



## **COVID 19 RETURN TO PLAY GUIDELINES FOR YOUTH SPORT**

The COVID 19 pandemic put a halt to sport of all levels across the globe, youth sport included. This resulted in an extended lockdown period, during which our youth athletes experienced a large reduction, or even complete stoppage of training.

In light of this, it is important that any return to play plan is gradual and take into consideration the length of reduced training load and lack of contact, sprinting, jumping and basketball specific conditioning in order to minimise the risk of injuries.

In order to assist with a safe return to playing, we have put together a 4 week “Return to Play Plan” aimed at youth level basketball, including but not limited to high school programs, club and community programs and youth basketball academies. This plan outlines how to increase training load safely whilst reintegrating contact/competitive drills and live play back into training.



# BASKETBALL New Zealand

Week #	Reintroduction to Training	Return to Train	Return to Train	Prepare to Play	Return to Play
	1	2	3	4	5
# of Sessions Total Per Week*	1 - 2	2 - 3	3 - 4	3 - 4	4 - 6
Duration Of Each Session (mins)	45 - 60	60 - 75	75 - 90	75 - 90	90 - 120
Training Volume % of Normal	50 - 70%	70 - 80%	80 - 90%	90 - 100%	100%
Contact Work (per session)	No	20% of session time	25% of session time	20% of session time	Normal
Competitive Work (per session)	No	20% of session time	25% of session time	20% of session time	Normal
Consecutive Days On Court	No	No	2 days on / 1 day off	1 rest day a week	1 rest day a week
Multiple Sessions Per Day	No	No	Max 2 per day	Max 2 per day	Within weekly load limit
Sprinting (per session)	Jogging	70 - 80% speed	80 - 90% speed	90 - 100% speed	Normal
Plyometrics (total for week)	40 reps level 1 & 2	40 reps level 2 & 3	60 reps level 3 & 4	60 reps Level 4 & 5	Normal
Live Play (per session)	No	No	No	20% of session time	Normal

Plyometric progression guide: Level 1/2 = Jumps in-place; Level 2 = Standing horizontal jumps; Level 3 = Multiple jumps (bilateral hopping/jumping); Level 4 = Box jumps; Level 5 = Bounding

*# of Sessions Total Per Week\* is total number of sessions for the individual athlete across all of the programs they participate in i.e. if an athlete plays club, school and rep basketball, they still only participate in 1-2 sessions in Week 1, not 3 - 6 sessions.*

The Return to Play Plan is only in reference to basketball specific on court training sessions and does not include considerations for Strength & Conditioning programs. Any Strength & Conditioning program should be under the guidance of a qualified S&C coach and in line with the COVID 19 specific guidelines set out by the National Strength and Conditioning Association.

*\*\*The above plan has been adapted from the "BBNZ COVID 19 Return to Training & Competition for Coaches & Players" put together by Dr Stephen Bird and aimed at senior elite athletes*