



*COVID-19
PANDEMIC
SAFETY
PLAN*

KEEPING THE TSC COMMUNITY ON THE COURT



TSC Committee
Covid Safety Plan
11-Feb-22

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Introduction

To protect the most vulnerable in our basketball community, we need to work together to contain the virus and minimise its spread. This Return to Play Plan is based on the following documents:

- [ACT Government Public Health Directions](#), in particular [The ACT's Pathway Forward - Framework - COVID-19](#) and [Return to Sport Framework \(act.gov.au\)](#)
- Basketball ACT's Safe Return to Activity Plan

Our expectation is that all of the TSC community will work together to adhere to these protocols. **Where breaches of these protocols occur, the Club reserves the right to take disciplinary measures, including suspension from training and/or games.** Players in breach of the protocols will also not be covered by Basketball ACT insurance.

*If any of the below apply to you, **YOU MUST NOT ATTEND GAMES OR TRAINING:***

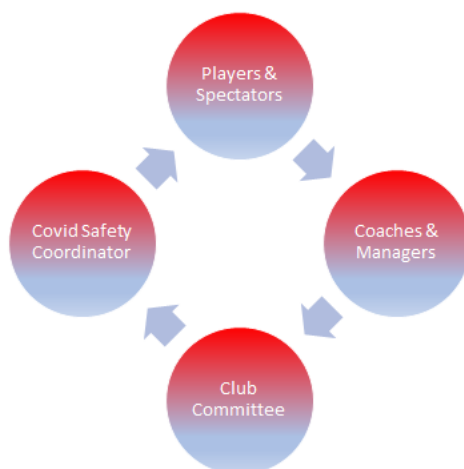
- *You live with someone who has COVID-19 (household contact)*
- *You spent a long time with someone who has COVID-19 and interacted closely with them and you or the other person were not wearing face masks*
- *You were indoors with someone who has COVID-19 and you or the other person were not wearing face masks*
- *You have flu-like symptoms*

Follow the advice of [ACT Health Authorities](#).

Our plan covers the following areas:

1. Education and Communication
2. Hygiene
3. Social Distancing
4. Self-isolation
5. Training
6. Games
7. Risk assessment/mitigation
8. Incident Management
9. Review and Monitor
10. Insurance

*We are all responsible for protecting
the health of the TSC & ACT Basketball Community*



1. Education and Communication

The aim is for all members of TSC to have a good understanding of the protocols required for a COVID safe environment:

Role	Responsibility
Everybody (Players, Spectators, Coaches and Managers)	<ul style="list-style-type: none">Familiarise yourself with this plan, the training and game protocol regimes and other key documents related to Covid protocols on the TSC website and published by Basketball ACTFollow TSC's social media platforms to ensure you get club messaging about updates
Coaches and Managers	<ul style="list-style-type: none">New coaches/managers are to complete the COVID on-line training module provided by the Department of Health (completion certificates to be submitted to the TSC COVID Safety Coordinator)Ensure training sessions comply with the Covid planParticipate in online safety meetings when required
Club	<ul style="list-style-type: none">Appoint a COVID Safety Coordinator as a central point of contact for COVID-related issuesCreate a dedicated email address for all COVID communication (covid@southerncrossbasketball.net)Update the TSC Covid plan as restrictions change and circulate the updated information to all club membersEnsure the website has the current information available to the ClubAs required, provide online safety meetings to enable the COVID Safety Coordinator to update coaches and managers and address any questions

 <http://www.southerncrossbasketball.net>  <https://www.facebook.com/TSCBballClub/>  [tscbasketball.canberra](https://www.instagram.com/tscbasketball.canberra)

2. Hygiene

Hygiene is key to preventing the spread of virus.

