courts and indoor facilities (Municipal owned or Private).
4. ABA's Return to Play Guidelines are deemed compliant to Provincial Health Regulations as determined by:
 - The Government of Alberta
 - Canada Basketball
 - ABA's Insurance Provider

Internal Conditions

Step 1: Register as an ABA Member. Please contact the office for more information info@basketballalberta.ca.

- A. [ABA Organization Registration](#)
- B. Ensure all participants have an [ABA Individual Registration](#)

Step 2: Complete and submit the following forms to info@basketballalberta.ca:

- A. [Club Risk Assessment and Mitigation Checklist Tool](#)
- B. [Declaration of Compliance](#)
- C. [Training/Cohort Activity Plan & Cohort Listing](#)

Step 3: At each of your training/cohort sessions, complete the following forms:

- A. [Daily Contact Tracing Log](#)
- B. Daily Attestation Waiver
 - a. [For Children Under 18](#)
 - b. [For Adults 18 years and older](#)
- C. [Event Participation Waiver](#)*

*to be completed once prior to the program/event

Operational Guidelines For Phase 3

ABA, in consultation with Canada Basketball and the Government of Alberta, continues to monitor the most recent developments surrounding the Coronavirus (COVID-19) pandemic. To support our game moving forward and taking into consideration the most up to date* information and recommendations, the following health and safety guidelines are required for a phased-in return to basketball.

General Activity Requirements - Phase 3

All Phase 3 basketball activities must comply with these basic safety requirements.

Requirement	Description / Application
Oversight	<ul style="list-style-type: none"> The activity must be overseen by a responsible person(s) over the age of 18 who must ensure public health guidelines are adhered to. This individual should be knowledgeable of how COVID-19 is transmitted and the guidelines for Return to Modified Games. Individuals exhibiting symptoms of COVID-19 must be sent home immediately

Physical Distancing	<ul style="list-style-type: none"> • The activity must comply with current Physical Distancing Restrictions issued by the Government of Alberta. • Individuals must maintain a physical distance of at least 2 meters from others, unless they are from the same household, cohort family, or sport cohort. • Drop off and pick up protocol should be clearly mapped out with protocols for entering and exiting communications and marked to ensure social distancing requirements are maintained. No loitering before and after training is permitted.
Outdoor Gatherings	<ul style="list-style-type: none"> • The activity must comply with current outdoor <u>gathering restrictions</u> issued by the Government of Alberta. • Outdoor gatherings are limited to a total of 200 seated people with physical distancing restrictions in place.
Sport Cohorts	<ul style="list-style-type: none"> • Individuals should limit the number of cohorts/mini-leagues they are involved in. • The activity must be limited to an identified sport cohort of a maximum of 50 unique participants. • A sport cohort is defined as a closed, small group of no more than 50 individuals who participate in the same sport or activity, and remain together for the duration of Stage 2
Spectators & Parents	<ul style="list-style-type: none"> • Facilities may have their own protocols for spectator allowance, if spectators are admitted to a facility, please see the Government of Alberta's guidance below: • Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g., courts). • Physical distancing of minimum 2 metres should be maintained by spectators/attendee at all times, unless from the same households or cohort family. • Up to a maximum of 100 seated indoor spectators are allowed, provided a distance of 2 metres between attendees from different households/cohort families is maintained. • All spectators should wear masks, especially in an indoor setting. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.
Hygiene	<ul style="list-style-type: none"> • Activity organizers must communicate appropriate <u>hygiene measures</u> for the activity in advance to all participants. • Activity organizers must ensure participant compliance with all hygiene measures. • No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.

Screening & Rapid Response Plan	<ul style="list-style-type: none"> Consider implementing active screening of attendees (where applicable) for COVID-19 symptoms, <ul style="list-style-type: none"> Operators may choose to use Alberta Health Daily Checklist. The Alberta Health Services COVID-19 Self-Assessment tool can be used by attendees. Any attendee exhibiting any symptoms cannot enter the facility or participate in outdoor activities operated by the facility. A rapid response plan sets out a fast-action plan for operators when an attendee shows symptoms or tests positive for COVID-19. <ul style="list-style-type: none"> Operators should develop a plan that includes appropriate policies and procedures based on the type of attendees specific to their services and settings. Staff should be familiar with and follow the rapid response plan if an attendee starts feeling symptoms. This should include: <ul style="list-style-type: none"> Immediately isolating the attendee from others. Requiring hand hygiene and masking of the attendee. Cleaning and disinfecting all surfaces with which the symptomatic attendee may have come into contact.
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Organizational Guidelines - Phase 3

In addition to General Activity Requirements, organizations providing modified games must abide by these guidelines for organizing and implementing any basketball activity.

