



ONTARIO BASKETBALL

RETURN TO PLAY
COVID-19 GUIDELINES
PHASE 3 - VERSION 5





BACKGROUND

Hello to all of our athletes, families, coaches, and officials,

Ontario Basketball (OBA) is missing its courts and its community!

While for too long we have been unable to engage in the game we all love, it appears that ongoing announcements by the Ontario Government are moving us toward a place of better understanding. It is with that clarity that Ontario Basketball provides the following points of clarification in order to avoid any confusion regarding the return to sport.

First and foremost, please remember that all the current restrictions and those that will come into effect as we reach next stages, are imposed by the Ontario Government and medical health authorities. These, and the Return to Play protocols in development by the OBA, are designed to facilitate the ongoing and continued safety of our members and all Ontarians.

This document outlines working timelines, guidelines, measures and precautions that support a phased Return to Play plan. We encourage our members to read and share these guidelines for Phase 3 and the OBA will continue to update these guidelines as restrictions are lifted.

Ontario Basketball would like to thank its members and the basketball community across the province for your patience and support during these times - THANK YOU!

PUBLIC HEALTH MEASURES



Avoid contact with people outside your household/ social circle



Stay home when possible, especially if you feel sick



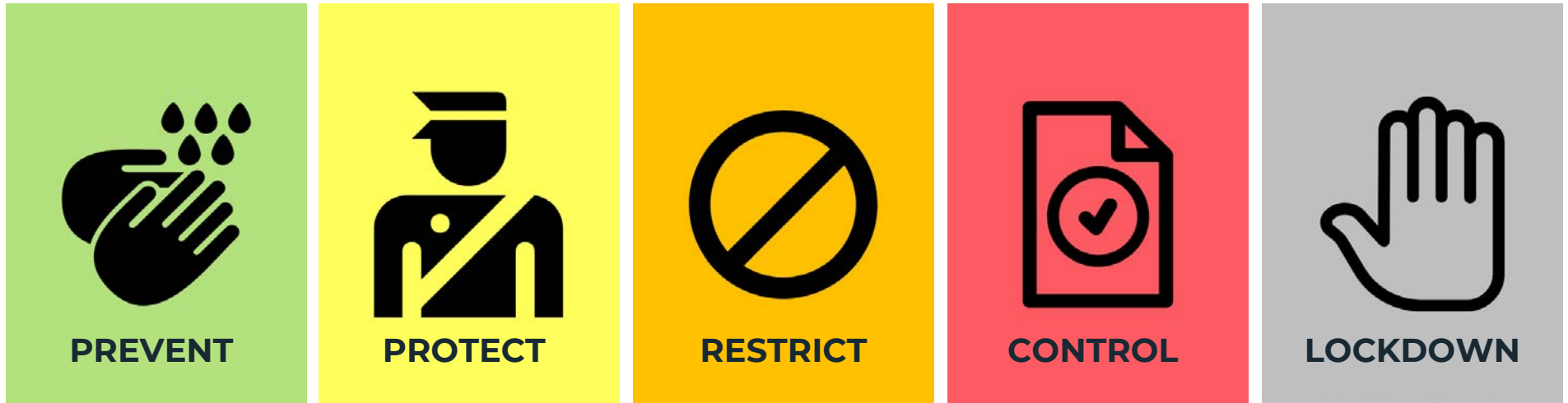
Wash your hands well, and wash them often



Avoid large public gatherings according to your region

COVID-19 MEASURES BY REGION

As of November 7, 2020, Ontario adopted a color-coded system with regions based on public health unit boundaries. [Find your public health unit and region.](#) Where there are regional restrictions or requirements, all provincial restrictions also apply.



