



FLBB - Fédération Luxembourgeoise de Basketball

Safety Recommendations for Basketball Practices

According to article 4bis of the COVID-19 law of January 9th (which comes into effect on January 11th and stays applicable at first until January 31st 2021): *(1) La pratique d'activités sportives et de culture physique est autorisée sans obligation de distanciation physique et de port de masque, à condition d'être exercée individuellement ou dans un groupe ne dépassant pas le nombre de deux personnes (...).*

Basketball practices are thus possible again in all age categories under the respect of strict regulations. Exempt from the restrictions during the sports activity (distance and limitation of 10 people) are all Total League teams, national teams, CFBB and Sportlycée groups. This exemption does not count for paragraph 5 of the COVID-19 law determining the regulations for locker rooms and showers.

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

1. General rules

Sports activities can take place in groups of 10 people maximum (with 2m distance between each person).

Coaches are included in those groups of 10.

Distance & Face mask

- Players don't have to wear the mask during the sports activity.
- The "2m distance" rule is only relaxed during the activity in the group of 2 players.
- The social distancing rules, including the 2m distance, continue to apply outside the activity.
- Coaches must wear a mask and keep a 2m 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

- If used, only max. 10 people (same as practice group) may enter the locker room at the same time, the 2m distance rule and wearing the 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.
- 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 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 group

- Groups of max 9 players (plus one coach) can practice at the same time
 - o Either: 2m distance between each player
 - o Or: 4 groups of 2 players. The 2 players can practise with contact (1-1 possible). There must be 2m distance between the different groups. The pair of players cannot be changed during practice and should ideally not be changed (too often) until 31/01/2021.
 - o Passing the ball is allowed, as long as the distance rule is complied with.

Gym set-up

- The government currently imposes a minimum area for the practice group
 - o 15m² for a practice of 1 person
 - o 50m² for a practice of 2 persons (you can use the three-point line area as reference for one group)
 - o 30m² per person if the practice group consists of 3 to 10 people)
- The number of practice groups per gym:
 - o For a group of 10 people, there must be a minimum area of 300m²
 - o If the gym can be fully separated by curtains, then for each separated part (meeting the minimum area requirements), a group of 10 people is allowed to practice
 - o We highly recommend the clubs to **consult their municipality** regarding the division of the sports infrastructure and maximum number of groups of 10 allowed.
- It is recommended to organise different entrance and exit times for the different practice groups.

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 being active and practising basketball.

As the regulations are stricter and more complex, it is difficult to give a general practice structure. Practices plans must be adapted according to the time, place and material available.



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But generally, we recommend two ways to organise the practices:

- 2m Distance between each player:
Work in stations (for example: Ballhandling, Shooting, finishing around the rim, Passing, Athletics)
- 4 groups of two players (1 group per basket if possible):
The groups can work on the same exercises (see LTAD practice contents).

If the practices are shorter due to the organisation, you should increase the intensity.

As the basketball federation, together with our professional coaches, we will provide you training ideas for different age categories. 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. If there are questions or remarks, please feel free to contact our coaches.