Requirement	Description / Application
Waivers & Declarations	<ul style="list-style-type: none"> All participants (or parents/guardians if under 18 years of age) must sign the Event Participation Waiver and complete a Daily Attestation prior to participating in any sanctioned basketball activity. These forms must be supplied to the club/organization/cohort at registration and be kept on-site and available to be produced to ABA upon request. Recorded copies of the executed forms must be kept with the club/organization/cohort for a minimum of 14 days as per Government of Alberta Guidelines. Best practices suggest these documents be retained for up to a minimum of three years. Templates for these forms can be found at the end of this document.
Scheduling & Event Management	<ul style="list-style-type: none"> Activities must be scheduled to allow sufficient time between activities to avoid any overlap of players on the court and/or congestion during pick-up / drop-off. Entrances and exits should be clearly identified to encourage social distancing. Participants must arrive dressed for play & immediately depart at the end of the activity. Designated areas for spectators and parents/guardians must be clearly identified in compliance with physical distancing requirements and gather size limits. No loitering before and after activity.

Parents / Guardians & Carpooling	<ul style="list-style-type: none"> Parents/Guardians must drop off & pick-up their child at the established entrances and exits. For safety reasons, parents may be asked to remain nearby in vehicles and/or designated areas. Designated areas must adhere to group size and physical distancing guidelines. Participants should only carpool with individuals from their household or cohort family.
Spectators	<ul style="list-style-type: none"> Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g., fields of play, courts, ice surfaces). Physical distancing of minimum 2 metres should be maintained by spectators at all times, unless from the same household or cohort. In Stage 2, with 2 metres of distance maintained between members of different households (with the exception of cohort families), the following capacity restrictions apply: <ul style="list-style-type: none"> A maximum of 200 spectators are permitted for outdoor seated/audience events/settings. A maximum of 100 spectators are permitted for indoor events/settings. Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets. All spectators should wear masks.
Sport Cohorts	<ul style="list-style-type: none"> Individuals should limit the number of cohorts/mini-leagues they are involved in. When playing a sport or engaging in a physical activity that involves or requires multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a cohort. The cohort should always include only the same people. <ul style="list-style-type: none"> Cohorts limit the risk of disease transmission because they reduce the number of people with whom players/participants have close contact. More information on cohorts is available here. The maximum number of individuals that can form a cohort is 50. <ul style="list-style-type: none"> The 50-person maximum includes any coaches/staff, instructors, participants, officials, and volunteers who consistently and routinely engage with participants at a distance of less than 2 metres. Coaches, staff and officials who primarily interact with individuals or teams at a distance of 2 metres or greater do not need to be counted as part of the cohort. These individuals are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohorting participants at a distance of less than 2 metres. Transportation to and from activities should be arranged so that only cohort members, or members from the same household, share rides.
Mini-Leagues: Cohorting Participants	<ul style="list-style-type: none"> 50-person mini-leagues can be formed for sports, physical activity and recreation that involve physical interaction of participants at a distance of less than 2 metres. A mini-league can consist of multiple teams, but to a maximum of 50 individuals. <ul style="list-style-type: none"> Game play should be limited to teams in the same mini-league. Teams that belong to other mini-leagues should not play each other.

	<ul style="list-style-type: none"> • Individuals should limit the number of cohorts/mini-leagues they belong to. • If an individual or team member wishes to change cohorts/mini-leagues, they should not participate in a new cohort activity for 14 days (this reflects the incubation period of the virus). • If a mini-league comes to completion during Stage 2, a new mini-league composed of new cohort teams may be formed, provided that there is a 14-day period between completion of play in the old mini-league and the beginning of the new mini-league. • It is recommended that mini-leagues appoint a responsible person whose role is to ensure cohort rules and other public health guidance are followed.
Travel	<ul style="list-style-type: none"> • Where 2 metre physical distancing between individuals is maintained or the mini-league model is employed, travel for sport, physical and recreational activities is allowed.
Tournaments	<ul style="list-style-type: none"> • Tournaments, races and competitive events are permitted for sport, physical activity and recreational activities where participants can maintain 2 metre physical distancing at all times, or they follow the minileague model. <ul style="list-style-type: none"> ◦ If 2 metres distance or the mini-league model are not options, the tournament/event is not permitted. ◦ Tournament/events that compel a new cohort team to be formed for a short period (e.g., a weekend) are not permitted at this time.
Coaches	<ul style="list-style-type: none"> • Only persons 18 or over may be responsible for overseeing basketball activity. • Coaches are subject to sport cohort restrictions unless they maintain 2 metres physical distance from all members of the cohort. • Coaches must enforce strict attendance rules ensuring sport cohort guidelines are followed.
Referees	<ul style="list-style-type: none"> • In order to not be counted towards a sport cohort, referees should maintain 2 metres physical distance from all members of the cohort. • A referee should clean and sanitize equipment (whistle) before and after each game. Uniforms should be washed between games.
Equipment	<ul style="list-style-type: none"> • If possible, equipment should be assigned to a single team and not shared between teams. • Any equipment that is shared and/or handled by hand should be cleaned and sanitized both before and after every session. • Recommended that sanitization stations be made available at entrances and exits to ensure individuals sanitize personal equipment (balls, shoes) before and after sessions. • Participants who bring their own equipment should be instructed to disinfect their items prior to and after sessions.

