

Reviewed and Approved by GNL NLBA Return to Basketball Plan May 4, 2021

Return to Sport Plan NLBA

This document will deal with specific plans for activities and who will carry out those activities between April 1st and August 31, 2021. Please see attached NLBA return to sport plan for relevant protocols and requirements for organizations that will be under the guidance of the NLBA. Organizations who operate as separate businesses and plan to run activities that will require changing clientele or people from several RHAs have been advised that they will need to submit separate return to sport plans for government approval.

The following NLBA Return to Sport Plan involves the NLBA and its affiliated clubs listed below. The Club list will be updated and a revised RTS plan submitted for review/approval in the Fall of 2021, when registration is complete. These groups must be of consistent membership and involve athletes and coaches who all reside within the same RHA.

NLBA Affiliated Clubs and Locations of programming:

- NKD (Doug Partridge) - Location: NLSC Crosbie Road
- Mount Pearl Minor Basketball (Peggy Cousens) - Location: Reid Centre, MacMorran Community Center, Mews Center, NLSC, Southlands Community Center
- Above the Rest (Keith Norman) - Location: NLSC Crosbie Road
- Eastern Athletics (Pat Slaney) - Location: NLSC Crosbie Road
- Killick Coast Chargers (Jennifer Powell) - Location: Torbay Common Community Centre
- NLBT (Angela Torraville) - Location: NLSC, Kenmount Terrace Community Centre, Bay Bulls Regional Lifestyle Centre, Paul Reynolds Community Centre
- Fusion (Danny Loveless) - Location: 25 Buckmaster's Circle
- Central NL Youth Basketball: (Brian Cooke) - Location: Joe Byrne Stadium GFW
- Panthers Basketball (Tara Bulgin) - Location: Paul Reynold's Community Centre, St. John's
- Inner City Basketball (John Rowe) - Location: NLSC Crosbie Road, St. John's
- Central Storm Female Basketball (Anne Blackmore) - Location: Joe Byrne Stadium, GFW
- Patriots Under-18 (Robin Short) - Location: NLSC Crosbie Road, St. John's
- St. John's Ladies Division 1 (Robyn Constantine) - Location: NLSC Crosbie Road, St. John's
- Metro Ladies Division 2 (Kasha Greene) - Location: NLSC Crosbie Road, St. John's
- St. John's Amateur Basketball Association (Chris Brewin) - Location: NLSC Crosbie Road, St. John's
- Geezer (George Power) - Location: Paul Reynolds Center, St. John's

Alert Level 2

Phase 1: Individual Athlete Skill Development: April 1-May 31, 2021

Clubs and affiliated organizations will return to activity after taking part in an NLBA mandated COVID education session, to ensure that they are aware of all relevant public health and NLBA guidelines. Those clubs who obtain facility time directly from the NLBA, will be supervised by NLBA staff members to ensure compliance. Clubs may offer small group instruction and

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individual skill development. Any small pods (2-10 athletes) must be consistent in nature, with no revolving participants or new members added once instruction recommences. All groups must follow the NLBA Return to Basketball Guidelines.

Team Practice/Team Training Sessions: April 1-May 31, 2021

Clubs and affiliated organizations will return to activity after taking part in an NLBA mandated COVID education session, to ensure that they are aware of all relevant public health and NLBA guidelines. Those clubs who obtain facility time directly from the NLBA, will be supervised by NLBA staff members to ensure compliance. Clubs may offer team or pod training that does not exceed gathering size limits and complies with all relevant Guidance, NLBA Guidelines and facility policies/guidelines. There are to be no spectators allowed during training sessions. These groups must be of consistent membership and involve athletes and coaches who all reside within the same RHA. All groups must follow the NLBA Return to Basketball Guidelines.

Recreational Sport Group/League:

We are not seeking to run any recreation leagues until the Fall of 2021. A revised RTS Plan will be submitted for review and approval at a later date.

Phase 2: Competition

Return to competition would take place in several timed phases to allow for further evaluation and ensuring safe progress. All relevant health policies would be followed and all participants will wear non-medical masks (NMM), when not one of the 10 individuals on court during the game, including while seated on the team bench and moving through common areas in the facility. It is recommended that athletes wear a NMM, except while engaged in moderate or vigorous activity. There will be a half hour break between all competitions. All phases of competition would follow the Return to Competition Guidelines included in NLBA Return to Basketball Guidelines. The NLBA phased in plan for return to activity would be as follows:

Phase 1: April 1-30, 2021

Intra-squad competition only, club training pods and teams may have competitions among their static members only.

Phase 2: May 1-31, 2021:

All affiliated clubs may play games against other clubs, as long as that club is in the same RHA. Competitions for any one team will be limited to one game per week and all competitions must be logged with the NLBA, regardless of where the game is played, to ensure that all clubs are following these guidelines. All NLBA Return to Competition Guidelines must be followed.

