



ADVISORY FOR RESUMPTION OF BASKETBALL IN PHASE 3

Guidelines for Club Training / Academy / Instructional, Recreational and Pick-up Basketball

Dated: 13 January 2021

1. This advisory provides members of the basketball fraternity including the basketball facility operators and basketball clubs with information on basketball in Phase 3, as well as the safe management measures to be implemented.
2. Measures mandated in this advisory have to be in effect before basketball activities are permitted to resume.

USAGE OF BASKETBALL FACILITIES

3. In Phase 3, all basketball activities may continue under the following conditions:
 - a. Sport and recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 8sqm per person. ¹ No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore. Requests for such approval may be considered for large facilities that can be organized into separate facilities, each with its own limit. For facilities smaller than 50m², basketball facility operators have to ensure that the physical distancing measures are observed.
 - b. Indoor & Outdoor Sports Facilities for Team Sports of Basketball: Max of 8 per group per half court. An additional service provider (such as an instructor or a coach) is permissible and will be in addition to the 8 pax allowed into the facility. Depending on facility capacity, maximum of 8 per group per half court may be allowed but must maintain 2m distancing between individuals and 3m distancing between groups. There shall be clear segregation between groups and strictly no cross-mixing or cross-playing between groups.
 - c. Physical distancing of 2m (2 arms-length) between individuals should be maintained in general while playing basketball. A physical distancing of 3m (3 arms-length) between individuals should be observed for indoors high intensity or high movement exercise classes.
 - d. Notwithstanding point 3a and 3b above, group activities are limited to no more than 8 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.
 - e. Transient contact during the activity is permitted, notwithstanding point 3b and 3c above, with modification to avoid extensive body contact.
 - f. Human traffic flow is to be managed to ensure no mixing of groups, and no loitering or waiting outside of basketball facilities.
 - g. 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.
 - h. 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.

- i. Owners or Operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply.

MEASURES TAKEN BY OPERATORS OF BASKETBALL FACILITIES

4. **Safe Management Measures.** Sport Singapore has provided some operational guidance on the following safe management measures, which basketball facility operators will have to put in place prior to the opening of their basketball facilities to minimise the risk and consequence of infection. Operators of basketball facilities are to ensure compliance by all users.
 - a. Appoint Safe Management Officer. Basketball facility operators are to designate a senior staff as Safe Management Officer (SMO) to ensure compliance with the measures. The SMO will be responsible for formulating the implementation plans, conducting inspections and checks, as well as maintaining records for subsequent audits by the authorities.
 - b. Support Contact Tracing & Implement Temperature Screening. All basketball facilities must implement SafeEntry for participants and visitors. Basketball facility operators must conduct temperature screening¹ and checks on visible symptoms² for visitors, and turn away those with fever and/or who appear unwell. Health & travel declaration form should also be used (Appendix A). Employees and visitors are to download and activate the TraceTogether app.
 - c. Isolation. Any guest who comes down with fever after entering the venue should be isolated in a room that has been assigned and an ambulance will be activated to bring the guest to a hospital/Covid-19 test facility.
 - d. Temporary closure & Deep-cleansing of facility. Upon being informed of any guest being tested positive for Covid-19, the venue will be immediately closed until deep cleansing has been performed by any of the vendors listed on the National Environment Agency (NEA) website.
 - e. Reduce Physical Interaction and Ensure Safe Distancing. Basketball facility operators will have to organise human traffic flow and space management to ensure that the mixing of groups does not take place. Equipment should be arranged to allow users to exercise at a safe distance with each other.
 - f. Crowd Management. Basketball facility operators will have to devise systems to ensure there is no overcrowding at or around their premises, such as through the use of booking systems. Wherever a queue can be expected to form (entrance and lobby area), floor markings should be installed to ensure 1m distancing between people in the queue. Basketball facility operators will have to manage rest areas and changing room operations to prevent crowding and loitering.
 - g. Wear Masks & Ensure Hygiene. Basketball facility operators will have to ensure that all visitors don masks when they enter the facility. Hand sanitisers should be placed in close proximity of the facility entrance and high-touch surfaces like door handles. Visitors should be encouraged to sanitise their hands before entering the facility.
 - h. Ventilation. Indoor spaces should be kept well-ventilated. For non-air conditioned spaces, windows should be kept open and additional fans should be put in place.
 - i. Enhance Cleaning Protocols. Facility operators will have to frequently disinfect common spaces and interactive components (e.g., smart kiosks, turnstiles, door handles). Equipment will have to be thoroughly wiped down and cleaned after each use. Personal equipment should not be shared.

