

# Safe Return to Basketball

Basketball Safe



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# INTRODUCTION

- The Basketball Association of Singapore (BAS) supports the national effort to contain the spread of Covid-19.
- The Sports and Recreation facilities/activities are allowed to reopen during Phase 2 starting from 19 June 2020 with safe management procedures in place.
- Three key factors for the return to sport activity in Phase 2:
  - group-size limitation,
  - safe distancing
  - environmental factors



# REOPENING OF BASKETBALL FACILITIES

- The maximum number of persons allowed at each basketball facility: 10m<sup>2</sup> per person or 50 persons, whichever is lower.
- If facility is smaller than 50m<sup>2</sup>, it can admit up to 5 persons, e.g., a 20m<sup>2</sup> facility can accommodate 5 persons. This does not include staff.
- Physical distancing of 2m (2 arms-length) between individuals should be maintained in general while playing basketball.
- Notwithstanding the above, group activities are limited to no more than 5 participants per half court. No cross-group/team is allowed. Groups are not allowed to cross over to the other court, and should maintain a distance of 3m between groups. For organized programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group.

# REOPENING OF BASKETBALL FACILITIES

- Human traffic flow is to be managed to ensure no mixing of groups, and no loitering or waiting outside of basketball facilities.
- Mask should be worn as a default. Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.
- Sharing of common equipment should be avoided. Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitized frequently. This includes gym equipment such as weights, and sport equipment such as basketballs. If training bibs are used, then players should bring them home, wash and bring them back to the next training.
- Owners or Operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply.

# ADDITIONAL MEASURES TO ENSURE SAFE RETURN TO BASKETBALL

## Before Training Session

- Twice daily temperature checks
- Compulsory to wear a mask. Bring along (in a re-sealed bag) a spare one.
- Bring along personal water bottle and hand sanitizer; bring enough water for personal hydration.
- Users are to bring their own balls and equipment.
- Carpooling is discouraged but if necessary, it should remain within the same 5 trainees to avoid cross-mixing.
- Try to observe safe distancing even while taking public transport.
- Come properly attired to minimise time-use/gathering in the washroom/changing room.
- Download and activate the Trace Together App and/or carry the Trace Together Token as it enables tracing by proximity to each person.
- Scheduling– training times should be arranged to minimise different groups of trainees mixing. Cross deployment across different groups of trainees is prohibited.
- Coaches should inform the trainees in advance their groupings (max of 5 per group) so that upon arrival, they will only stick to their own group.

# ADDITIONAL MEASURES TO ENSURE SAFE RETURN TO BASKETBAL

## Before Training Session



**BASKETBALL ASSOCIATION OF SINGAPORE**

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### ATTENDANCE FOR BASKETBALL SESSION @ SBC

Team Name (if applicable):	
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Group Name/No:	
Date:	
Group Playing Time:	

#### Group Members:

s/n	Name	Mobile Phone Number
1		
2		
3		
4		
5		
	*Name of Coach:	

\* Not applicable to Recreational Basketball



**BAS**  
BASKETBALL ASSOCIATION  
OF SINGAPORE

# ADDITIONAL MEASURES TO ENSURE SAFE RETURN TO BASKETBALL

## Arrival at Venue

- Proceed directly from car park/shuttle drop off to the basketball centre and observe safe distancing when walk into centre.
- Use hand sanitizer to sanitize hands at point of entry.
- Scan Safe Entry QR Code for contact tracing at the entrance
- Coaches should arrive 30 mins before training commences to ensure the courts are ready and the trainees stay within their own group.
- Facility operator will facilitate Safe Entry procedures which include temperature check, QR code scanning and completion of health and travel declaration form at entrance.
- Anyone displaying symptoms of Covid-19 (coughing/sneezing/sore throat/shortness of breath) would be refused entry.
- Trainees are to arrive at 15 mins before training commences to allow adequate time for Safe Entry procedures to be observed. They must stay within their own group. Trainees and coaches should come properly attired to minimise time-use/gathering in the washroom/changing room.

