



ONTARIO BASKETBALL

RETURN TO PLAY
COVID-19 GUIDELINES
PHASE 4 - VERSION 1





RETURN TO PLAY

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

Ontario Basketball provides the following modifications and recommendations 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. Individual Public Health Units (PHUs) and facilities may also have their own restrictions in place. Ontario Basketball recommends clubs check which PHU they belong to and contact their local medical authority for any further specific guidance.

These Return to Play protocols are designed to facilitate the ongoing and continued safety of our members with guidelines, recommendations, measures and precautions. We encourage our members to read and share these modified rules for a return to practice and play, 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!



OBA REGISTRATION

As Ontario Basketball transitions to Return to Play, OBA teams will register if they have not yet done so and thereby review OBA's ["Waiver of Liability for All Claims and Release of Liability - Event Participation"](#) form and complete it, as well as compliance with Rowan's Law.

Once registered they will be permitted to resume practice or play (in Green, Yellow and Orange zones) if the rules have been modified to avoid physical contact.

COACHES CHECKLIST



- Ensure Club Affiliation
- Register the Team via Sportsavvy
- Contact clubs in your region to create your own cohort
- Complete cohort registration via OBA SmartSheet process
- Receive OBA approval and notify local PHU of event



MEASURES FOR SPORTS & RECREATION

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 	<ul style="list-style-type: none"> • Facilities for indoor or outdoor sports and recreational fitness activities are closed except for: <ul style="list-style-type: none"> ◦ The sole use of high performance athletes including parasport athletes, and specified professional leagues (e.g., NHL, CFL, MLS, NBA) ◦ Specified purposes (e.g. day camps, child care) • Outdoor recreational amenities (e.g., ice rinks, ski hills, snow trails) open with restrictions (e.g., no team sports) • Community centres and multi-purpose facilities (e.g., YMCA) allowed to be open for permitted activities (e.g., child care services, day camps, social services)



RTP ZONE MODIFICATIONS

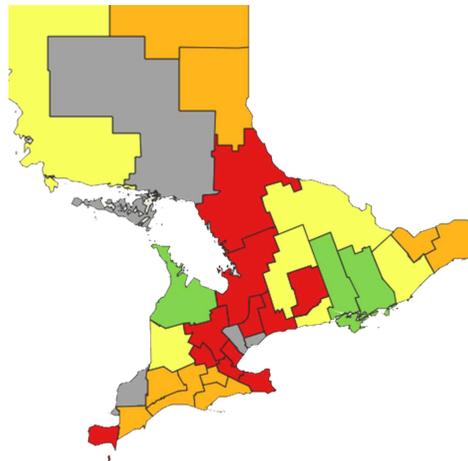
	Stage 3	Stage 3	Stage 3	Stage 2	Stage 1
	Green	Yellow	Orange	Red	Gray
Registration through OBA by all Participants	Yes	Yes	Yes	Yes	Yes
Indoor Activities Permitted	Yes	Yes	Yes	Yes	No
Outdoor Activities Permitted	Yes	Yes	Yes	Yes	No
Games Within Your Competition Cohort	Yes	Yes	Yes	No	No
Tryouts	Yes	Yes	Yes	No	No
Coach Appointed to Monitor for Contact	Yes	Yes	Yes	N/A	N/A
Completion of OBA Event Sanctioning Checklist	Yes	Yes	Yes	N/A	N/A
Team Isolation period before changing cohorts	14 days	14 days	14 days	N/A	N/A
Equipment disinfected after each session	Yes	Yes	Yes	Yes	Yes
Change Rooms	Yes	Yes	Yes	No	No
Maximum number of players in cohort	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor	10 Indoor 25 Outdoor	No activities
Maximum number of spectators	50 Indoor 100 Outdoor	50 Indoor 100 Outdoor	One parent/ guardian per participant	One parent/ guardian per participant	No spectators



FORMING COHORTS

A 50-player cohort is defined as a set group of participants of no more than 50 who agree to play only against each other within their allotted schedule. The 50-player limit does not include coaches, officials, spectators and facility staff however, everyone should be following the rules in place by the facility and/ or the PHU guidelines (ie. masks, facility capacities, social distancing, etc.)