Role	Responsibility
Everybody (Players, Spectators, Coaches and Managers)	<ul style="list-style-type: none">Any person aged 12 and over must wear a face mask inside unless participating in vigorous activity.Must use hand sanitiser at the beginning and end of each training session or game and are encouraged to use it regularly throughout (for effective use of hand sanitisers see these CDC Fact sheets)Sneeze or cough into a tissue or cough into your elbow. Wash hands immediately afterwards with sanitiserArrive at the stadium ready to train or play – minimise the use of stadium change roomsDo not share food or drinkDo not use the public water fountain to drink from – bring sufficient water for the duration of training/ games or refill only
Players	<ul style="list-style-type: none">Bring your own clearly labelled ball, drink bottle (to refill or bring sufficient water for the duration of training/games) and towel (if needed)If using a mouth guard, sanitise after each time the mouth guard is touched
Coaches and Managers	<ul style="list-style-type: none">Encourage anyone entering a training venue to use hand sanitiser on their way in and out.Ensure the Basketball ACT's Safe Return to Activity plan is followed by all participantsEnsure balls are wiped clean at least before and after training/games with a disinfectant wipe and wipes are disposed of in the bins provided at the venueEmail covid@southerncrossbasketball.net when more Covid hygiene kit supplies are required
Club	<ul style="list-style-type: none">Provide Coaches or Managers a Covid hygiene kit for each team (hand sanitiser and disinfectant wipes) and restock as required

3. Social Distancing

Social distancing is key to preventing the spread of virus.

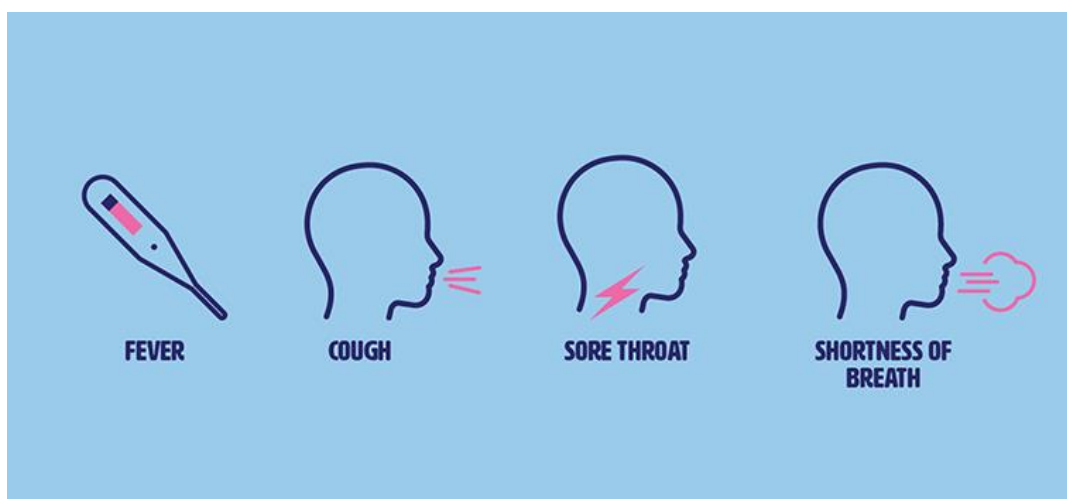
Role	Responsibility
Everybody (Players, Spectators, Coaches and Managers)	<ul style="list-style-type: none">• Keep 1.5 metres from other participants and avoid the 4 “Hs” – handshakes, hugs, hi-5s and huddles• Adopt the mantra “Get in, train/play, get out” – we encourage people to not hang around before (or after) trainings/games• Arrive ready to train or play• It is strongly recommended that spectators keep 1.5 metres away from anyone outside their household

4. Self-isolation

Self-isolation is key to preventing the spread of virus.

