



RA Basketball Leagues – Winter 2021

RA Basketball Participants;

Welcome Back! We've missed you. We trust you and all your loved ones are well and THANK YOU for choosing to participate in Basketball at the RA this Winter.

The safety and wellbeing of our RA Community has and continues to be our top priority. We request your understanding and cooperation and ask that all parties respect any and all protocols and guidelines set out by civil authorities, sport governing bodies and the RA.

Acting responsibly and respectfully will help keep our families, friends and teammates safe and allow us all to enjoy the game we love.

LEAGUE FORMAT

The Winter season will consist of 15 weeks commencing Tuesday January 12th, 2021.

Nights of Play: Tuesday

Game times: 6:30pm – 7:30pm, 7:30pm – 8:30pm, 8:30pm – 9:30pm and 9:30pm – 10:30pm

*Depending on the number of teams we will attempt to schedule time for teams to vacate gym before others arrive.

Schedule: **Due to regulatory requirements, 'bubbles' of a maximum of four teams per, will be created, and teams will only play within their respective bubble (Group).**

PLEASE NOTE:

All players must complete the **Player Registration and Acknowledgement, Assumption of Risks, Waiver and Release of Claims – Coronavirus (COVID-19) Form** on-line at

<https://www.racentre.com/basketball-waiver-covid> before participating.

RA BASKETBALL RETURN-TO-PLAY PROTOCOLS and GUIDELINES

Safety is our main priority. Please make it yours, too!

As one would expect, operating in a COVID world requires us to make some changes to how we operate in order to provide our members, guests, volunteers and staff with a safe, effective and enjoyable environment, while at the same time doing our best to prevent the spread of COVID-19. Please familiarize yourself with the following protocol and guidelines.

Public Health starts with you – *It is important to remember that players should take all necessary precautions to ensure their own health is protected.*

GENERAL COVID-19 PROTOCOLS and GUIDELINES

- All players MUST complete the Player Registration and Acknowledgement, Assumption of Risks, Waiver and Release of Claims – Coronavirus (COVID-19) Form before participating in the league.
- All players must complete a daily attestation of health using COVID-19 screening questions upon arrival to the gymnasium. All answers must be “no” to participate.

DO NOT ATTEND the game and contact your team manager immediately if:

- you have any symptoms such as a fever and/or cough or difficulty breathing; or
- you have travelled outside of Canada in the last 14 days; or
- you have been in contact with someone who:
 - has tested positive for COVID-19;
 - is suspected to have COVID-19;
 - has a fever, cough or shortness of breath or other symptoms of COVID-19 that started within 14 days of travel outside of Canada.

STAY HOME & self-isolate.

Before returning to play you will be required get a Covid-19 test and be cleared by Ottawa Public Health. Ottawa Public Health is primarily responsible for contact tracing; however, the RA will notify players to ensure that the notification is made as quickly as possible in the case of a possible exposure.

- **Removal from the game:** Any player who is exhibiting or feeling any recognized symptoms of COVID-19 must withdraw from the game immediately. In addition, if a league official considers that a participant may be exhibiting symptoms of COVID-19, the league official may require that person exhibiting these symptoms cease to participate in the game, and remove themselves from the game.

- Face covering: Wear a non-medical mask (ie. cloth mask) as per the City of Ottawa [temporary by-law](#) when entering the RA Centre, entering the gymnasium, when off court and at all other times where physical distancing is difficult to maintain. Masks may only be removed while actively playing the sport.
- Adhere to Ottawa Public Health's (OPH) guidelines of 2 meters (6ft) physical distancing between yourself and others.
- Wash your hands often with soap and water, or use alcohol-based hand sanitizer. Sanitize your hands using provided sanitizer immediately upon entry to the gymnasium and directly after prior to exiting.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough and sneeze with a tissue or into your arm, not your hand.
- Change rooms will not be available. Players must come dressed for game. Lockers will not be available. Any personal belongings in the area should be carefully stowed 2 meters apart from one another and off the court
- Use of the water fountain is not allowed. Players must bring adequate water to their game in a plastic or metal bottle with their name clearly marked. Glass water bottles are not permitted.
- Operative washrooms will be located on the main floor of the RA and can be accessed by following the posted signs in the main lobby

GAMEPLAY PROTOCOLS and GUIDELINES

- **For the purposes of Covid-19 tracing**, all teams MUST submit a true list of all players (including their full name) who participated in the game or attended the game. This can be done via the scoresheet
- BOTH teams MUST ensure game sheet is filled out with who is playing in that game. Scorekeeper will ask for this. If someone is missed they need to reach out to league coordinator Kevin Ferguson kferguson@racentre.com immediately
- It is the coaches and players' responsibility to insure all current health measures including mask wearing and physical distancing restrictions are adhered to.
- Players should not arrive any earlier than 15 minutes before their scheduled game time, keeping a distance of at least 2m between you and other players if not playing. Players must vacate the gymnasium within ten (10) minutes of the expiration of the game.
- No spectators are allowed inside the gymnasium while games are taking place
- Pre and post-game handshakes, team huddles, or high-fives are NOT permitted. Maintain your physical distancing.
- **NO SPITTING** of any kind is permitted. Players will be ejected from the game or league if more than one violation for spitting.
- Teams are limited to bringing out a maximum of 8 players only, per game.
- The game ball must be wiped down with a sanitizing wipe as a minimum before each quarter, if not between each play (where applicable).