



# RAINCITY

## BASKETBALL CLUB

Covid-19 Safety Plan

Phase 3

In accordance with Basketball BC, ViaSport, Basketball Canada,  
and the British Columbia Provincial Government

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## Identifying and Resolving Risks at our Locations

RainCity Basketball Club will be operating indoors and making specific adjustments to meet safety requirements to protect our coaches, players, and families as we navigate through [Phase 3 of Return to Sport](#). Phase 3 has allowed competition to resume within a local cohort of up to 50 players plus coaches per team.

### Identifying Risks

1. At our indoor locations we have identified these areas that people will gather:
  - a. Parking lot, hallways, on the court, bathrooms.
2. Situations/Processes when individuals are close to one another
  - a. On-court training. We offer a bubble situation where the same players will play with each other. Basketball BC has allowed a cohort of up to 50 players to compete within and we will follow that mandate with all players and parents' approval of our safety procedures.
3. Shared equipment (if any)
  - a. Players will be sharing balls
4. Surfaces people touch often.
  - a. The court, and own equipment (ball, water bottle, etc)

### Protocols to Reduce Risks

We will operate within the allowed cohort and have daily covid-19 assessments on the spot, use proper hygiene and sanitation, and use masks/safety shields when necessary. Other ways to protect our players and their families:

1. Designated safe pick-up and drop-off zones for vehicles.
2. Safety cones will be placed on the court to assure and remind players of their designated area on the court.
3. Coaches will administer hand sanitizer before, during, and after each session to ensure no one is touching the dispensary containers.
4. Coaches will administer disinfecting wipes for equipment before, during, and after sessions to ensure only the designated coach is touching dispensary containers.

### First Level Protection (Elimination)

We have established a maximum participant for our program that follows the guidelines set out by Basketball BC and viaSport.

- Maximum 12 players to a court.
- Maximum of 3 coaches at each session.

### Second Level Protection (Engineering): Barriers and Partition's

We will implement the use of safety cones to ensure everyone is always at a safe distance when necessary.

### **Third Level Protection (Administration): Rules and Guidelines**

All players and coaches will have to agree to the Participants Declaration, sign the COVID-19 Participant/Coaches Waiver, and get daily symptom assessments by trained coaches during attendance.

#### *For Players*

All players must follow their designated coach to ensure that drills, rotating locations, and administering cleaning products is done in a safe manner that is in line with [Phase 3 of Return to Sport](#).

#### *For Players and Coaches:*

Our policies ensure that coaches and players are prohibited to participating in events if they are showing symptoms of COVID-19. Such as:

- Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- Anyone directed by Public Health to self-isolate.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.

Our policy addresses individuals who may start to feel while participating. It includes the following:

- Sick individuals should report to first aid (or designated individual), even with mild symptoms.
- Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.] If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.
- Clean and disinfect any surfaces that the ill worker has come into contact with.

### **Fourth Level Protection (Using Masks)**

Coaches will wear masks during training sessions to control the chance of infection.

Players do not have to wear a mandatory mask, but of course have the option.

Coronavirus

## How To Properly Wear A Face Mask

Last updated: April 24



Always wash hands before and after wearing your mask and clean reusable masks after use.  
Avoid touching the mask at all times and only use the bands or ties to put on and remove.



**DON'T**

wear your mask  
below your nose



**DON'T**

wear your mask  
low on your nose



**DON'T**

leave your chin  
exposed



**DON'T**

wear your mask  
under your chin or  
temporarily remove  
it in public



**DON'T**

let your mask hang  
loosely with gaps  
around your face



**DO**

wear your mask up  
to the top of your nose  
and under your chin;  
snug and without gaps

Source: San Francisco Department of Public Health

Note: RainCity Basketball Club has reviewed the information on cleaning and disinfecting surfaces. Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are visible and easily accessed. We are communicating good hygiene practices to participants, coaches, volunteers, etc. We have implemented cleaning protocols for all common areas and surfaces. Workers who are cleaning have adequate training and materials. We have removed unnecessary tools and equipment to simplify the cleaning process

## Policies and Guidelines for Players, Coaches, and Parents

### COVID-19 RETURN TO SPORT AGREEMENT

All Participants of RainCity Basketball Club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

## Communication Plans and Training

Effective Communication with coaches is priority. Coaches will share all new information pertaining to COVID-19 through our means of communication.

- For emergencies, phone availability among coaches will be shared, and 811 will be used for COVID-19 emergency directions, and 911 for medical emergencies.
- All participants will receive guidelines for when staying home when sick.
- RainCity will post necessary signage for communication and reminders of protocol to players and parents.
- Coaches will be trained to monitor participants and possible exhibited symptoms, following policies, procedures, and safety guidelines.

## Monitor and Update Plan

RainCity Basketball Club's coaches will act diligently on the behalf of everyone's safety. We will make changes to our policies and procedures, as necessary. Please reach out to Head Coach Taylor Cherris-Wilding or any one from the coaching staff for health and safety concerns. When resolving safety issues, we will involve designated health and safety representatives.

## Assess and Address Risks from Resuming Operations

This safety plan is a constantly updated document that will be reassessed as operations resume and new information is shared. RainCity Basketball Club has a plan for training new and existing staff on safety protocols pertaining to COVID-19. We have identified a safe process for cleaning our workspaces and removing disposables that each coach will be trained and monitored for.