



Return 2 Play Training Guidelines

Basketball

Activity	Sport Risk
Individual Skills	Slight: Phase 2,3,4
Team Play	High: Phase 4

Guidelines

Phase 2

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Specific training groups remain small (10 or less) and consistent
- If a larger group, choose different nights or times to train
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- Locker room use should be minimal
- If possible, should have specific Entrance and Exit to gym posted
- If possible, doors should be open to lessen common contact points on door handles and bars
- Use marked basketballs for each specific person to train with, i.e. numbered balls assigned
- Station work should be spaced accordingly to not have athletes and coach come in contact with each other physically
- Athlete should retrieve the basketball after each attempt at a skill
- If not possible, volunteers should have disinfecting wipes or spray to continuously wipe down equipment and return to athlete by placing on the ground to be picked up
- Each athlete should complete station work before next athlete in group attempts
- Skills groups should be no larger than 4 at a time participating in a station
- Times skills should be timed on individual phone
- Clean shared equipment between rounds when possible

Phase 3

- Same as above EXCEPT
 - Training may take place with 50 or less; Specific groups remain small

Phase 4

- Team may train together as normal



Phase 1: Low Risk Sports: 10 people or less, follow guidelines above
Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above
Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above
Phase 4: High Risk Sports: No Restrictions