

Marist Basketball COVID-safe Guidelines

The Marist Basketball Committee has now produced the following COVID-safe Guidelines, which will regulate the conduct of trainings which can take place, in anticipation of the commencement of the basketball season in term 3.

This email is designed to act as an easy source of reference for players, parents and coaches in relation to the club and college expectations and requirements to keep all members of our basketball community as safe as possible, and to comply with the college's COVID-safe guidelines for all sporting clubs.

Some Basics

- Any player, coach or volunteer who is;
 - Feeling unwell; or
 - Has any cold or flu like symptoms; or
 - Has been exposed to a person with COVID-19 in the preceding 14 days; or
 - Is awaiting or has a family member or close contact awaiting a COVID-19 test result;Should not participate in any training.
- Any player, coach or parent who is in a vulnerable category in relation to COVID-19 should seek and rely on their own medical advice prior to their participation.
- All participants in training, shall wherever possible, continue to practice social distancing (the 1.5m rule), and to observe proper cough etiquette, and general personal and respiratory hygiene.
- Physical contact, sharing of equipment and use of communal facilities is to be generally discouraged.
- The main ethos for trainings will be “get in, do your training, and get out”.

Coaches

- A reminder that all coaches need to have valid working with vulnerable people credentials, and to ensure that they have been provided to the club.
- Coaches will need to have a written practice plan, which is then used to record the nature of any trainings.
- Initial sessions will include extensive warm up, to deal with balance exercises, change of direction, light running and stretching, along with a structured cool down, with an emphasis on a staged return to training, and injury prevention.
- Marcellin Hall will have the divider erected at all times, and that will allow for two “enclosed” spaces for the purposes of the COVID-19 restrictions. In general, each team will have a half-court.

- At the commencement of training, players will be required to use the hand-sanitiser, of which there will be two sanitiser stations in the entry to Marcellin Hall, which the participants can use.
- Each coach will need to ensure that disinfectant wipes are brought to trainings, and that balls are wiped down before and after training, and at regular intervals during training, with the wipes to be disposed of in appropriate fashion.
- Bench areas and any communal areas should be also wiped down at the commencement and at the completion of training.
- Training is to be primarily concentrated on skills, and non-contact up until 19 June 2020, no screens are to be set or training drills involving intentional contact, though occasional accidental contact is okay. From 19 June 2020 onwards, full contact drills are allowed.
- An attendance list should be maintained by the coach for all trainings.
- Any player who becomes unwell during training should be isolated, and arrangements should be made for them to be collected immediately.
- Players will not be allowed to congregate inside waiting for training, but must come into Marcellin Hall as a group, and at the cessation of the training session, must all leave Marcellin as a group. No extra or casual shooting around will be allowed.

Players

- Players are encouraged to bring their own basketball which they should wipe down before and after training with the provided disinfectant wipes.
- The ethos of “get in, train, and get out”, will be strictly enforced. There will be no pre or post training shooting or informal sessions.
- During training, all players must understand that the training is to not have any deliberate body contact, and there will be no high fives or handshakes during training.
- Players are strongly recommended to have a full body shower at home before and after training, in accordance with the recommendations of the Australian Institute of Sport.
- No food is to be brought into Marcellin Hall, and no shared water bottles are to be used.
- All players should sanitise their hands prior to commencing training and at the end of training.
- All players should bring their own drink bottles.

Parents

- Regretfully, for the time being, there will be no parents allowed into Marcellin hall and there will be no spectators allowed.
- Parents should drop off and pick up from the college car park, and should not go to Marcellin Hall, with the preferred arrangement being to have their sons meeting them at their vehicle.