



COVID-19 Guidelines

UPDATED: March 1, 2021

Youth Athletics in Alberta

ROCKET Basketball actively supports Alberta Public Health's evolving **COVID-19 Four-Step Framework** as it applies to youth sports in Alberta. We will update these Guidelines as policies are amended.

ROCKET will:

- **Ensure coaches wear masks at all times.**
- **Ensure participants wear masks when not in training activities.**
- **Limit total number in groups to 10 (including coaches and athletes)**
- Ensure hand sanitizer (60% alcohol or higher) stations are set up and available at entry and exit points.
- Use a non-touching scanner to check temperature of athletes **each day** before the camp begins. Athletes showing an elevated temperature will not be allowed to participate.
- Sanitize balls and equipment between camps.
- Sanitize commonly touched surfaces between camps.
- Be observant of participants and remind them of Participation Guidelines as appropriate.

Participants are asked to:

- **Maintain 3-meter social distance during athletic activities, during breaks, going to and from the gym.**
- **Mask not mandatory for training activities with 3-meter social distance e.g., conditioning, drills.**
- **Wear mask IF training activity cannot consistently maintain a full 3M distance.**
- Arrive only 5-10 minutes before camp starts.
- Arrive dressed for activity – limited access to change rooms for emergencies and washroom use only.
- Bring hand sanitizer for personal use.
- Bring water bottles labelled with their name for their personal use ONLY. Do NOT share water bottles.
- To the extent possible, refrain from touching their eyes, nose, mouth and face during activity.
- Practice good respiratory etiquette (sneezing/coughing into crook of elbow or into a tissue).
- Refrain from cheering and yelling to reduce spread of droplets.
- Refrain from customary celebrations: e.g., high-fives, fist bumps, handshakes.
- Refrain from wearing fragrances – this helps prevent sneezing and coughing.

About COVID-19

Based upon the Government of Alberta [COVID-19 Information: Guidance for Sport, Physical Activity and Recreation](#)

COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. The virus does not enter the body through skin; it enters through the eyes, nose or mouth when an individual touches their face. COVID-19 droplet transmission is much more likely when individuals are in close contact. COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands.