

March 1, 2021



Parents and Athletes,

In conjunction with the Alberta Basketball return to sport recommendations, Out West will be adhering to the following protocols. Please do your best to review and prep your athletes before you head to the facility for training or competition.

No spectators will be allowed in the gymnasium for training until AHS and ABA guidelines are updated

Questionnaire and Screening:

Before entering the building, your daughter will be asked to complete a series of questions taken from the suggested AHS Screening checklist. The online form must be signed by an adult 18 years of age or older. In addition, all athletes will have their temperature screened upon arrival with a contactless IR temperature. If your daughter registers higher than 38 degrees, she will not be permitted to gain entry in the facility and will need to immediately return home.

Personal Items:

Participants are required to bring their own equipment. Each item must be clearly marked, and not be shared with others, for example:

- Basketball
- Water bottle(s) filled at home (do not access water fountains or bathroom/facility taps for filling water bottles)
- Towel
- Sanitization products, including (but not limited to):
 - Hydroalcoholic gel hand sanitizer (>70% alcohol base)
 - Disinfectant wipes
 - Tissue paper
 - Any necessary medical supplies
 - Personal single-use food items (e.g., nutrition or granola bars)

Athletes must come dressed to play as change rooms will not be open and ask that the girls are ready to go and only have to put their indoor shoes on once in the facility.

Please Note: Participants are strongly encouraged to leave any unnecessary and non-basketball personal items (cellphones, etc.) outside of the facility. When this is not possible, all personal items must be kept in a personal bag. All personal bags/items will need to be separated by 3 meters from other athletes.

Physical Distancing, Gathering, and Other Health Measures:

- Three (3) metres of physical distancing (linear separation between individuals in all directions) should be maintained at all times on and off the court. This is equivalent to a minimum of 4 square metres of floor space per participant.
- Unnecessary physical contact (high fives, handshakes, fist bumps, or hugs etc.) is prohibited.
- Participants should avoid carpooling to and from the facility with members from outside their household or quarantine “bubble”.
- Participants must not enter the facility more than 5 minutes before their scheduled time on the court. During this time, players are encouraged to wait in their cars (with guardians), instead of forming a group.
- For practices, participants will need to enter the building from the main gym entrance and enter the main gym using the right-side entrance and exit through the left side entrance the gym to maintain proper flow and minimize contact between teams adhering to guidelines suggested by AHS
- Participants are encouraged to wear a mask at all times but may remove a mask during the training activity. Coaches are required to be masked at all times.

Personal Hygiene:

Coaches will have cleaning and sanitization supplies available.

Participants must clean their hands with hydroalcoholic gel / hand sanitizer upon:

- Entering the facility;
- Entering/exiting the court;
- During every break in training (water, rest etc.);
- Upon departure from the facility, before entering their vehicle and arriving home.

Participants are encouraged to use the washroom at home prior to leaving their homes. However, washrooms will be accessible, if required, and will be cleaned following each group session. Signage is displayed within washrooms demonstrating proper hand washing techniques.

Change rooms will not be available and closed off for the health and safety of the players.

Any shared equipment should be cleaned and sanitized at an increased frequency, and between each use.

Failure to abide by COVID-19 protocols will result in a loss of privileges

Athlete Checklist:

- ABA [Participation Waiver](#) (beginning of season)
- Daily Attestation Waiver (online version completed prior to every practice or competition)
 - Must be signed by an adult at least 18 years of age
- Daily check-in (online TDB) required for contact tracing
- Temperature screening prior to training and competition
- Bring your own basketball, water, sanitation supplies. Limit contact within facility
- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- DO NOT share water bottles or other personal items.
- Thoroughly wash your hands with soap and warm water (frequently).
- Refrain from group celebrations, shaking hands, fist bumps, or high fives.
- No loitering (after activity complete)
- Sanitize upon entry and exit from the facility and during breaks.

Coaches Checklist:

- Bring disinfecting wipes and hand sanitizer to clean common areas and equipment, including door knobs or handles, light switches, hands, etc.
- Ensure Daily Attestation Waiver (including health questionnaire) are completed by all athletes.
- Confirm athlete attendance for record keeping and contact tracing.
- Check the temperature of all athletes entering the facility.
- Remind athletes to maintain 2 m physical distancing when not competing on court.

Parent/Guardian Checklist:

- DO NOT send your athletes if they are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Spectators will not be allowed at practices. Facility rules will dictate spectators at competitions.
- Drop athletes off at facility entrance.
- Respect physical distancing guidelines.
If allowed at venues,
- Eat before you come as food will be discouraged at any events.
- Bring your own water bottles or coffee.
- Adhere to municipal by-laws and facility guidelines as it pertains to wearing face masks.
- Consider bringing personal hand sanitizer.
- Stay in designated spectator area.
- Respect physical distancing guidelines.
- Refrain from yelling or cheering to prevent spread of vapor droplets.
- No loitering (after activity complete).