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PHASE 1



Precautions that should be taking place through every phase



Phases:



*As restrictions are gradually lifted, guidance documents prepared by the Province of Nova Scotia will prevail as the ultimate guide for time in each phase, this includes travel.

INDIVIDUAL TRAINING & SKILL WORK
NO COMPETITION

<p>Physical Distance</p> <p>2 Meters 6 Feet</p> <p>Exception: Same household or bubble household.</p>	<p>Basketball & Equipment</p> <p>No sharing of basketballs or equipment.</p>	<p>Permitted Activities</p> <p>Non-contact drills, running/aerobics</p>	<p>Group size (participants & spectators)</p> <p>5 Five (5) person max per hoop, no spectators</p>	<p>Competition</p> <p>Competition not permitted in this phase.</p>
<p>Physical Contact (High fives, etc.)</p> <p>No physical contact at any time.</p>	<p>Safety Equipment (Masks)</p> <p>Non-medical masks are recommended.</p>	<p>Restricted Activities</p> <p>Contact drills, 1v1 through 5v5 games or scrimmages.</p>	<p>Hygiene & Sanitation</p> <p>Basketballs must be sanitized before, throughout and after.</p>	<p>Hydration</p> <p>Participants must bring their own water bottle.</p>