Use of Equipment in Training & Play	<ul style="list-style-type: none"> • Use cones and signage to identify physical barriers for entry and exit, session activities, and for player drop-off & pick-up to ensure 2 metre physical distancing is maintained. • Set-Up: Coaches must take charge of set up and collection of their equipment. • Use of: Exercise caution with any and all equipment that is being used. • Players are encouraged to bring their own, sanitized ball to training sessions. • Activities must not include the sharing of common equipment (except for basketball balls), unless the individuals are from the same household. • Sanitize: Clean and disinfect equipment prior to and after every session. Game balls must be cleaned prior to and after every game.
Food, Water & Personal Items	<ul style="list-style-type: none"> • No sharing of water bottles or communal water coolers; Individual participants must bring their own water. • Snacks should be discouraged, however if allowed, participants may only consume food brought from their own household. • Personal items should not be shared.
Personal Protective Equipment	<ul style="list-style-type: none"> • Provide your staff/coaches with any protective items required by the health authorities and ensure that each member of your staff washes and/or sanitizes their hands regularly. • Participants may wear masks when they are not engaging in intense physical activity.
Hygiene	<ul style="list-style-type: none"> • Encourage participants to bring their own hand sanitizer containing >60% alcohol to training. • All participants should follow proper respiratory etiquette (sneezing/coughing into crook of elbow; no spitting, no clearing of nasal passages; cough or sneeze into tissue) • Participants should refrain from touching eyes, nose, mouth, or face with hands. Recommend that participant shoes are sanitized before and after basketball.
Health Check	<ul style="list-style-type: none"> • Health checks for symptoms must be completed prior to every session, including coaches, referees, trainers, managers, and players as per a "COVID-19 symptoms checklist" to ensure they are not experiencing any symptoms related to COVID-19. • If an individual is exhibiting symptoms related to COVID-19 (of fever, cough, shortness of breath, runny nose or sore throat), they must be sent home immediately. • They are not permitted to return to basketball activity for 14 days from the day they last experienced symptoms unless a recent, negative COVID-19 test result is provided.
Contact Tracing	<ul style="list-style-type: none"> • Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every basketball activity and be available to be accessed quickly to ensure efficient contact tracing. • Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 14 days (2 weeks). • Reasonable security arrangements must be in place to protect personal information collected for contact tracing purposes, including safe disposal.

Response Plan	<ul style="list-style-type: none"> Activity organizers should develop a Rapid Response Plan to manage symptomatic individuals at their activity. Plans should include (1) how individuals will be safely isolated, (2) how they will travel home, (3) conditions for when activity will be suspended or temporarily cancelled (3) cleaning & disinfecting of equipment (4) hygiene for remaining participants, and (5) communication protocols for reporting symptomatic individual. Facilities are encouraged to use <u>Government of Canada approved cleaning products</u>
Multi-use Gymnasiums, Fieldhouses and Community Centres	<ul style="list-style-type: none"> Total number of spectators in a gymnasium setting should not exceed 100. If different activities are conducted in the gymnasium setting, cohort groups should be kept separate. Physical barriers (e.g., curtains) are recommended if possible. <ul style="list-style-type: none"> Participants of different activities should not mix with other activity participants. Organized court sports (e.g., volleyball, basketball, badminton, pickle ball) may occur with mini-leagues. Players should follow marked one-way traffic patterns when entering and exiting the gymnasium. Gymnasium floors should be thoroughly cleaned at an enhanced frequency.