# Arrival at Venue

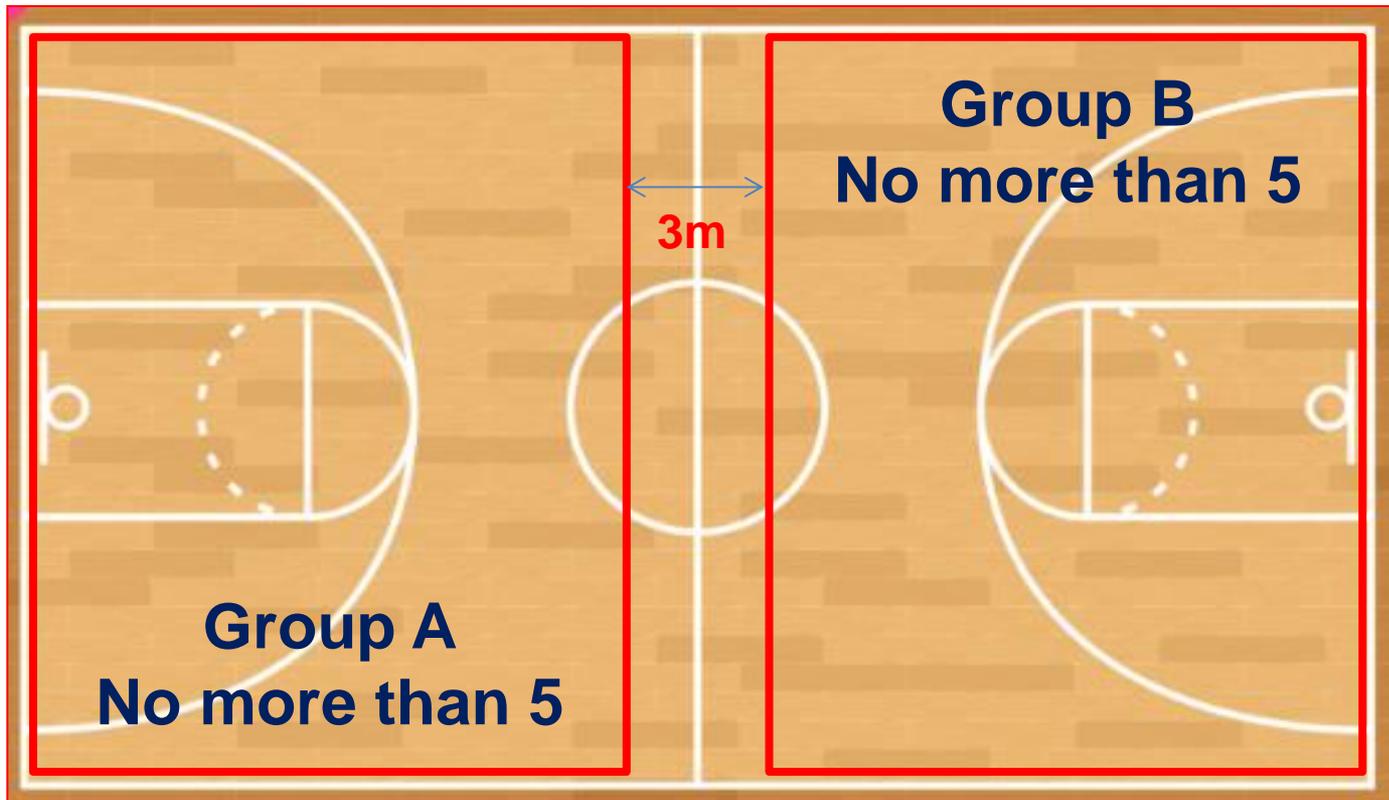


# ADDITIONAL MEASURES TO ENSURE SAFE RETURN TO BASKETBALL

## Activities at Training Venue

- Coaches are to ensure that the balls are sanitised before playing.
- Groups assigned by coaches based on a maximum of five (5) trainees per group per half court would stay within their own group. No cross-group is permitted throughout, and groups are to maintain a safe distance of 3m from other groups.
- Trainees are to keep 2m distancing from fellow trainees and coaches (even during warm up drills) within their group. Separate groups to maintain a distance of 3m. Coaches are to ensure that any drill involving leaning on fellow trainee for support should not be allowed.
- All player benches/chairs are clearly marked such that each individual on the bench will be seated 2m apart from each other.
- Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.
- All forms of physical contact should be avoided, e.g., high fives, fist bumps, etc.