50-player cohorts can be set up between teams within the Orange, Yellow and Green zones. Teams will need to “isolate” for 2 weeks before switching or creating new cohorts. During that time teams will be able to continue training but must refrain from games outside of their team members.





SAMPLE COHORT SCHEDULE

		March	April				May				June				July				August			
		Week	Week				Week				Week				Week							
Color Coded Zone	Activity	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Gray	No Activity	Players should practice before they play.	Easter	No Activity				Isolation Break	No Activity				Isolation Break	No Activity				Isolation Break	No Activity			
Red	Training			Training					Training					Training								
Orange	Training and Games			Sanctioned Rep/OSBA League					Sanctioned Rep/OSBA League					Sanctioned Rep/OSBA League								
Yellow	Training and Games			Sanctioned Rep/OSBA League and 3x3 Games					Sanctioned Rep/OSBA League and 3x3 Games					Sanctioned Rep/OSBA League and 3x3 Games								
Green	Training and Games			Sanctioned Rep/OSBA League and 3x3 Games					Sanctioned Rep/OSBA League and 3x3 Games					Sanctioned Rep/OSBA League and 3x3 Games								

4-Team Cohort		
Age Group	Minimum	Max
U10-U12	10	12
U13-U19	8	12

5-Team Cohort		
Age Group	Minimum	Max
U10-U12	10	10
U13-U19	8	10

6-Team Cohort		
Age Group	Minimum	Max
U10-U12	8	8
U13-U19	8	8

Cohorts will need to receive sanctioning approval from Ontario Basketball and submit all necessary documents to OBA and the facility/ PHU as needed. Members of the cohorts should also ensure they have copies of all required documentation; this will aid in the tracking of the virus should any cases arise. Ontario Basketball will not sanction cohort leagues that are over the indoor 50-player limit, outdoor 100-player limit, or that include a team from a Red or Gray zone.

During games teams will be required to implement and enforce Ontario Basketball's Rule Modifications to avoid contact. Coaches should use the "training window" to prepare their teams for the rules that will be used when they enter into their games.

Please view [Ontario Basketball's Clubs by PHU database tool](#) to figure out which zone your team is in, and which club teams are eligible to form cohorts.



RECOMMENDATIONS

Masks

- must be worn at all times when off-court at an indoor or outdoor facility including during substitutions and on the team bench between periods of play.
- players may temporarily remove their mask to engage in an athletic or fitness activity.
- OBA recommends players wear masks at all times where physical distancing may be a challenge.
- teams that travel together must wear masks in transit.
- players should be dressed to play upon arrival at the facility excluding playing shoes and outer apparel.

Travel

- OBA does not recommend non-essential travel from areas of high transmission to areas of low transmission.
- gameplay should not take place within Red (Control) or Gray (Lockdown) zones.
- competitions will not be sanctioned for teams from within those zones.

Officials

- referees will not be present in this preliminary stage of play. Officials will return later in Phase 4 competitions.

Conditioning

- recommended two-week "conditioning window"
- teams return to full practice before engaging in games.

Outdoor Play

- Wherever possible, Ontario Basketball would recommend its members source facilities with outdoor courts (see p10).

These recommendations are subject to restrictions according to colour-coded rules by Public Health Unit (PHU).



RULE MODIFICATIONS

As per [Ontario Government Stage 3 restrictions](#); sports may only be practiced 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.

These rule modification recommendations are intended to minimize the incidental contact inherent to our sport, and are subject to restrictions according to colour-coded rules by Public Health Unit (PHU). [OBA recommends teams know which PHU they belong to](#) and contact them for further guidance.

Ontario Basketball has developed modified rules to avoid physical contact between players in order to meet the government guidelines to safely return to sport. We ask that clubs and coaches follow and enforce these rules during scrimmages within practice and during cohort games. Officiated games will return in a later stage of Phase 4.