Facility and Office Guidelines - Phase 3

ABA members, organizations and affiliated clubs who own facilities and/or operate office space must familiarize themselves with and abide by Alberta's [Workplace Guidance for Business Owners](#), and [Indoor sport, physical activity, and recreation Guidelines](#) as related to operating a facility and/or office space. The chart below provides a very basic summary of applicable guidelines and is not exhaustive. Basketball organizations who operate facilities or maintain office spaces should conduct a hazard assessment to identify existing and potential hazards related to COVID-19.

Requirement	Description / Application
Communication	<ul style="list-style-type: none"> Notify workers, volunteers and patrons of the steps being taken to prevent the risk of transmission of infection, and the importance of their roles in these measures. Post appropriate signs throughout the space, where possible, noting expectations around physical distancing, hand hygiene, cough/sneeze etiquette, sanitizing practices, no loitering, etc. Please note local and facility guidelines on the use of masks and follow accordingly.

Workers and Volunteers	<ul style="list-style-type: none"> • Implement daily screening of staff and volunteers for symptoms of fever, sore throat, cough, runny nose or difficulty breathing. • Maintain contact tracing records for all staff and volunteers. Records must be maintained for a minimum of 14 days (2 weeks). • Provide personal protective equipment to workers and volunteers and provide training on how to use it properly. • Educate staff and volunteers on how COVID-19 is transmitted, how to reduce transmission, and the basic safety requirements outlined in this document.
Prevention	<ul style="list-style-type: none"> • Do not allow individuals exhibiting COVID-19 symptoms to enter the facility. • Ask participants to complete the COVID-19 self-screening prior to entering your facility. • Soap or hand sanitizer must be made available to all people in various locations throughout your facility. • Promote physical distancing by limiting capacity in areas throughout the facility and/or making public gathering areas inaccessible. • Limit time spent at the court by asking participants to arrive no more than 5-10 minutes before activity, leave immediately after activity; no loitering. • Use markings on the ground to indicate proper distancing from staff. • Frequently clean and disinfectant all surfaces, including counters, door handles, benches, floors, etc. and document the time and which specific areas were cleaned. • Close all water fountains and ask that all players bring their own refreshments and do not share water bottles.

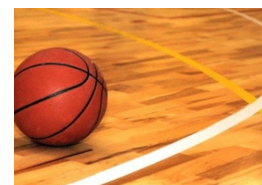
APPENDIX

Appendix 1: Resources

- ABTraceTogether
<https://www.alberta.ca/ab-trace-together.aspx>
- Alberta's Relaunch Strategy
<https://www.alberta.ca/guidance-documents.aspx>
- Canada Basketball Return to Learn for Learning Facilitators
<https://meet.google.com/linkredirect?authuser=0&dest=http%3A%2F%2Fwww.abbasketball.ca%2Fcontent%2FReturn-To-Learn-for-Learning-Facilitators>
- Canada Basketball 'Return to Basketball Guidelines'
http://basketball.ca/files/2020-06/cb_wbc_back_to_basketball_return_to_sport_guidelines_v1_june_16_2020.pdf
- COVID-19 Info for Albertans
<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
- Guidance for Cohorts
<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>
- Guidance for Organized Outdoor Sport, Physical Activity and Recreation
<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>
- Guidance on Return to Sport, Physical Activity and Recreation – Stage 2
<https://www.alberta.ca/assets/documents/COVID-19-relaunch-sports-physical-activity-and-recreation.pdf>
- Help Prevent the Spread
<https://www.alberta.ca/prevent-the-spread.aspx>
- Restricted and Non-Restricted Services
<https://www.alberta.ca/restricted-and-non-restricted-services.aspx>
- Workplace Guidance for Business Owners
<https://www.alberta.ca/assets/documents/COVID-19-workplace-guidance-for-business-owners.pdf>

Appendix 2: Player Checklist

Use this checklist to help your player prepare for on court play safely.



Before You Leave Home

- ☐ DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- ☐ Eat before you come – food is discouraged and may not be available on the premises.
- ☐ Thoroughly wash your hands with soap and warm water.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Bring thoroughly washed equipment (uniform, basketball).
- ☐ Use the washroom.

Arrival at Court/Facility

- ☐ Enter through established entrances.
- ☐ Register your attendance for contact tracing
- ☐ Respect physical distancing guidelines.
- ☐ Register temperature/active symptom screening.
- ☐ Wash at designed handwashing stations when available.
- ☐ Do not share water bottles.
- ☐ Follow traffic flow signs to your location.