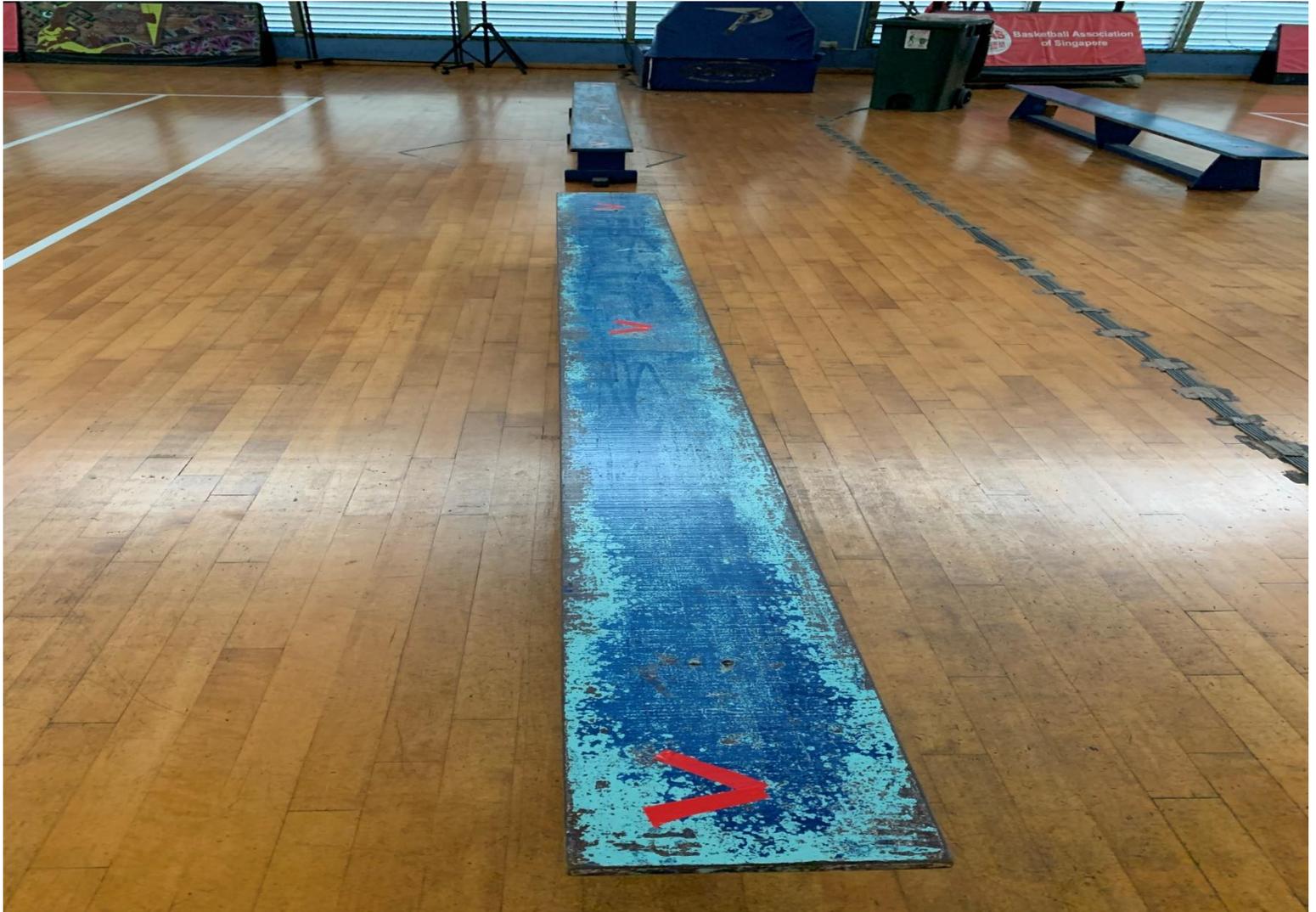
# Activities at Training Venue



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# Activities at Training Venue



