



RETURN TO PLAY COVID-19 GUIDELINES PHASE 3

Hello to all of our athletes, families, coaches, and officials. Niagara Apex 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 greater optimism. It is with that hope in mind 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 the next stages as they are imposed by the Ontario Government and medical health authorities.

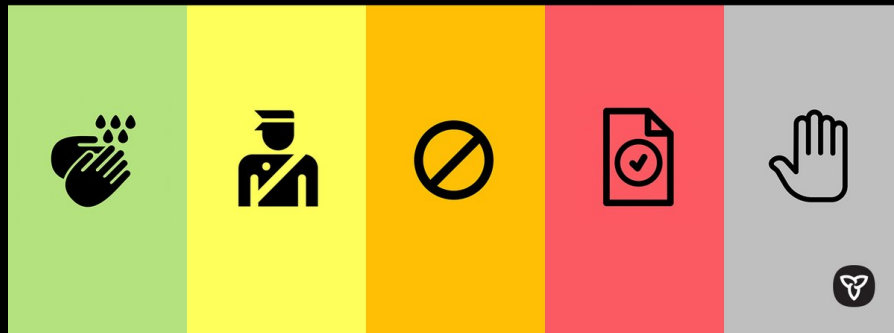
These, and the Return to Play protocols in development by Canada Basketball and are designed to facilitate the ongoing and continued safety of our members and all Ontarians. This document outlines working timelines, guidelines, measures and precautions that support a phased Return to Play plan. We encourage our members to read and share these guidelines.

Niagara Apex will continue to update these guidelines as restrictions are lifted. Niagara Apex 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



1. Avoid contact with people outside your household/ social circle
2. Stay home when possible, especially if you feel sick
3. Avoid large public gatherings according to your region
4. Wash your hands well, and wash them often

PHASE 3 - TEAM PRACTICE



The Ontario Government is now allowing limited indoor training and practice for basketball teams. Physical distancing rules still apply when engaged in team sports so any team practice at this time must be non-contact. This also means no intra-squad competitions or games where defence or activity would likely result in physical contact between players.

Before any 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): Niagara Apex will not review such compliance and takes no responsibility for it.);**
- 2. are required to review Niagara Apex “Waiver of Liability for All Claims and Release of Liability - Event Participation” form for 2020-21 season thoroughly and complete it.**

Facilities are operating under provincial laws and guidelines for essential businesses and are expected to follow those laws and protocols at all times.

When you arrive you may be asked to give a Daily Attestation of Health, to the discretion of individual facilities.

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.

Niagara Apex does not carry insurance that covers pandemic diseases or contagions including COVID-19. Athletes and their parents are required to review **Niagara Apex “Waiver of Liability for All Claims and Release of Liability - Event Participation”** form thoroughly and complete it.

With the transition to Phase 3, all recreational sport teams may now practice / train at indoor facilities** while adhering to all enhanced safety measures.



**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):

Niagara Apex 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



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.

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 in any basketball activity.

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

- Sore Throat
- Sneezing
- Runny Nose Fever
- Cough
- Shortness of Breath
- 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 clubs/facilities wanting to train Niagara Apex member teams must demonstrate an awareness of the risks of COVID19 and assume responsibility for taking all appropriate measures to prevent the spread of the virus.

Facilities and programs 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

- Staff stationed at entry door with mask, asking for Daily Attestations of Health of staff and sometimes 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
- Ensuring a 15-minute gap between participant sessions to sanitize surfaces and equipment

- Limiting gathering sizes at indoor venues in accordance with relevant rules in your region.

IN COMPLIANCE WITH OUR SPACE PARTNERS

- Niagara Apex will ensure proof of vaccinations requirements are met for all individuals participating/entering the gymnasium, 12 and older. (QR Code Scanner)
- Cleaning and disinfecting surfaces and objects after use. (shared equipment such as basketballs, training equipment etc.)
- Our staff will be conducting daily attestation tests & observations to ensure measure/track potential symptoms in participants/visitors.

Resources

1. [Ontario.ca Stage 2 closures](#)
2. [Rules for Areas in Stage 3](#)
3. [Framework for Reopening our Province \(Stage 3\)](#)
4. [Public Health Ontario - COVID Resources](#)
5. [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. 12 -