During Activity at Court/Facility

- ☐ Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages).
- ☐ Refrain from group celebrations, shaking hands, fist bumps, or high fives.
- ☐ Practice physical distancing when not actively playing on court.
- ☐ Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly.

After Activity is Complete

- ☐ No loitering.
- ☐ Exit through established exits.
- ☐ Wash at provided handwashing stations.
- ☐ Follow traffic flow signs out of your location.
- ☐ Respect physical distancing guidelines.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Thoroughly wash equipment (uniform and basketball(s))

Appendix 3: Staff/Coach/Volunteer Checklist

Use this checklist to help prepare for on court play safely.



Before You Leave Home

- ☐ Do not leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- ☐ Eat before you come as food is discouraged and may not be available on the premises.
- ☐ Thoroughly wash your hands with soap and warm water.
- ☐ Bring thoroughly washed/sanitized equipment (uniform, basketball, and water bottle).

Arrival at Court/Facility

- ☐ Use designated entrances & exits and follow traffic flow signs.
- ☐ Respect physical distancing.
- ☐ Use designed hand sanitizing stations when available
- ☐ Register your attendance for contact tracing and submit your completed and signed Daily Attestation/Health Questionnaire Form
- ☐ Do not share water bottles.
- ☐ Sanitize all shared equipment between sessions (balls, cones, etc). Game balls must be wiped with sanitizing wipes at court and re-sanitized after use.
- ☐ Each team should provide at least one game ball to the score table prior to start time. Game balls must not be used during the warm-up. Game balls must be re-sanitized at each half time, as a minimum.
(Best practice is to sanitize the ball at each stoppage of play including time outs and between quarters.)
- ☐ Teams are responsible for supplying their own sanitizing equipment
- ☐ Adhere to municipal by-laws and facility guidelines as it pertains to wearing face masks, masks must be worn if dealing with an injured player.
- ☐ Consider bringing personal hand sanitizer.

During Activity at Court/Facility

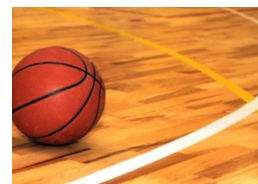
- ☐ Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages).
- ☐ Refrain from group celebrations, shaking hands, fist bumps, or high fives.
- ☐ Practice physical distancing from participants if not part of the Sport Cohort.
- ☐ Refrain from touching your face, eyes, nose, mouth with hands; wash/sanitize hands regularly.

After Activity is Complete

- ☐ Sanitize all shared equipment (balls, cones etc) between group arrivals if applicable and at the end of day.
- ☐ Use designed hand sanitizing stations when available, between group arrivals if applicable and at end of day.
- ☐ Respect physical distancing guidelines.
- ☐ Thoroughly wash your water bottle with soap and warm water.
- ☐ Thoroughly wash equipment (uniforms, basketball, and water bottle) each day.

Appendix 4: Parent/Guardian Checklist

Use this checklist to help prepare for a safe environment for your son/daughter.



Before You Leave Home

- ☐ Do not leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- ☐ Eat before you come as food is discouraged and may not be available on the premises.
- ☐ Thoroughly wash your hands and water bottle with soap and warm water.
- ☐ Fill your water bottle while at home.

Arrival at Court/Facility

- ☐ Drop player off at facility entrance.
- ☐ Respect physical distancing guidelines.
- ☐ Adhere to municipal by-laws and facility guidelines as it pertains to wearing face masks.
- ☐ Consider bringing personal hand sanitizer.

During Activity at Court/Facility

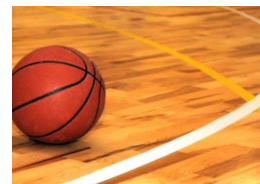
- ☐ Stay in designated spectator area and/or vehicle.
- ☐ Maintain physical distancing of 2 metres from others.
- ☐ Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages).
- ☐ Refrain from group celebrations, shaking hands, fist bumps, or high fives.
- ☐ Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly.
- ☐ Refrain from yelling or cheering to prevent spread of vapor droplets.

After Activity is Complete

- ☐ No loitering.
- ☐ Respect physical distancing guidelines.
- ☐ Pick player(s) up at the facility exit.
- ☐ Leave facility parking lot.

Appendix 5: Referees Checklist

Use this checklist to help prepare for the court/event safely.



