



FLBB - Fédération Luxembourgeoise de Basketball

Post COVID-19 – “Return to 5x5 Basketball”

According to the new COVID-19 law which was published on July 17th, the restrictions in sports are suspended (Article 2, 3 & 4).

The FLBB is pleased that the government has declared this next phase in sports, which means a further step towards a new normality. Basketball can be exercised again with the normal competitions regulations. However, as the COVID-19 pandemic is still current, there are a number of recommendations outside “the field of play” that should be followed.

There is a great excitement to be getting back on court, but we would like to urge the entire basketball community (clubs, coaches, players, referees, fans, etc.) to continue to be responsible and adhere to the protocols outlined by the government and the federation. It is a privilege that the sports sector has, to be able to practise the different sports without restrictions. It is therefore important to understand that it strictly counts for the sports activity itself while for all other aspects and situations the regular social distancing rules apply. We must all work together on a safe resumption of our sport.

Safety Recommendations for the “Return to 5x5 Basketball” *Be Responsible, be Safe*

SPORTS ACTIVITY:

A. Training (for all age categories)

Distance

- The “2m distance” rule is only relaxed during the activity itself, as the sports by its nature does not allow it. However, the social distancing rules continue to apply including the 2-metre distance between people that are not participating in the sport directly, as well as outside the activity.

Hygiene Rules

- Players and coaches must wear the mask inside the gym. Players can take the mask off during the practice.
- Coaches can take the mask off during practice if they have a distance of 2m.
- Players/ Coaches must wash hand prior & after the activity.
- Disinfection solution must be available at the practice courts.
- Materials must be disinfected before & after activity (wear the mask while collecting & disinfecting material).
- Every player needs to bring his own water bottle (no exchange of personal items).

Locker rooms/ Gyms

- Showers and locker-rooms will be open, but the number of persons allowed should be limited in order to guarantee the 2m distance.
- The playing areas should be ventilated as much as possible during and after each sports session (minimum 20 min).
- No other people than players and coaching staff should be in the gym during practices (no spectators, parents etc.)



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Follow-up

- Keep the practice groups as small as possible (don't mix up teams for example)
- 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 in case of symptoms, you should register to the test and don't have contact with the practice group till a negative test result (in case of a positive test, the quarantine rules and tracing procedure will be applied).

B. Games

For the games, the same rules and recommendations count as stated above. In addition, there are following recommendations for the actors on and around the court:

- Official table: wear the mask;
- Players & referees don't need to wear the mask during the activity;
- Substitution bench: 2m distance between the chairs;
- The Coaches must wear the mask during the game;
- The physio, when in action, must wear the mask;
- Players/ Coaches should keep the 2-m distance to referees and officials;
- No handshakes between players/ coaches/ referees & officials (before & after the game);
- No sharing of personal items (water bottle, towels etc.);
- Referees should disinfect the game ball before the game and during halftime.

Regarding the spectators, we will work out recommendations together with the clubs. Therefore, we recommend that the practice games, if organised, will be without spectators till mid-August. Clear recommendations for this section will follow.