



# FLBB - Fédération Luxembourgeoise de Basketball

## Safety Recommendations for Basketball Practices

According to article 4 of the new COVID-19 law (which comes into effect on October 30<sup>th</sup> and stays applicable at first until December 31<sup>st</sup> 2020): *(6) La pratique d'activités sportives en groupe de plus de quatre acteurs sportifs est interdite (...)*.

Basketball practices are therefore allowed if the practice group is limited to four players (the coach not being included).

As a basketball federation, we support the importance of sports, especially for kids, but want to organise it in the most secure way.

Therefore, the FLBB has put together a set of rules to allow safe basketball practices. We especially want to provide kids the possibility to play basketball in a responsible way and clubs the material support for organising practices.

### **1. General rules**

Sports activities can take place in groups of maximal 4 players.  
Coaches are not included in that limitation of 4.

#### **Distance & Face mask**

- The “2m distance” rule and the obligation of wearing a mask is only relaxed during the activity itself. However, the social distancing rules, including the 2-meter distance, continue to apply outside the activity.
- Coaches must wear a mask and keep a 2-meter distance at all times.

#### **Hygiene Rules**

- Players/ Coaches wash hands before & after each practice
- Disinfection solution must be available and used at the practice courts
- All equipment must be disinfected before & after each activity (while wearing a mask)
- Every player/coach must bring their own water bottle

#### **Locker rooms/ Gyms**

- It is recommended not to use the locker rooms/ showers. If used, only 4 people (same 4 as in the practice group) may enter the locker room at the same time, the 2m-distance rule and a mask (except during the shower) must be applied.
- The locker room should be cleaned/disinfected after each group.
- The playing areas should be ventilated as much as possible during and after each sports session (minimum 20 min)
- Only the players and the coaching staff are allowed in the gym during practices (no spectators, parents etc.)

#### **Follow-up**

- The coach should remind the athletes that they must remain alert to the symptoms of COVID-19 and will exclude any athlete from the group if she/he shows symptoms and advise her/him to consult a doctor.

- Keep a list of the people present at each practice time, making it possible to identify and warn people who have potentially been in contact with an infected person.
- **Self-responsibility:** If you know that you might have been in contact with an infected person or you show symptoms, you should register to the test and stay away from practice and don't have contact with the practice group until the result of the test (in case of a positive test, the quarantine rules and tracing procedure will be applied).

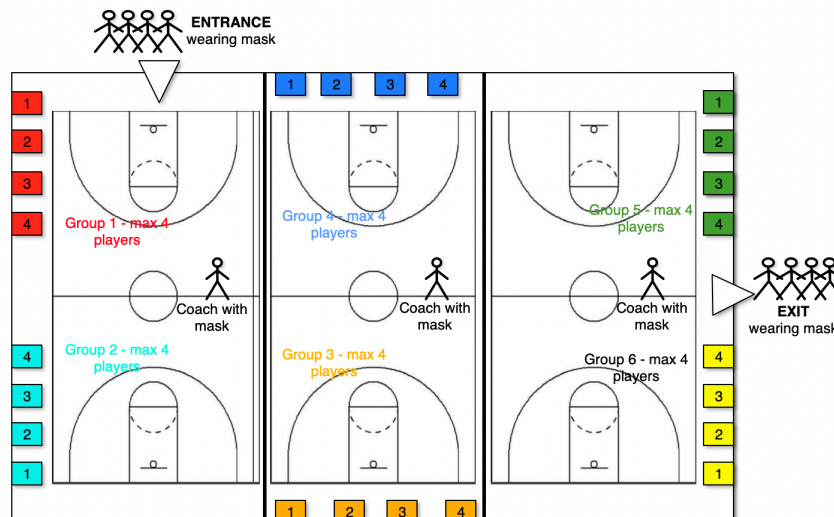
### 2. Practice groups and gym set-up

#### Practice groups

- Within a team, groups of 4 players should be formed
  - o If possible, define constellation of groups to avoid multiplication of interferences (same household, same class, ...)
  - o It is highly recommended to communicate the groups to the parents and the players beforehand
  - o Groups should ideally not be changed (too often) until 31/12/2020
- Guarantee enough space between the practice groups
- Avoid mixture or crossing of the practice groups

#### Gym set-up (cf. suggestion below)

- The government currently imposes a minimum area for a practice group to be half a court, with a maximum of 3 practice groups inside a gym as a whole. **However, if the gym can be fully separated by curtains, then for each separated court two practice groups are allowed to practise (1 group per half court).**
- Put chairs for the different groups next to their practice area
  - o Chairs should ideally be numerated and attributed to a specific player
  - o Players will take off their masks at their chair and put it back on after practise
  - o During a break, players return to their chair (and drink from their own bottle)
- It is recommended to organise different entrance and exit times for the different practice groups.





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Note: The graphic is an example of how a gym set up could look like. Of course, it should be adapted to your gym, number of teams and coaches etc. Communicate the practice groups, the gym setup and the present rules to the players and parents beforehand.

### ***3. Practice ideas and recommendations***

Due to the restrictions, we recommend a more individualised approach to practices. The time should be used to work on individual skills but also to let the kids enjoy the game of basketball.

Due to the size of the practice groups and the setup of the gym, practice schedules should be adapted. We recommend that practices are limited to 1 hour, but as a consequence increase the intensity.

Practices will consist of three main parts: Warm up, Athletics and Basketball skills.

As the basketball federation, together with our professional coaches, we will provide you training ideas for different age categories for practice groups of 4 players, which will be complemented with video instructions over the next few weeks.

They contain basic athletic workouts and fundamental basketball skills according to the phases of the Long-term Athlete Development, on which the CFBB practices will be built upon.