



# RETURN TO TRAINING

## OUTDOOR ACTIVITY

### STEP 1 - RETURN TO SPORT

As of 11:59pm on the 12th May 2020 the Victorian Government permits a return to outdoor activity or training for participants under the guidelines below - from **13/5/20 – 31/5/20**.

### WHAT IS ALLOWED?

- Outdoor, non-compulsory, non-contact training drills - e.g. 1 vs 0, no scrimmages, no huddles
- No physical contact: no High-5s, handshakes, screens, boxing out, bumping, one on one play etc
- Maximum training session of 60 minutes
- Maximum of 10 people (plus a coach or organiser)
- Follow hygiene and social distancing rules

### INSURANCE

- Only Basketball Victoria and Association "sanctioned" training or competition activities are covered by Basketball Victoria's insurance policy
- Only registered participants are covered for personal accident insurance
- Activities must be in line with and adhere to government laws, rules and regulations.

*Activities that fail to comply with these requirements may not be covered by insurance under this policy - e.g. if there are 11 people training, or people are proven to not be social distancing or sanitising their hands etc.*

### GROUP LIMITS

- Maximum of 10 people (plus a coach or organiser)
- Parents / Guardians are not permitted near the vicinity of the court and must observe social distancing rules while watching from a distance
- Parents / Guardians are to avoid contact with the training group on arrival or departure

### VENUE REQUIREMENTS

- Outdoor courts only
- Seek permission from the owner (where possible) before training at public/private courts
- Public courts are not prioritised for club trainings
- Please be considerate of members of the public and shorten or cancel training sessions if others are wanting to use the courts

### HYGIENE PRACTICES

- Coaches are required to keep a record of attendance at each training
- Association(s)/club(s) should supply disinfectant wipes and hand sanitisers for each team
- Balls must be sanitised prior to use using a single use anti-bacterial wipe. The wipe must be disposed of after use.
- Participants must supply their own ball, drink bottle and towel, all clearly labelled
- Do not use changeroom facilities
- Do not use public water fountains
- Do not share food/snacks
- Where possible maintain distance of at least 1.5m while training
- Wash hands thoroughly or use hand sanitiser before and after each session
- The AIS Framework for Rebooting Sport in a COVID-19 Environment - recommends a thorough full body shower with soap before and after training (at home)