

Guidelines to be followed at AB Contern practices as long as COVID restrictions are in place (updated November 2020)

If we want to ensure that basketball can continue to be played in these special times, it is essential that the prescribed rules and measures be ALL and by ALL respected.

Therefore: the coach must remind his players what the instructions are and that they must be followed.

1) First major principle: a player who has symptoms that could indicate a COVID infection should stay at home resp. go home immediately. He risks not only to endanger his entourage, but also his entire team, the whole club and, in the worst case, the whole championship.

2) Everyone must wear their masks, to enter and exit the hall, as well as in the changing rooms and for any movement in the lobby, for example going to the toilets; only on the court, players don't need to wear it! The coach, however, must wear his mask all throughout the practice!

3) At the entrance, and at the exit, everyone must disinfect their hands using the spray dispensers made available; Players should be ready and dressed as much as possible when they arrive into the gym, so that in the gym they only have to take off their tracksuits or hoodies and put on their basketball shoes; NB: everyone should only drink from their own water bottle!

4) Except in special cases, changing rooms and showers should NOT be used during practice sessions; if they were to be, then the required distance must be respected and also the maximum limit of 4 players in the same locker room.

5) The coach ensures that the balls and other materials to be used are disinfected before the practice starts; The disinfectant is in the technical room and should always be returned to that place!

6) At each practice session, the coach must draw up a list of the players that attend the practice ; This list is to be sent by e-mail or WhatsApp message after each session to Patrick Medinger, Claude Mathieu and JeanLou Margue, who - in this area of tracing the Covid - are the persons in contact with the authorities (Commune, Portiers,...).

7) Between the workouts, the doors of the gym must be opened. This comes in addition to the gym's technical installation that constantly exchanges air in the gym; we will see with the commune how to best organize this ventilation of the gym between our practice sessions.

A 15-minute break is planned between each workout. Practice schedules must be strictly adhered to by the coaches.

8) The new government regulations for indoor sports stipulate that "per zone" only 3 groups of 4 players each can have practice at a time, i.e. a maximum of 12 players per zone. The FLBB recommends to operate a maximum of two groups of players per gym-part: 2x4 players x 3 pitches makes a maximum of 24 players per practice session!

The groups of 4 players shall stay together during practice and not be mixed!

If there were more than 12 players, we will make sure to provide an additional timeslot for this category in our practice plan.

NB: In our "Um Ewent" gym we have - depending on the case - two or three zones, which must be set up separated by 1 or 2 curtains.

9) At practices, the participation of our players is from now on limited to one single category, which means that for the time being and until further notice, players are not allowed to train in different categories! A cadet player for instance must train either with the cadets, with the Espoirs or with the « A » team... He is not allowed to practice on Tuesdays with one category and on Thursdays with a different category.

10) To minimize mixture and crossover contacts in the gym, players must enter the area scheduled for practice only 5 minutes before the start of practice, and leave the court area if possible 5 minutes after the end of their practice.

On their way to leave the gym, players should go upstairs and use the exit through which spectators usually enter and exit.

For practice sessions that regularly welcome more than 12 players per category (e.g. Butzen, Beginners,...), additional rules and recommendations will be developed and communicated.

One last great principle at the end:

In the current situation, the club fully understands those who cannot or don't want to come to practice. And if so, there is no need to indicate a specific reason !

However, please inform your coach in advance!

The AB Contern Committee

On November 4th, 2020