Before You Leave Home

- ☐ Do not leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose). You should contact your referees assignor with as much notice as possible in this case.
- ☐ Eat before you come as food is discouraged and may not be available on premises.
- ☐ Thoroughly wash your hands with soap and warm water.
- ☐ Clean and sanitize your referees equipment. (i.e. water bottle, whistle, shoes, uniform, etc...)
- ☐ Use the washroom.
- ☐ Be prepared to review and complete participation waivers, and/or COVID-19 attestations

Arrival at Court/Facility

- ☐ Register your attendance for contact tracing with the responsible person at the court and submit your completed and signed Daily Attestation/Health Questionnaire Form.
- ☐ Respect physical distancing guidelines, including 'cohort' players, prior to game.
- ☐ Consider bringing personal hand sanitizer.

During Activity at Court/Facility

- ☐ Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages).
- ☐ Whenever possible, do not blow your whistle within 12 feet of any player.
- ☐ Refrain from shaking hands, fist bumps, or high fives.
- ☐ Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly.
- ☐ Maintain 2 meters distance from any physical altercation.
- ☐ If a game is stopped, suspended or terminated the game for any breach of COVID related guidelines. This must be reported to the responsible contact for the cohort activity. Referees are not responsible for COVID-19 related guidelines.
- ☐ It is recommended that a parent or guardian attend to an injured player. It is recommended that any referee attending to an injured player is wearing gloves and a mask and that all other players maintain physical distance during the treatment. Exceptions may be made if the injury is 'life threatening'.
- ☐ Avoid unnecessary contact with other referees who may be at the same facility.

After Activity is Complete

- ☐ No loitering.
- ☐ Respect physical distancing guidelines.
- ☐ Use hand sanitizer if available.
- ☐ Leave facility parking lot.
- ☐ Thoroughly wash your hands with soap and warm water at earliest opportunity.
- ☐ Clean and sanitize your referees equipment and uniform at the earliest opportunity.

Appendix 6: Club/Organization/Cohort Checklist

Use this checklist to help determine whether you have met the minimum standards required to resume basketball activities.



Government Requirements

- ☐ Federal / Provincial restrictions have been lifted to allow for basketball activity to occur.

Municipal / Regional Requirements

- ☐ Municipal restrictions have been lifted to allow for basketball training activity to occur in my area.

Canada Basketball Requirements

- ☐ Submitted Canada Basketball Risk Assessment Tool.
- ☐ Received feedback from Canada Basketball and implemented recommendations, if applicable.

Return to Modified Games

General Requirements

- ☐ Only responsible individuals over the age of 18 to oversee activities.
- ☐ Sport Cohorts of a maximum of 50 individuals per cohort identified; includes players, referees, coaches, managers, and/or trainers who cannot physically distance.
- ☐ Social distancing measures of a minimum 2 metres between individuals not in the same household or sport cohort implemented.
- ☐ Scheduling and planning in place to ensure indoor gathering limit of 100 people is not exceeded; inclusive of drop off/pick up, coaches, managers, players, referees, and spectators at any given time before, after, and/or during the activity. (Please note that the spectator limit is 100 people, please ensure that there is separation between cohorts and spectators if necessary)
- ☐ Personal Hygiene measures are in place for all activities (training and administration).
 - ☐ Frequent hand washing / sanitization.
 - ☐ Cough / Sneeze etiquette.
 - ☐ Do not attend if feeling any COVID-19 symptoms.
- ☐ Personal Protective Equipment has been provided to all staff, coaches, and/or volunteers.
- ☐ Process for Contact Tracing has been implemented and secure storage/retention of information is in place.
- ☐ Rapid Response plans are in place and communicated.

Operational Activity Requirements

- ☐ Signed Waivers and Declaration of Compliance collected for all registered participants.
- ☐ Designated spectator area with physical distancing measures in place; safe drop-off / pick-up procedures implemented.
- ☐ Safe use of equipment measures in place, including;
 - ☐ Equipment assigned to each team (no sharing of equipment between teams with the exception of balls during modified games).

- ☐ Cleaning & sanitization of equipment before & after every session.
- ☐ Limitations to shared equipment in place.
- ☐ Health check procedures implemented for all coaches / volunteers prior to supporting activity.

Session / Game Requirements

- ☐ Only coaches / volunteers who have been trained on the Return to Play Guidelines are permitted to oversee basketball activity.
- ☐ All activities are in alignment with cohort rules, physical distancing and equipment sharing requirements.
- ☐ Participants are informed of physical distancing and equipment sharing rules prior to every session.
- ☐ Appropriate cleaning / sanitization materials have been provided to individuals responsible for managing equipment.
- ☐ Contact Tracing Logs & COVID-19 Symptoms Checklist provided to individuals responsible for collecting information at each session.

