

Guidelines to be followed at AB Contern practices as long as COVID restrictions are in place (updated January 2021)

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 shows 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) the new rules request that no other persons (no parents, no spectators) be present in the gym during practices. The kids should be dropped off and picked up at the gym's entrance.
- 5) Except in special cases, changing rooms and showers should NOT be used during practice sessions; if they were to be, then the mask is compulsory and the required 2 meter distance must be respected (we also recommend a limit of 4 players in the same locker room).
- 6) The coach makes sure 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!
- 7) A player invited to a specific practice session through WhatsApp or a similar message service and who is unable to attend must send his excuses by a return sms. Thanks !
- 8) 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,...).
- 9) Between the sessions, the doors of the gym must be opened. This comes in addition to the gym's technical installation that constantly exchanges the air in the gym;
A 15-minutes break is planned between each workout. Practice schedules and time-tables must be strictly adhered to by the coaches.
- 10) The gym must be separated in three zones for all practice sessions, except those for the club's two A-Teams, and the separation curtains must be permanently down. This is the condition that "per zone" up to 10 persons can attend practice together ! Please note that the coaches are included in those groups of 10.

11) Already before, we had recommended to limit the participation to 2x4 players in each of the three zones, which would make a maximum of 24 players in the gym at the same session. These groups of each time 4 players shall stay together during practice and not be mixed!

12) The coaching staff will adjust the contents and orientation of their practice plans to the new rules (especially the 2 meter distance rule). A more individualised approach will be used with a focus on Ball handling, Dribbling (in all fashions), Passing (with 2 meter distance between the players), Shooting (with 3 or max. 4 players per basket),...

Other drills without the 2 meter distance can also be offered and even direct contact and 1 on 1 plays are possible, but then only within groups of just two players, which limits the session in one zone to 4 groups of 2 players.... Nb : also these groups should not be mixed !

13) At practices, the participation of our players continues to be 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.

14) 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.

Please pay attention to the following IMPORTANT CHANGE : the new law expressly stipulates that the sanctions in case of disrespect for the new rules, will also apply for the sports sector ! this was previously not really clarified !

One last big 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 club cannot currently offer practice sessions for the Butzen, as the restrictions and constraints (no presence of parents allowed, distance rules) are too heavy to guarantee a proper organisation and schedule. We strive to find alternative ways and solutions. Thanks for understanding !

The AB Contern Committee and

Youth Commission

On January 15th, 2021