MEASURES FOR SPORTS

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN (Maximum Measures)
<ul style="list-style-type: none"> • Maintain 2m physical distancing, unless engaged in a sport • Maximum of 50 people indoors or 100 people outdoors in classes • Maximum of 50 people indoors in area with weights or fitness or exercise equipment • Maximum of 50 spectators indoors or 100 spectators outdoors • Capacity limits applied on a per room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health (Guidance for Facilities for Sport and Recreational Fitness Activities During COVID-19) • Team or individual sports must be modified to avoid physical contact; 50 people per league • Exemption for high performance athletes and parasports • Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public • Face coverings required except when exercising 	<p>Measures from previous levels and:</p> <ul style="list-style-type: none"> • Increase spacing between patrons to 3m in areas with weights or exercise equipment and in exercise and fitness classes • Maximum of 10 people per room indoors and 25 outdoors in fitness or exercise classes • Require contact information for all members of the public that enter the facility • Require reservation for entry; one reservation for teams • Safety plan is required to the prepared and made available upon request 	<p>Measures from previous levels and:</p> <ul style="list-style-type: none"> • Maximum of 50 people total in areas with weights and exercise machines and all classes (revoke OCMOH approved plan) • Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health • Patrons may only be in the facility for 90 minutes except if engaged in a sport • No spectators permitted (exemption for parent/guardian supervision of children) 	<p>Measures from previous levels and:</p> <ul style="list-style-type: none"> • Gyms and fitness studios permitted to be open: <ul style="list-style-type: none"> • Maximum of 10 people indoors or 25 people outdoors in classes • 10 people indoors in areas with weights or exercise equipment • Team sports must not be practiced or played except for training (no games or scrimmage) • Activities that are likely to result in individuals coming within 2m of each other are not permitted 	<p>Measures from previous levels and:</p> <ul style="list-style-type: none"> • Closure of all indoor facilities, including indoor courts, pools, and rinks • Community centres and multi-purpose facilities (e.g., YMCA) allowed to be open for permitted activities such as child care services • Indoor individual and team sports (including training) not permitted with exemptions for high performance, including parasport athletes, and professional leagues (e.g., NHL, CFL, MLS, NBA) • Outdoor sports, classes, and use of amenities, limited to 10 people



PROCESS OF OBA RETURN TO PLAY PLAN APPROVAL

- 01** Alignment with Ontario Government regulations and Public Health guidelines
- 02** Guidelines vetted by OBA's external legal counsel and OBA's insurance broker
- 03** Approval by OBA's Board of Directors



A PHASED APPROACH

1

**HIGH
PERFORMANCE
TRAINING**

- MAY 19 -

2

**RECREATIONAL
TRAINING
& PRACTICE**

- JUNE 12 -

3

**FULL TEAM
PRACTICE**

- JULY 24 -

4

**LOCAL
SANCTIONED
TOURNAMENTS**

- APRIL 2021 -

5

**RETURN TO
PROVINCIAL
COMPETITION**



PHASE 3 - TEAM PRACTICE

The Ontario Government is now allowing limited indoor training and practice for basketball teams. Sports may only be practised or played within the facility if they do not allow for physical contact between players or if they have been modified to avoid physical contact between the players. This also means no intra-squad competitions or games where defence or activity would likely result in physical contact between players.

Before any OBA members step in the gym, they (or if a member is under 18 years old, their parent or guardian):

1. should satisfy themselves that the indoor facility is operating in compliance with all applicable laws (which laws may differ depending on where the facility is located): OBA will not review such compliance and takes no responsibility for it; and
2. are required to review OBA's ["Waiver of Liability for All Claims and Release of Liability - Event Participation"](#) form for 2020-21 season thoroughly and complete it.

In Yellow, Orange, and Red zones teams must make a reservation before entering the facility.

Facilities are operating under provincial laws and guidelines are expected to follow those laws and protocols at all times. Facilities in Yellow, Orange, and Red zones must record the contact information of all participants and will also conduct a [Daily Attestation of Health](#).



ASSUMPTION OF RISK

Without a vaccine or cure for COVID-19 there will always be a risk of contracting the virus when participating in any public activity.

OBA does not carry insurance that covers pandemic diseases or contagions including COVID-19. Athletes and their parents are required to review OBA's ["Waiver of Liability for All Claims and Release of Liability - Event Participation"](#) form thoroughly and complete it, either during the OBA registration process or through the form independently.

