



Samahang Basketbol ng Pilipinas (SBP)
RETURN TO BASKETBALL
FOR THE NATIONAL TEAMS
COVID-19 RESTART GUIDELINES



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29 July 2020

To : Inter-Agency Task Force (IATF)
Thru : Philippine Sports Commission (PSC)

Dear Sirs,

The Samahang Basketbol ng Pilipinas (SBP) is pleased to submit the “**Return to Basketball Guidelines for the National Basketball Teams.**”

This document focuses on the “National Basketball Teams” in relation to their preparations for the various international events lined up in 2021 such as the 3x3 Olympic Qualifying Tournament (OQT) and the FIBA Asia Cup Qualifiers among others.

We draw special attention to our Olympic hopefuls to the 3x3 OQT in May 2021 where there is a chance that basketball will once again be represented in the 2021 Tokyo Olympics.

This new document was derived from the previously released “Return to Basketball Guidelines” intended for the basketball community in general.

Through this, our National Teams will be able to slowly get back to their best form and performance both mentally and physically to prepare them for their scheduled international competitions.

Our National Teams training pool consist of :

5 on 5	20 to 25 players maximum
3x3	10 players maximum

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Training Guidelines

FIBA is now working towards a restart of basketball competitions in support of professional Leagues and National Competitions. Due to the risks associated with COVID-19, this is a slow and careful process that needs to be well planned.

The Samahang Basketbol ng Pilipinas (SBP) is issuing these guidelines on how to restart basketball activities by following guidance and the lifting of restrictions by our government and public health authorities.

Here are the Team/Player Training Guidelines:

1. INFECTION PREVENTION/EDUCATION

- regularly and thoroughly wash your hands with soap and water for 20 seconds (kills the virus)
- augment this with an alcohol-based hand sanitizer (kills the virus)
- proper education for all team members regarding the virus and the preventive measures
- on protocol, do's and don'ts, by a medical doctor
- presence of a doctor in the facility at all times for monitoring and proper protocols

2. PRACTICE FACILITY/WEIGHTS ROOM

- no persons in the practice facility and/or weights room other than who is allowed
- cleaning and sanitation protocols of the practice facility/weight room and all other areas/equipment that were used should be followed (as set by the World Health Organization and the Department of Health) before and after every training session
- only 1 entrance, 1 exit and walk path for the team in the facility
- foot bath present at entrance
- thermal scanner at the entrance of the facility

3. TRANSPORTATION

- use your own ride (car or motorcycle or bike)
- carpooling/shuttle of team is allowed BUT should observe social distancing

Example:

For cars, maximum of 3 passengers plus driver

For vans, buses and the likes, alternate seating or 50% of seating capacity only

- use of public transportation is NOT allowed
- it is strongly recommended that all participants, while in training follow the "home-training venue-home" principle, no detours no stop-overs





4. PERSONNEL ALLOWED (AT A GIVEN TIME)

GCQ

- 1 coach/team staff and 1 player per goal per practice session (side baskets are not considered as goals)
- 1 coach/team staff, 1 player in the weights room

MGCQ

- 1 coach/team staff and maximum 5 players per goal per practice session (side baskets are not considered as goals)
- 1 coach/team staff, 2 players in the weights room

5. TRAINING SCHEDULE

- maximum 1 hour and 30 minutes per practice session
- maximum 1 hour and 30 minutes per weights session
- 1 hour break in between sessions for cleaning/sanitizing

6. TESTING

- all personnel and players should be Swab (PCR) tested and should have a “fit to work” clearance prior to the start of “return to basketball training”
- regular testing schedules of all personnel and players must be established every 14 days
- in the unwanted situation where any member comes up positive in the succeeding tests, the team should follow the existing government and public health authorities’ protocols to contain and prevent the spread of the virus

7. PLAYERS

- follow safety/hygiene protocols
- take a bath BEFORE AND AFTER practice in the facility
- new set of clothes before and after training
- sanitize all the time during your stay in the facility
- bring and use your own towel, soap, water jug
- stay in one chair/rest place
- sanitize shoes before entering the facility/court/bathroom/weights room
- no loitering while in the facility (stay in 1 place if you are joining the next session)





8. COACHES

- follow safety/hygiene protocols
- take a bath BEFORE AND AFTER practice in the facility
- new set of clothes before and after training
- sanitize all the time during your stay in the facility
- bring and use your own towel, soap, water jug
- stay in one chair/rest place
- sanitize shoes before entering the facility/court/bathroom/weights room
- no loitering while in the facility (stay in 1 place if you are joining the next session)
- coaches 60 years old and above (Senior Citizens) are not allowed to join the team practice

9. OTHER PERSONNEL

- follow safety/hygiene protocols
- take a bath BEFORE AND AFTER practice in the facility
- new set of clothes before and after training
- sanitize all the time during your stay in the facility
- bring and use your own towel, soap, water jug
- stay in one chair/rest place
- sanitize shoes before entering the facility/court/bathroom/weights room
- no loitering while in the facility (stay in 1 place if you are joining the next session)
- any other team personnel – Team Manager, Admin etc. who are 60 years old and above (Senior Citizens) are not allowed to join the team practice

10. MEETINGS/SESSIONS

- conduct virtual meetings using any videotelephony/video conferencing application such as Zoom, MS Teams, etc.