Role	Responsibility
Everybody (Players, Spectators, Coaches and Managers)	<p>YOU MUST NOT ATTEND GAMES OR TRAINING if any of the below apply to you:</p> <ul style="list-style-type: none">• <i>You live with someone who has COVID-19 (household contact)</i>• <i>You spent a long time with someone who has COVID-19 and interacted closely with them and <u>you or the other person were not wearing face masks</u></i>• <i>You were indoors with someone who has COVID-19 and <u>you or the other person were not wearing face masks</u></i>• <i>You have flu-like symptoms</i> <p>Follow the advice of ACT Health Authorities .</p>

Symptoms of possible infection



Source: [Department of Health website](#)

5. Training

GET IN, TRAIN, GET OUT

Role	Responsibility
Everybody (Players, Spectators, Coaches and Managers)	<ul style="list-style-type: none">• All persons aged 12 years and over must wear a mask when not engaging in vigorous physical activity• Any spectator is strongly encouraged to remain 1.5 metres away from any person outside their household• Participants arrive only 10 minutes before training and leave or get collected as soon as training ends
Players	<ul style="list-style-type: none">• Wear your basketball uniform or a reversible training singlet to allow players to be placed into separate teams
Managers/Coaches	<ul style="list-style-type: none">• Contact parent/guardian to collect any player presenting unwell• Ensure all protocols are followed throughout training, including hand sanitising and ball cleaning before and after training• <u>Note that only club sanctioned trainings that comply with the BACT Return to Activity Protocols will be covered by BACT insurance</u>• No shared playing bibs
Club	<ul style="list-style-type: none">• Liaise with venue owner to provide a copy of our plan and negotiate venue requirements• Email information on TSC Covid Guidelines to all registered families at the beginning of each season

6. Games

Follow all venue signage and any instructions from MSOs, venue officials, team coaches and team managers

Role	Responsibility
Everybody (Players, Spectators, Coaches and Managers)	<ul style="list-style-type: none">• All persons aged 12 years and over must wear a face mask when not playing or coaching at a game• Spectators are encouraged to maintain physical distancing of 1.5m to people outside their household• Participants arrive only 15 minutes before game time and leave as soon as the game ends• Enter through the front doors of each venue and use the correct exit for each court<ul style="list-style-type: none">○ Belconnen court 1 and 2 are to exit through the door on court 2○ Belconnen court 3 and 4 are to exit through the door on court 4○ Tuggeranong court 1, 2 and 3 are to exit through the door on court 1○ Tuggeranong court 4 and 5 are to exit through the door on court 5
All Players	<ul style="list-style-type: none">• Bring your own clearly marked ball, drink bottle and towel (if required)• Only use water fountains to refill bottles• Use hand sanitiser when entering the venue• If using a mouth guard, sanitise after every time the mouth guard is touched• Collect all belongings after the game

Role	Responsibility
Bench Officials	<ul style="list-style-type: none"> Wipe down the scorer's bench and equipment after each game
Coaches / Managers	<ul style="list-style-type: none"> Register players on the Ipad provided by the MSO's office before the game Ensure players use hand sanitiser before and after each game

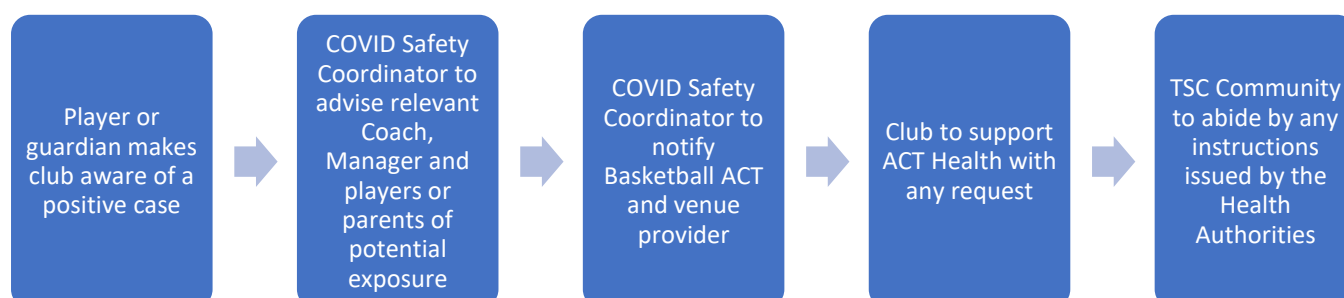
7. Risk Assessment and Mitigation

Players (or their legal guardians) and spectators are responsible for assessing their own risk in participating in basketball.

Risk Group	Mitigation
Everybody (Players, Spectators, Coaches and Managers)	Everyone must assess their own (or their child's) susceptibility to serious risk from COVID-19 before participating in training and games. The Department of Health has a check list of conditions that increase a person's susceptibility to COVID-19.
Persons in the higher risk category	<p>If you are in a higher risk category, please seek medical advice about whether you should attend basketball (and/or if there are any extra pre-cautions that you need to take).</p> <ul style="list-style-type: none"> If parents/carers are in this category and need assistance with transport for their child, please talk to your team manager or coach for assistance.
Persons over the age of 60 years old	<p>Older community members (even without pre-existing conditions) are still at a higher risk of infection compared to the general population.</p> <ul style="list-style-type: none"> Coaches are strongly encouraged to wear masks, train their teams from a distance (1.5m), not touch players or handle any equipment - they should also use an assistant coach or helper parent to provide closer supervision if required. Spectators must wear masks and seek medical advice about any extra pre-cautions you may need to take.
Potential Exposure	<p>YOU MUST NOT ATTEND GAMES OR TRAINING if any of the below apply to you:</p> <ul style="list-style-type: none"> <i>You live with someone who has COVID-19 (household contact)</i> <i>You spent a long time with someone who has COVID-19 and interacted closely with them and <u>you or the other person were not wearing face masks</u></i> <i>You were indoors with someone who has COVID-19 and <u>you or the other person were not wearing face masks</u></i> <i>You have flu-like symptoms</i> <p>Follow the advice of ACT Health Authorities.</p>

8. Incident management

Should the club be made aware of the attendance of a positive case at any of its games or training sessions, it will notify potential close contacts by email and all other members through its social media platforms.



9. Review and Monitor

The Covid Safety Plan is a “live document” that will change as restrictions change. TSC will continue to monitor and review protocols to ensure we are in line with latest the latest Basketball ACT and ACT Government advice for the benefit of our members, their families and the wider community.

10. Insurance

Note that player insurance only covers Club sanctioned training that complies with the BACT Return to Activity Plan for players registered. Training must therefore be undertaken in accordance with the protocols above and adhere to the Government laws, rules and regulations. For that reason, coaches and managers need to clear any training program (not organised by the club) with the COVID Safety Coordinator.

Content Control

<i>Date of Change</i>	<i>Description of Change</i>	<i>Author</i>
20 June 2020	Updated to reflect easing restrictions and simplified processes for registering attendance	S. O'Rourke
20 July 2020	Updated to reflect easing of restrictions to 2.2.1 and to include game instruction	S. O'Rourke
21 July 2020	Updated to provide BACT game specific instruction provided on 21 July 2020	S. O'Rourke
10 August 2020	Updated to reflect easing of restrictions to 3.1 stage	S. O'Rourke
28 August 2020	Revised to include BACT instruction for senior competitions	S. O'Rourke
14 November 2020	Updated to reflect easing of restrictions to 3.3	S. O'Rourke
22 January 2021	Revised to add use of Check In CBR app and electronic attendance register and to change the Return to Play Contract to Covid Guidelines to be emailed to registered families	S. O'Rourke
6 March 2021	Revised to reflect ACT Government's instruction on the mandatory use of Check In CBR for all persons aged 16 and above	S. O'Rourke
28 October 2021	Revised to reflect BACT Safe Return to Activity Plan	S. O'Rourke
11 November 2021	Revised to reflect easing of restrictions	S. O'Rourke
11 February 2022	Revised to reflect removal of mandatory check-in, new restricted attendee categories and the new name of the BACT protocols. The name of the plan was also changed from Return to Play to Covid Safety Plan.	S. O'Rourke