¹ The Gross Floor Area includes exercise spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities up to 64sqm can admit up to 8 persons, e.g.: a 20sqm facility can accommodate 8 persons. This does not include staff.

² Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

- j. Watercoolers. Although some facilities may have installed watercoolers, they will not be accessible to the public/users. The users are therefore required to bring enough water for their own hydration.

ADDITIONAL MEASURES TO ENSURE SAFE RETURN TO BASKETBALL

A. Group Training: Club Training / Academy/Instructional:

Measures	Remarks
<p>Before training session:</p> <ul style="list-style-type: none"> a. Twice daily temperature checks done by individual trainee/coaches. Temperature to be taken before leaving home/school for training. Those with fever/not feeling well should not come for training and they should refrain from any form of home-based training till they feel better. b. It is compulsory to wear a face mask when leaving home/school and during journey to training venue. A re-usable cloth mask or disposable surgical mask may be used. If a cloth mask is used, it should be one which has been washed. If a surgical mask is used, it should be a new one. The masks should be worn properly to ensure it covers the nose and mouth with an effective seal. A spare mask should be brought along (in a re-sealed bag). Trainees should also bring along their personal water bottle and hand sanitizer. c. Coaches and trainees are to bring enough water for personal hydration. d. Trainees and coaches should come properly attired to minimise time-use/gathering in the washroom/changing room. e. Trainees and coaches are to download and activate the Trace Together App and/or carry the Trace Together Token as it enables tracing by proximity to each person. f. Scheduling– training times should be arranged to minimise different groups of trainees mixing. Cross deployment across different groups of trainees is prohibited. g. Coaches should inform the trainees in advance their groupings (max of 8 per group per half court) so that upon arrival, they will only stick to their own group. 	<p>Users are to bring their own balls and equipment.</p> <p>The coach must assign trainees to their respective group (max of 8 per group per half court) and keep them informed before the training session. They must stay within the same group throughout the training session and cross-mixing with other groups is prohibited.</p> <p>If necessary, the coach can rearrange the groupings for the next training days and keep the trainees informed in advance.</p>
<p>Arrival at venue: The coaches and the trainees must adhere to the following:</p> <ul style="list-style-type: none"> a. Proceed directly from car park/shuttle drop off to the basketball centre and observe safe distancing when walk into centre. b. Use hand sanitizer to sanitize hands at point of entry. Enough sanitizer should be used to cover surface of hands and the gel should be rubbed until the sanitizing solution/gel dries. c. At basketball centre entrance - Scan Safe Entry QR Code for contact tracing. d. Coaches should arrive 30 mins before training commences to ensure the courts are ready and the trainees stay within their own group. e. Facility operator will facilitate Safe Entry procedures which include temperature check, QR code scanning and completion of health and travel declaration form at entrance. f. Anyone displaying symptoms of Covid-19 	

<p>(coughing/sneezing/sore throat/shortness of breath) would be refused entry.</p> <p>g. While the facility operator and the coaches will check that trainees are wearing their mask properly (nose and mouth covered with an effective seal), the responsibility lies with each individual to ensure the mask is worn properly.</p> <p>h. 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.</p>	
<p>Activity at training venue:</p> <p>a. Coaches are to ensure that the balls are sanitised before playing.</p> <p>b. Coaches would have already informed the trainees on their group assignments.</p> <p>c. Groups will be by assigned by coaches based on a maximum of eight (8) trainees per group per half court. No cross-group is permitted throughout, and groups are to maintain a safe distance of 3m from other groups.</p> <p>d. Trainees are to keep 2m distancing from fellow trainees and coach (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.</p> <p>e. Players/coaches bench will be clearly marked with 3m social distancing.</p> <p>f. Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances. Should the mask become soiled or damaged, a replacement should be worn. The change of mask should be done away from the training area and not within 2m distance of any other person. Each individual will bring his mask home in his own bag to dispose.</p> <p>g. All forms of physical contact should be avoided, e.g., high fives, fist bumps, etc.</p> <p>h. Trainees and coaches must practice good hygiene, e.g., regular and thorough handwashing/hand sanitization, especially each time they leave and return to the venue, covering mouth and nose with a tissue or sleeve during coughing/sneezing), no sharing of drink bottles, or equipment, etc.</p> <p>i. Trainees are to keep hydrated from personal water bottle only at areas designated in the training venue. Eating would not be permitted.</p> <p>j. Trainees and coaches must observe social distancing during in-between training rest.</p> <p>k. Upon completion of training, coaches are to ensure that the trainees:</p> <ul style="list-style-type: none"> • 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. <p>l. 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</p>	<p>One coach is allowed per 8-pax group per half court and he is considered part of that group.</p> <p>The coach must always maintain at least 2m safe distancing from the entire group.</p> <p>Once the trainees and coaches left the courts, facility operator would mope the courts with disinfection solution and repeat the cleaning process should there be 2nd, 3rd or 4th session of</p>