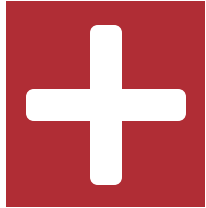
Participation in OBA-sanctioned activities will still be covered under the regular insurance policy in accordance with all of its terms and conditions – but that insurance does not cover pandemic diseases or contagions including COVID-19.

With the transition to Phase 3, all OBA-registered teams may now practice / train at indoor facilities** while adhering to all enhanced safety measures. Ontario Basketball does not advise any non-essential travel from areas of high transmission to areas of low transmission.

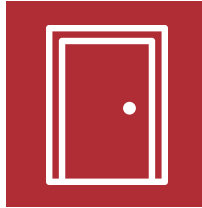
(*All athletes, parents / guardians and clubs should satisfy themselves that the indoor facility is operating in compliance with all applicable laws (which laws may differ depending on where the facility is located): OBA will not review such compliance and takes no responsibility for it.)



ON-SITE MEASURES FOR PARTICIPANT SAFETY



Adhering to all Health & Safety guidelines



Enter facilities through clearly marked entry and exit doors



Surfaces and spaces are sanitized often



No sharing gear
Participants bring their own equipment



Coaches bring hand sanitizer, wipes, and pump soap



Face masks worn to enter and exit facility and all applicable times



Observe gathering limits according to your region

If you are experiencing symptoms of COVID-19 please use the [Self-Assessment Tool](#) from Health Canada, call your local health authority (1-866-797-0000), or call 911 if you require immediate medical attention



DAILY ATTESTATION OF HEALTH

The questionnaire will be requested for each individual prior to participation in basketball activity in Yellow, Orange and Red zone regions, and may be completed verbally at the entry door of an indoor basketball facility. Staff at all facilities must complete [this questionnaire](#) daily. All answers must be “No” in order to participate any basketball activity.

Do you have any of the following new or worsening symptoms?

Fever

Cough

Shortness of Breath

**Sneezing,
Runny Nose**

Sore Throat

**Lose Sense of
Taste or Smell**

Have you traveled outside of Canada in the past 14 days?

Have you had close contact with a confirmed or probable case of COVID-19?



FACILITY COMPLIANCE

Under the Ontario Government's approach to the re-opening of facilities, basketball facilities wanting to train OBA member teams must [demonstrate an awareness of the risks of COVID-19](#) and [assume responsibility](#) for taking all appropriate measures to prevent the spread of the virus.

Facilities and clubs are encouraged to complete the [Initial Risk Assessment](#) from Canada Basketball. The facility will be expected to comply at all times with Ontario Health and Safety guidelines including:

- ✓ Supplying staff and volunteers with adequate PPE and have a safety plan prepared and available
- ✓ Staff stationed at entry door with mask, asking for Daily Attestations of Health of staff and, in applicable regions, of participants and recording information for contact tracing
- ✓ Ensuring that participating teams run practices which do not allow for physical contact between players or have been modified to avoid physical contact between the players
- ✓ Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible
- ✓ Limiting gathering sizes at indoor venues in accordance with relevant rules in your region: 50 participants (10 in red zone), 50 spectators (No spectators in Orange or Red zones; however, a person under the age of 18 years may be accompanied by 1 parent/ guardian)



RESOURCES

- 01** [Ontario.ca](#)
 - [Rules for Areas in Stage 3](#)
 - [Rules for Areas in Stage 2](#)
 - [Rules for Areas in Stage 1](#)
- 02** [Ontario.ca - COVID-19 Response Framework](#)
- 03** [Public Health Ontario - COVID Resources](#)
- 04** [Public Health Canada - COVID Resources](#)



LEGAL DISCLAIMER

The information included in this guide is current for the time of publishing and is aligned with the current recommendations from national and international bodies, including the World Health Organization (WHO) and Public Health Canada. However, recommendations may change depending on daily provincial, local and global COVID-19 situation reports; local resources should also be consulted for up to date information.

The information and recommendations outlined within this guide should be used to develop individual plans that evaluate the unique risks that each training environment presents. This document is to supplement and not replace applicable law and the information provided by public health authorities. Individuals, in consultation with a medical professional, should also assess and evaluate their own personal risks.

