

Alberta Health Services (AHS) has released a document entitled:

COVID-19 INFORMATION

RETURN TO SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

This 15-page document outlines clearly the responsibilities sports organizations must adhere to in order to begin practicing and playing games vs. other teams. The following will highlight some of the guidelines that pertain to the club basketball community (see attached for the full AHS document).

This document has been developed to support sport, physical activity and recreation organizations and facilities in reducing the risk of transmission of COVID-19 among attendees (including participants, staff, volunteers, participants and the general public). The guidance outlines public health and infection prevention and control measures specific to (a) sport, physical activity and recreation and (b) the operation of indoor facilities.

The next two statements are self-explanatory and important for coaches to ensure their players are not exhibiting any symptoms before participating in a practice or a game—coaches are to have each player answer the 17 questions provided before each on-court activity.

Facility operators [or the coach] should ask all participants to complete the COVID-19 self-screening tool prior to entrance into the facility and commencement of any activity. The Screening Checklist is attached [a screenshot copy is posted at the end of this doc].

Any participant that is exhibiting any symptoms cannot enter the facility or participate.

Encouraging Participant Hygiene

Encourage participants to bring their own equipment to the facility. Wherever possible, limit the use of shared equipment unless participants engaged in the same activity are from the same household.

- *Equipment handled by hand or head (e.g., tennis balls, basketballs, soccer balls) during play should be frequently cleaned.*
- *Enable and encourage participants to perform frequent hand hygiene before, during and after the activity.*
- *Participants can be encouraged to carry and use their own hand sanitizer.*

Mini-leagues and bubbles: Cohorting Participants

Where sports and activities cannot be moved outdoors or modified to maintain distance, it is essential to limit the number of contacts between different participants. This is done by playing within set cohorts (e.g., mini-leagues or bubbles with a fixed number of participants).

- *Mini-leagues and bubbles cannot exceed 50 people. This number includes those participants, officials, coaches and trainers who cannot maintain two metres of distance from others at all times. This number does not include parents and spectators.*
- *Cohorts, mini-leagues and bubbles should remain together during Stage 2 of Relaunch and only play within the same geographical region (e.g., within a county, town or quadrant of a city).*

The creation of **Cohort Groups** has already generated plenty of discussion amongst several club basketball leaders & coaches. The interpretation is that a **Cohort Group** may consist of 4 teams (10 players & 2 coaches). Also included in the said **Cohort Group** would be 2 officials who would referee the games by the 4 teams in the **Cohort Group**—the same 2 officials would have to always remain the same for the entirety of Stage 2.

Do the math...

A team of 10 players + 2 coaches = 12

4 teams x 12 = 48

2 referees + 4 teams = 50

The example above would represent a **Cohort Group** for the entirety of Stage 2. A **Cohort Group** of 3 teams would allow for more players on a team, more coaches and more officials (do the math...).

Some clubs in the Calgary area have already formed their **Cohort Groups** and are preparing to begin their summer club season immediately.

There has also been some discussion by other clubs in the Calgary area to state their intentions re: wanting to join in a **Cohort Group** or not. A master list is being created and decisions will ensue to form **Cohort Groups** that are of similar ability—this inclusive approach demonstrates positive intentions by several clubs choosing to work together for a common cause.

More information will be announced soon...

Further to the above, some clubs have stated that they would prefer not to join/form a **Cohort Group** but would rather schedule games against teams that are interested. Again, one must do the math...

If an independent club team wants to play another club team, the total number of persons that both teams have had contact with must be considered. It doesn't take long to add up to 50 total persons, therefore, becoming a member of a **Cohort Group** is recommended.

There has been some discussion re: *Cohorts, mini-leagues and bubbles should remain together during Stage 2 of Relaunch and only play within the same geographical region (e.g., within a county, town or quadrant of a city)*. What is the definition of 'within a quadrant'? I am not aware of any team with any club in the city of Calgary that consists of players solely from the same quadrant—there may be some but certainly not very many.

Many of us are searching for answers to this question. **Alberta Basketball Association** (ABA) is hosting a Town Hall meeting on Tuesday, June 16 to share Return to Sport guidelines supported by AHS, ABA &/or Canada Basketball. ABA will delve into the legal, medical, provincial regulations, officiating, facilities details and resources available to support the basketball community. It is hoped that answers to many of your questions will be answered then.

Please go to ABA's website and sign-up for the Town Hall meeting on Tuesday as it will be extremely valuable to ensure we are all in alignment with Alberta's Relaunch procedures as they relate to the **Return to Sport**.

As you go through the 15-page AHS document you will see many other guidelines that may or may not pertain to your situation. Please reach out to other club basketball leaders to discuss respective interpretations should you have any questions—many are doing this now.

Let's all do our part to ensure that we are following the Relaunch guidelines, our participants are safe and we continue to flatten the curve on COVID-19.

Additional Guidelines:

- Participants should proactively and regularly monitor for symptoms.
- Symptomatic individuals are prohibited from participating.
- Hand hygiene should occur before and after each activity.
- Participants should refrain from touching their eyes, nose, mouth and face during activity.
- Limit group celebrations and other customs during activities (e.g., handshakes, high fives, fist bumps, chest bumps).
- Water bottles should be labelled with the name of the owner. Do not share water bottles.
- Arrive dressed and ready to participate. There will be limited access to locker rooms to prevent gathering.

There are several additional guidelines contained in the AHS document that you are encouraged to read, understand and adhere to.

Again, **ABA** has a **Town Hall** scheduled on **Tuesday, June 16**—please go to their website and register for this important **Return to Sport** information sharing session.

Many of us are excited to begin a summer club basketball season—let’s get it right from the onset.

Mark Hogan

Coach & Director, Vision Basketball
President, AYBC



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Appendix A: Screening checklist

If an individual answers YES to any of the questions, they must not be allowed to participate in the sport or activity. Children and youth will need a parent to assist them to complete this screening tool.

1.	Does the person attending the activity, have any of the below symptoms:	CIRCLE ONE	
		YES	NO
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / 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	YES	NO
2.	Have you, or anyone in your household, returned from travel outside of Canada in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close unprotected contact (face-to-face contact within two-metres) with someone who is ill with cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

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