# ADDITIONAL MEASURES TO ENSURE SAFE RETURN TO BASKETBALL

## Activities at Training Venue

- Trainees are to keep hydrated from personal water bottle only at areas designated in the training venue. Eating would not be permitted; no sharing of drink bottles.
- Trainees and coaches must observe social distancing during in-between training rest.
- Upon completion of training, coaches are to ensure that the trainees:
  - sanitise the balls and keep them
  - wipe down high contact surfaces around their assigned court and lanes (players bench, basketball stand cushion, seats, table tops, ball return area) using disinfecting sprays and wipes.
- After area wipe-down, trainees and coaches should bag their sweaty attire including bibs (if any) and change into clean and dry attire to return home. Using the toilet to change up or take shower is discouraged. If they need to do so, then they should take turn, maintain social distancing and always mask up (only remove it when taking shower). They should, at all times, not cross-mix with other groups. In other words, group 2 should wait till the trainees from group 1 has finished and left the changing room before they could enter. Same process for group 3, 4 and so on.
- Trainees and coaches are not to congregate and should promptly leave the venue. Scan QR code when leaving the venue.

# Activities at Training Venue



# ADDITIONAL MEASURES TO ENSURE SAFE RETURN TO BASKETBALL

## Traveling Home from Training Venue

- Trainees and coaches should not have any social meet ups before or after training and are required to go home directly.
- Carpooling is discouraged but if necessary, it should remain within the same 5 trainees to avoid cross-mixing.
- Face mask should be worn on the way home.
- Try to observe safe distancing even when taking public transport/shuttle.

# BASKETBALL COMPETITIONS IN PHASE 2

- Traditional basketball competitions such as 5v5 or 3x3 will not be allowed in Phase 2.
- However, any “competition” that takes place among the same 5 players in the same group, be it 1v1, 2v2, 2v3, shooting competition, etc, will be allowed.

# PICK-UP BASKETBALL

- Maximum of 5 players per group per half court. No cross court/group is allowed. Since it is pick-up basketball, the +1 coach or instructor is not allowed.
- Each group is only allowed to play for one hour unless there is no other group waiting to play.
- Drills, practices, 2x2, 2x3 or shooting competition within the group will be allowed.
- No mixing of groups is permitted throughout. The players can only remain within their own group. No groups are allowed to play/compete with other groups.
- The players must know each other for contact tracing purposes.

• The player with the basketball must sanitise it before playing.



# PICK-UP BASKETBALL

- All players must sanitise their hands before play.
- All players are to keep 2m distancing from fellow players.
- All players must ensure that any drill involving leaning on fellow player for support should not be allowed.
- Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.
- All forms of physical contact should be avoided, e.g., high fives, fist bumps, etc.
- All players must practice good hygiene, no sharing of drink bottles, or equipment, etc.
- All players are to keep hydrated from personal water bottle. Eating would not be permitted.



# PICK-UP BASKETBALL

- All players must observe social distancing during in-between rest.
- Upon completion of the session, the basketball owner must sanitise the ball immediately.
- The players should sanitise their hands and bag their sweaty attire and change into clean and dry attire to return home.
- The players are not allowed to congregate and should promptly leave the court.
- Carpooling is discouraged but if necessary, it should remain within the same 5 players to avoid cross-mixing.
- Face mask should be worn on the way home.
- Try to observe safe distancing even when taking public transport/shuttle.





Together, We Can Overcome  
Covid-19.

Thank You