NEW NORMAL

- when full contact is allowed as per government policy
- STILL follow above mentioned protocols
- return to full basketball at a gradual pace and/or as directed by the government
- please note that restart may be stopped at any given time due to increase of Covid 19 case in the country





Information for basketball coaches and players

Do not attend training or games if you are unwell

- Be aware of the symptoms of COVID-19 infection
- Notify your doctor if you are unwell
- Do not return to team activities until cleared by a doctor

Avoid close contact

- Travel in your own vehicle to and from the basketball venue
- Maintain social distancing (1.5m) when not training or playing (e.g. no autographs or selfies, control of media)
- Maintain social distancing on the bench
- No unnecessary physical contact such as hugs, handshakes, high fives
- No unnecessary physical contact
- Utilize your own towel and drink bottle
- Shower with own soap and change clothes immediately before and after training to reduce contact risk
- Use hand sanitizers regularly
- Use hand sanitizers and clean the equipment after every use when in the weights room
- Players and non-players are required to wear face mask when not actively in play during practice / training

Team

- Conduct awareness and education regarding COVID-19 and its prevention
- Only necessary individuals should be with the team
- Regular cleaning of team facilities
- Rotation and sanitization of basketballs
- Train in a well-ventilated venue
- Monitor the hygiene practices of individuals in the team
- Medical monitoring for illness and fever
- Consider regular COVID-19 testing





Covid 19 Liability Release Waiver and Undertaking

The attached Waiver to be signed by all participants, and/or their guardians, as the case may be, is required to be signed/executed by all participants before they can participate in practice/training/exercises, etc.

The waiver likewise requires that all parties undergo COVID-19 testing and be tested negative for the same.

The waiver serves as a preventive measure for the spread of the disease considering the liability that a person positive with Covid-19 or who has knowledge of exposure to a Covid sick person and yet hides the fact and continue to participate and put the other parties at risk will be penalized/sanctioned by the Federation.





COVID-19 LIABILITY RELEASE WAIVER AND UNDERTAKING

The World Health Organization has declared the novel Coronavirus (COVID-19) a worldwide pandemic. Due to its capacity to transmit from person-to-person through respiratory droplets, the government has set recommendations, guidelines, and some prohibitions which the Samahang Basketbol ng Pilipinas (SBP), being the National Sports Association for Basketball (hereinafter the "**SBP**" or "**Association**" for brevity) adheres to comply on account of the fact that it has allowed its member leagues to practice under its guidelines and those of the *Philippine Sports Commission*.

In consideration of my participation in the foregoing as a

(___) **Player** (___) **Coach** (___) **Trainor** (___) **Support Team, etc.**

the undersigned acknowledge and agree to the following:

- I am aware of the existence of the risk on my physical appearance to the venue and my participation to the activity of the **Association and my team** that may cause injury or illness such as, but not limited to Influenza, or COVID-19 that may lead to paralysis or death.
- I have not experienced symptoms that of fever, fatigue, difficulty in breathing, or dry cough or exhibiting any other symptoms relating to COVID-19 or any communicable disease within the last 14 days.
- I have not, nor any member(s) of my household, traveled by sea or by air, locally or internationally within the past 30 days.
- I did not, nor any member of my household, visit any area within the Country that was reported to be highly affected by COVID-19, in the last 30 days.
- I have not been, nor any member(s) of my household, diagnosed to be infected of COVID-19 virus within the last 30 days.
- *Following the pronouncements above, I hereby declare the following:*
 - I took the necessary test and have tested negative for COVID-19 and have been certified fit to participate in the practice/activity.
 - I am fully and personally responsible for my own safety and actions while and during my participation and I recognize that I may be in any case be at risk of contracting COVID-19 and I participate in the practice/activity of my own free will.





With full knowledge of the risks involved, I hereby release, waive, discharge the **Association and my team**, as the case may be, its board, officers, independent contractors, affiliates, employees, representatives, successors, and assigns from any and all liabilities, claims, demands, actions, and causes of action whatsoever, directly or indirectly arising out of or related to any loss, damage, injury, or death, that may be sustained by me related to COVID-19 while participating in any activity while in, on, or around the premises or while using the facilities that may lead to unintentional exposure or harm due to COVID-19.

I agree to indemnify, defend, and hold harmless the **Association and my team**, from and against any and all costs, expenses, damages, lawsuits, and/or liabilities or claims arising whether directly or indirectly from or related to any and all claims made by or against any of the released party due to injury, loss, or death from or related to COVID-19.

I agree to indemnify any and all parties including the **Association and my team**, from and against any and all costs, expenses, damages, lawsuits, and/or liabilities or claims arising whether directly or indirectly from or related to any and all claims made by or against any of the released party due to injury, loss, or death from or who have been afflicted with the disease brought about by my concealment of the fact of I having been ill of any contagious disease/ sickness (including Covid-19) and still proceeded to join the practice/activity;

By signing below I acknowledge that I have read the foregoing Liability Release Waiver and understand its contents; that I am at least eighteen (18) years old and fully competent to give my consent; That I have been sufficiently informed of the risks involved and give my voluntary consent in signing it as my own free act and deed; that I give my voluntary consent in signing this Liability Release Waiver and Undertaking as my own free act and deed with full intention to be bound by the same, and free from any inducement or representation.

This waiver will remain effective until laws and mandates relevant to COVID-19 are lifted.

Signature : _____

Date Signed : _____

Type of Government Issued ID: _____

Date & Place Issued : _____

SUBSCRIBED AND SWORN TO before me, this _____th day of _____ 2020 in the _____, affiant exhibiting to me his/her Proof of Identity as stated above.

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Series of 2020.