<p>from group 1 has finished and left the changing room before they could enter. Same process for group 3, 4 and so on.</p> <p>m. Trainees and coaches are not to congregate and should promptly leave the venue.</p> <p>n. Scan QR code when leaving the venue.</p>	<p>group training so that the next group(s) always has a clean environment for training.</p>
<p>Travelling home from training venue:</p> <p>a. Trainees and coaches should not have any social meet ups before or after training and are required to go home directly.</p> <p>b. Face mask should be worn on the way home.</p> <p>c. Try to observe safe distancing even when taking public transport/shuttle.</p>	

B. BASKETBALL COMPETITIONS IN PHASE 3

Since only a maximum of 8 players are allowed per half court and cross-group/team playing is prohibited, traditional basketball competitions such as 5v5 will not be allowed in Phase 3. However, any “competition” that takes place among the same 8 players in the same group, be it 1v1, 2v2, 3v3, 4v4, shooting competition, etc, will be allowed.

Note: To adhere to the necessary maximum number of pax (8 players + 1 coach/ instructor per half court). Hence for 4v4 games/competitions, in order not to violate the required measures in place should there is a referee involved, any coaches on both sides must be isolated in their own groups, and must not mix with the players involved.

C. RECREATIONAL BASKETBALL:

Measures	Remarks
<p>Recreational basketball is allowed during phase 3 at the venues where safe entry and contact tracing is available with the following measures:</p>	
<p>Before basketball session :</p> <p>a. Twice daily temperature checks done by individual player. Temperature to be taken before leaving home. Those with fever/not feeling well should not come for training and they should refrain from any form of home-based training till they feel better.</p> <p>b. It is compulsory to wear a face mask when leaving home and during journey to the basketball court. A re-usable cloth mask or disposable surgical mask may be used. If a cloth mask is used, it should be one which has been washed. If a surgical mask is used, it should be a new one. The masks should be worn properly to ensure it covers the nose and mouth with an effective seal. A spare mask should be brought along (in a re-sealed bag). Players should also bring along their personal water bottle and hand sanitizer.</p> <p>c. The users are to bring enough water for personal hydration.</p> <p>d. Group size must be limited to 8 players per half court. Cross-group will not be permitted. The players must know which group they belong to so that they can always stay with the same group.</p> <p>e. Players are to download and activate the Trace Together App and/or carry the Trace Together Token as it enables tracing by</p>	<p>Users are to bring their own balls and equipment.</p>

<p>proximity to each person.</p>	
<p>Arrival at venue. The players must adhere to the following:</p> <ol style="list-style-type: none"> a. Proceed directly from car park/shuttle drop off to the basketball venue and observe safe distancing when walk into centre. b. Use hand sanitizer to sanitize hands at point of entry. Enough sanitizer should be used to cover surface of hands and the gel should be rubbed until the sanitizing solution/gel dries. c. At basketball venue entrance - Scan Safe Entry QR Code for contact tracing. d. The venue operator should facilitate Safe Entry procedures which include temperature check, QR code scanning and filling up of health and travel declaration form at entrance. e. Anyone displaying symptoms of Covid-19 (coughing/sneezing/sore throat/shortness of breath) would be refused entry. f. The players must wear their mask properly (nose and mouth covered with an effective seal). g. Players are to arrive 15mins before training commences to allow adequate time for Safe Entry procedures to be observed. 	
<p>Activity at venue:</p> <ol style="list-style-type: none"> a. Group leaders are to ensure that the balls are sanitised before playing. b. Groups could be formed based on a maximum of eight (8) players per group per half court. Since it is recreational basketball, the +1 coach or instructor is not allowed. c. No mixing of groups is permitted throughout. The players can only remain within their own group. d. Players are to keep 2m distancing from fellow players (even during warm up drills). Players are to ensure that any drill involving leaning on fellow player for support should not be allowed. e. Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances. Should the mask become soiled or damaged, a replacement should be worn. The change of mask should be done away from the play area and not within 2m distance of any other person. Each individual will bring his mask home in his own bag to dispose. f. All forms of physical contact should be avoided, e.g., high fives, fist bumps, etc. g. Players must practice good hygiene, e.g., regular and thorough handwashing/hand sanitization, especially each time they leave and return to the venue, covering mouth and nose with a tissue or sleeve during coughing/sneezing), no sharing of drink bottles, or equipment, etc. h. Players are to keep hydrated from personal water bottle only at areas designated in the training venue. Eating would not be permitted. i. Upon completion of session, group leaders are to ensure that players: <ul style="list-style-type: none"> • sanitise their own basketballs and keep them • wipe down high contact surfaces around their assigned 	

<p>court and lanes (players bench, basketball stand cushion, seats, table tops, ball return area) using disinfecting sprays and wipes.</p> <p>j. After area wipe-down, the players should bag their sweaty attire 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, players from group 2 should wait till group 1 has finished and left the changing room before they could enter. Same process for group 3, 4 and so on.</p> <p>k. The players are not to congregate and should promptly leave the venue.</p> <p>l. Scan QR code when leaving the venue.</p>	<p>Once the players left the courts, facility operator would mope the courts with disinfection solution and repeat the cleaning process should there be 2nd, 3rd or 4th session of booking so that the next group(s) always has a clean environment for playing.</p>
<p>Travelling home from venue:</p> <p>a. The players should not have any social meet ups before or after playing and are required to go home directly.</p> <p>b. Face mask should be worn on the way home.</p> <p>c. Try to observe safe distancing even when taking public transport/shuttle.</p>	

D. PICK-UP BASKETBALL

Measures	Remarks
<p>Pick-up Basketball at the neighbourhood courts is allowed with the following measures:</p> <ul style="list-style-type: none"> • Maximum of 8 players per group per half court. No cross court/group is allowed. Each group is only allowed to play for one hour unless there is no other group waiting to play. • Drills, practices, 2v2, 3v3, 4v4, 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. • Should individual be playing solo by himself, then he should remain alone and not to join other groups. • The player with the basketball must sanitise it before playing. • 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. Should the mask become soiled or damaged, a replacement should be worn. The change of mask should be done away from the play area and not within 2m distance of any other person. Each individual will bring his mask home in his own bag to dispose.

- 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 will not be permitted.
- 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.
- Face mask should be worn on the way home.
- Try to observe safe distancing even when taking public transport/shuttle.

Health & Travel Declaration Form for Visitors

Dear Sir / Madam,

To prevent the spread of Covid-19 in our community and reduce the risk of exposure to our staff and visitors, we are conducting a simple screening questionnaire. Your participation is important to help us take precautionary measures to protect you and everyone in this building. Thank you for your time.

Visitor's name:	Personal contact number (mobile/home):
NRIC/Passport no (last 4 characters):	Nationality (for foreigner only):
Name of staff you are meeting with:	Purpose:
Temperature reading of visitor:	Recorded by staff (name):

	Self-declaration by visitor
1	<p>If you have the following symptom(s) , please tick the relevant box(es)</p> <p> <input type="checkbox"/> Fever <input type="checkbox"/> Dry Cough <input type="checkbox"/> Body Aches <input type="checkbox"/> Sore throat <input type="checkbox"/> Runny nose <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Persistence Pain in the Chest <input type="checkbox"/> Others (pls specify): _____ </p>
2	<p>Have you been in contact with a confirmed Covid-19 patient in the past 14 days?</p> <p> <input type="checkbox"/> Yes <input type="checkbox"/> No </p>
3	<p>Have you travelled abroad since April 2020??</p> <p> <input type="checkbox"/> Yes <input type="checkbox"/> No </p> <p>If yes, please indicate date(s) and country(s): _____</p>

Signature (visitor): _____

Date: _____