- In place of a jump ball the designated “home team” will begin the game by inbounding the basketball from their backcourt throw-in line opposite their team bench. Regardless of possession arrow, the “away” team will start the second half by inbounding the ball in their backcourt throw-in line opposite their team bench.
- Players who are fouled and awarded free throws will shoot with a cleared lane, remaining players will be outside the three-point line, above the free throw line extended. Following the second shot, make or miss, the ball will be deemed dead and there will be a change of possession and a throw-in will occur on the endline.
- Prolonged double teaming* or tie-ups will be whistled down as a violation. In the event of a prolonged double team the violation will create a dead ball situation where the offensive team will retain possession and be awarded a throw-in closest sideline. In the tie-up situation, officials will defer to the possession arrow and award the ball to the team it represents who will be awarded a throw-in on the nearest sideline.

*Ontario Basketball is defining “prolonged double teaming” as; one offensive player under pressure from 2 defensive players closer than 1 meter away for longer than 5 seconds without advancing the ball with the dribble.



OUTDOOR BASKETBALL

Wherever possible, Ontario Basketball recommends its members source facilities with outdoor courts for practice or play.

There are many reasons why outdoor play is preferable to indoor at the current time;

- Ongoing restrictions on school boards make it difficult to obtain permits at educational facilities.
- Potential financial barrier many teams may face in booking private facilities.
- Outdoor play involves natural ventilation and decreased risk of transmission during exercise of any kind.
- Increased gathering limit from 50 to 100 players in Green, Yellow and Orange zones as well as from 10 to 25 players in a Red zone.

PUBLIC HEALTH MEASURES



Avoid contact with people outside your household/ social circle



Stay home when possible, especially if you feel sick



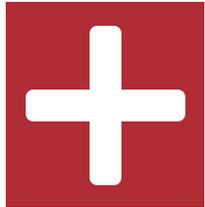
Wash your hands well, and wash them often



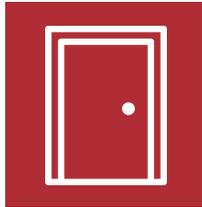
Avoid large public gatherings, limited according to your region



ON-SITE MEASURES FOR PARTICIPANT SAFETY



Adhering to all Health & Safety guidelines



Enter facilities through clearly marked entry and exit doors



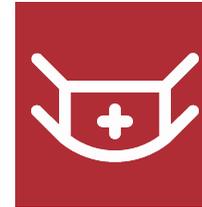
Surfaces and spaces sanitized between sessions



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



Avoid large gatherings 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. OBA is recommending all participants download and use the [COVID Alert Canada app](#) to assist with contact tracing.



DAILY ATTESTATION OF HEALTH

The questionnaire may be requested for each individual prior to participation in basketball activity, 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?



PROCESS OF OBA RETURN TO PLAY PLAN APPROVAL

- 01** Aligned with Ontario Government Rules for Areas in Stage 3, 2, and 1.
- 02** Guidelines vetted by OBA's external legal counsel, OBA's insurance broker, and local health experts.
- 03** Approval by OBA's board of directors.



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 Ontario government and local Public Health Unit (PHU) authorities. 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.

This is our recommendation based upon the regulations but it is subject to the interpretation of the Ontario government and local health units. Without a vaccine or cure for COVID-19 there will always be a risk of contracting the virus when participating in any public activity.

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.

The enforcement of this document and any additional restrictions is solely at the discretion of the local health unit. Ontario Basketball strongly recommend that member clubs notify local PHUs about their intention to use these guidelines, highlighting the proposed times, locations and planned activities. Any additional recommendations or restrictions from the local PHUs would be enforceable on a case-by-case basis and would be in addition to those listed in these guidelines.



RESOURCES

Ontario.ca eLaws:

[Rules for Areas in Stage 3](#)

[Rules for Areas in Stage 2](#)

[Rules for Areas in Stage 1](#)

[Ontario COVID-19 Public Health Measures and Advice](#)

[Ontario COVID-19 Response Framework: Keeping Ontario Safe and Open](#)

[Ontario Guidance for Facilities for Sports and Recreational Activities during COVID-19](#)

[Ontario Recreational Facilities Association Resources](#)

[Public Health Ontario - COVID Resources](#)

[Ontario COVID-19 Worker and Employee Screening](#)

[Public Health Canada - COVID Resources](#)

[Health Canada COVID-19 Self-Assessment Tool](#)