Facility / Office Guidelines

- ☐ Verified with provincial / municipal restrictions that facility and/or office space is permitted to open.
- ☐ Implemented applicable requirements outlined in Workplace Guidelines for Business Owners.
 - ☐ Conducted Hazard Assessment and identified risks associated with COVID-19.
 - ☐ Compliant with communication requirements.
 - ☐ Compliant with prevention requirements.
 - ☐ Implemented controls to ensure the safety of staff, volunteers, and patrons.

Appendix 7: Declaration of Compliance - COVID-19

Club/Organization/Cohort (print): _____

Responsible Contact(s) (print): _____

Email (print): _____

Telephone: _____

The Alberta Basketball Association (ABA), and _____ (name of Club/Organization/Cohort collectively the "Organization") require the disclosure of exposure to illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance must be returned to the club/organization/cohort as well as ABA within two weeks of the start of activities and will not be disclosed unless as required by law or with your consent.

Individuals (or the individuals or their parent/guardian) who are unable to agree to the terms outlined in this document are not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the responsible contact(s) above, hereby acknowledge and agree to the terms outlined in this document:

- The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals or their parent/guardian to adhere to the compliance standards described in the ABA Return to Play Guidelines

Responsible Contact(s):

Each club/organization/cohort's responsible contact(s) will ensure the following:

- Ensure each registered member (including all associated adults) with the club/organization/cohort fills out the Event Participation Waiver Form (see Appendix 8) prior to participating in any sanctioned basketball activity. These documents will be held in their possession for the season and then filed at the conclusion of activity for the 2020/2021 season of play, to be secured for the next three years. These must be available to be produced upon demand from their club/organization of the ABA.
- Ensure a Declaration of Compliance Form is filled out (see Appendix 7) on behalf of the club/organization and filed with their club/organization and ABA within two weeks of commencement of club/organization activity. Failure to do so will result in Insurance being withdrawn from the club/organization/cohort.
- Ensure a Daily Cohort List (Phase 3 Only) is created and maintained for the duration of club/organization/cohort activities for the 2020/2021 Season of Play. This will be put into use to assist contact(s) tracing should there be a positive case or outbreak within the club/organization/cohort. This does not need to be filed with any other group just maintained and available upon demand.
- Each participant must complete a Daily Attestation Waiver (See Appendix 9 & 10) and take appropriate action if anyone answers "Yes" to any of the questions.
- Ensure that Membership/Insurance is acquired and paid from ABA within two weeks of the start of activity for their team/cohort and that on-line registration is completed as well.
- Ensure all sanitation and cleaning requirements are conducted as listed below each day and follow any guidelines set out in that area by the municipality or school providing the facility.
- Ensure all participants and their parents/guardians are fully aware of the current phase of the ABA Return to Play Guidelines.

Signature: _____ Date: _____

Appendix 8: Event Participation Waiver

NAME OF ORGANIZATION HERE
the “**Organization**”
Event Participation Waiver

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

Please read carefully before signing. Completed waivers must be returned with registration or prior to attending the Organizer’s event: _____ (the “**Event**”). This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant (named below) and/or the Participant’s Guardian represents that the Participant:

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location in Canada during the last 14 days;
3. Does not knowingly have COVID-19;
4. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Follows government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant’s ability during the Event.

In addition, by signing below the Participant and/or the Participant’s Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of the Organizer, its partners, sponsors, agents, affiliates, directors, employees, officers, referees, therapists, or volunteers (together, the “**Organization**”); negligence or omission of the Organization (collectively, the “**Risks**”).

In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant’s Guardian: (a) release, discharge and forever hold harmless the Organization from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Event; (b) waive any right to sue the Organization in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Event, including without limitation the right to make a third party claim or claim over against the Organization arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Event. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____
The “**Participant**”

Date: _____

Print Name: _____
The “**Guardian**”

Signature: _____
The Participant or Guardian for minor

Appendix 9: Daily Attestation Waiver - For Children Under 18

Overview

This checklist applies for all children, as well as all students who attend Kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging.	YES	NO
If the child answered "YES" to any of the above: <ul style="list-style-type: none"> The child is required to quarantine for 14 days from the last day of exposure. <ul style="list-style-type: none"> If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times. If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. 		
If the child answered "NO" to both of the above: <ul style="list-style-type: none"> Proceed to question 2. 		

2. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none"> The child is to isolate for 10 days from onset of symptoms. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. 		
If the child answered "NO" to all of the symptoms in question 2: Proceed to question 3.		

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered "YES" to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours.
- If their symptoms are improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered "YES" to TWO OR MORE symptoms in question 3:

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

If the child answered "NO" to all questions:

- Your child may attend school, child care and/or other activities.

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

Print Name: _____ Date: _____
The "Participant"

Print Name: _____ Signature: _____
The "Guardian" The Participant or Guardian for minor

Appendix 10: Daily Attestation Waiver - For Adults 18 Years and Older

Overview

This tool has been developed to support schools, activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should complete this checklist prior to participating in the activity or program. Children and youth may need a parent to assist them to complete this screening tool.

If an individual answers YES to any of the questions, they must not be allowed to attend or participate in the activity or program.

*Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days, unless they receive a negative COVID-19 test and are feeling better. Use the [AHS Online Assessment Tool](#) to determine if testing is recommended and follow information on [isolation requirements](#).

Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	Circle One	
		YES	NO
	• Fever*	YES	NO
	• Cough*	YES	NO
	• Shortness of Breath / Difficulty Breathing*	YES	NO
	• Runny Nose*	YES	NO
	• Sore Throat*	YES	NO
	• Chills	YES	NO
	• Painful Swallowing	YES	NO
	• Nasal Congestion	YES	NO
	• Feeling Unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained Loss of Appetite	YES	NO
	• Loss of Sense of Taste or Smell	YES	NO
	• Muscle / Joint Aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside of Canada in the last 14 days*?	YES	NO
3.	Has the attendee had close contact** with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4.	Has the attendee had close contact with an individual who has any one of the first 5 symptoms on this list (shaded) AND who is in contact with a confirmed case of COVID-19 in the last 14 days?	YES	NO

* Individuals legally required to quarantine for 14 days when entering or returning to Alberta from outside Canada.

** Face-to-face contact within 2 meters. A healthcare worker in an occupational setting wearing

If you have answered yes to any of the above questions do not participate. Go home and use the [AHS Online Assessment Tool](#) to determine if testing is recommended.

Furthermore, by signing below, the Participant or the Participant's Guardian agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the Participant:

- Will follow the laws, recommended guidelines, and protocols issued by the Government of Alberta in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability while participating in the Organization's events or attending at the Organization's facilities;
- Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;

Print Name: _____

Date: _____

Signature: _____

Appendix 12: Remote Training Waiver

NAME OF ORGANIZATION HERE
the “**Organization**”
Remote Training Waiver

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY
PLEASE READ CAREFULLY BEFORE SIGNING.

The Participant (named below) may be required to resume training remotely, or independently, outside of a sport-specific facility, owned, leased, operated or otherwise controlled by the Organization (the “**Remote Training**”). It is the responsibility of the Participant or the Participant’s Guardian to ensure the suitability and safety of the Remote Training environment. This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant or the Participant’s Guardian understands, acknowledges, and accepts full responsibility for the risks, dangers, and hazards which are inherent to Remote Training, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); close proximity to or contact with others who may have been exposed to or infected with COVID-19 or other communicable illnesses; close proximity to or contact with surfaces, equipment, fixtures, or other objects that may be infected with COVID-19 or other communicable illnesses; tripping hazards; loud-noises; equipment failure; dehydration; exhaustion; lacerations, bone fracture, bone breakage, soft-tissue damage, dislocations, tendon and/or ligament damage, sprains, spinal injuries, head or neck injuries, concussion, hearing damage, ocular damage, damage to teeth or dental work, or other bodily injury, disability (permanent or temporary), or death; despite the Organization’s efforts, inadequate safety measures; other circumstances, known or unknown or beyond the control of the Organization, its partners, sponsors, agents, affiliates, directors, employees, officers, referees, therapists, or volunteers (together, the “**Releasees**”); or negligence or omission of the Releasees (collectively, the “**Risks**”).

In consideration for the access to the Organization’s training program, coaching and mentorship, the Participant and or the Participant’s Guardian: (a) releases, discharges and forever holds harmless the Releasees from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Remote Training, including ensuring the suitability and safety of the Remote Training environment; (b) waive any right to sue the Releasees in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Remote Training, including without limitation the right to make a third party claim or claim over against the Releasees arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Remote Training. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION AND THE RELEASEES.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____
The “**Participant**”

Date: _____

Print Name: _____
The “**Guardian**”

Signature: _____
The Participant or Guardian for minor