Phase 3: June 1-August 31, 2021:

Allow competitions between NLBA teams (i.e. U14, U16, etc.) who will have athletes from different RHAs. These athletes would be regular combined groups, hence are in NLBA controlled combined groups (groupings are not random). This would be applicable only to NLBA provincial training pods. Teams that are grouped together for this purpose, may compete

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against each other, even though athletes would be from different RHAs, given that these groups are training together in a consistent manner all in one location. This is regular ongoing activity and will likely take place in July. Athletes will not be travelling back and forth between locations, as they will all be in one location for the training. Training groups would consist of: one training group per age group, grades 7 (male and female), grade 8 (male and female), grade 9 (male and female), grade 10 (male and female), grade 11 (male and female). These teams would then play a series of games against each other, though not every team would play every other team, teams would likely play the teams within one age group either way. All NLBA Return to Competition Guidelines must be followed. Travel outside of NL is not permitted at this time and any request for team travel outside of NL would be submitted for review & approval, however travel is not anticipated.

While the NLBA anticipates offering some programs, such as senior and club league competition in the Fall of 2021, a revised RTS Plan will be provided at a later date for review and approval.

Other PSO Activities / Initiatives:

Canada Games Training: with local pods and athletes from the same RHA will be ongoing thru April and early May. Training pods will comply with all relevant Guidance.

NLBA Academy:

NLBA East Coast Academy: May 8-9, 2021. Final NLBA 2020-21 Academy program weekend. At the time of the suspension of activity in February, the NLBA had one final Academy weekend to complete. Academy athletes are largely from the Avalon region, although there are approximately 7 athletes from outside the Avalon in both the male and female sections. NLBA would look at reducing our training time from three 2-hour sessions, to two 2-hour sessions per group and each group consists of a maximum of 30 athletes. All NLBA East Coast Academy sessions are held at the NLSC Crosbie Road.

NLBA West Coast Academy: May 15, 2021. Final NLBA Academy program weekend will take place for the West Coast Academy in May. Training will consist of two 2-hour sessions held at Grenfell College. The west coast training group consists of roughly 40 athletes, male and female. West Coast Academy athletes are all from the same RHA. All NLBA West Coast Academy training sessions are held at Grenfell College, Corner Brook.

Provincial Training: June 23-August 13, 2021: Athletes would be named from existing knowledge, in consultation with coaches and other stakeholders, avoiding the need for wide spread tryouts that would require a large number of diverse athletes to occupy a limited tryout facility. NLBA would name a pod of athletes from each grade level from 7-11/12. Pods would consist of 12-15 athletes for a total of 60-75 athletes per gender. These groups would train together for a 4-week time frame, which would culminate in a 1 or 2 week long competition, with the age groups playing against each other, to create an evaluation process that would inform a tryout process for the Canada Games team in the fall. The NLBA would have 2 nights

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of competition per week, 1 game per team per night, with each team playing a total of 4 games. All Provincial Team Training sessions will be held at the NLSC on Crosbie Road.

Canada Games tryouts: September 2021. Using a name list generated from the above process (provincial training) NLBA would have a limited try-out atmosphere that would involve athletes from across the province competing for spots on the provincial Canada Games Team. We would name a final roster of 15 athletes who would train 2 times a week and play in the local senior league. Those from outside the Avalon region would not be available for consistent training but would instead be involved in some weekend training camps that would be organized, likely on a monthly basis. All Canada Games tryout sessions will be held at the NLSC on Crosbie Road

NLBA Academy Program:

Fall 2021 NLBA Academy Programs are regular activities of the NLBA. Additional information on the Academy East and West programs will be included in a revised Return to Basketball Plan at a later time for review and approval

Summer Camps: August 2021

All NLBA camps will take place at the NLSC on Crosbie Road. These camps are regular programming of the NLBA, with summer camps being offered annually for 2 groups of athletes from the age of 7-11 and 12-14. In the past, the vast majority of our campers have been from the Eastern Health region, with limited numbers from Central Health or Western Health. The number of participants and instructors will comply with restrictions on gathering sizes and facility guideline/policy on maximum numbers. We will be using two courts, so the groups will be separated. Camps are skill based and athletes can be spread out to ensure physical distance is maintained during most or all activities. We typically have a competitive aspect to the camp, and can modify this to ensure the same athletes are competing against each other and the total contacts are limited so not every athlete is playing against every other athlete. It is recommended that all participants wear non-medical masks unless engaged in moderate / vigorous physical activity. Non-medical masks will be worn by all participants and instructors, while moving through all common areas in the facility.

Phase 3: Regional or Provincial Championships/Competition:

We will be seeking approval for provincial championships at a later date. NLBA Provincials aren't hosted until the winter 2022 (January-May). We will send a separate plan, including tournament guidelines for these events in fall 2021.

Phase 4: Atlantic Competition (if being considered when Atlantic bubble is in place)

Eastern Canadian Championships

Late July, Early August, 2021

Should the Atlantic bubble open and stay viable over the summer and case numbers stay low in all 4 provinces, the NLBA are looking at the possibility of an Atlantic championship to be hosted in an Atlantic province. The NLBA would draw on players from our grade level training to create teams at various age groupings (U14, U15, U16 and U17) and these teams (2 coaches and 10-12

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athletes) would travel to the off-island competition in Atlantic Canada. Any decision to participate, would be contingent on a wide range of factors. A revised Return to Basketball Plan would be submitted for review and approval should the NLBA wish to consider this opportunity. Additional details would be included in a revised Return to Basketball Plan for review and approval at a later date.

[NLBA Return to Basketball Guidelines- Updated March 2021](#)