



---

## Health, Injury Protocols and Covid Policy

*Last updated on: Apr.14, 2022*

### Injury

Minor injuries:

Will be tended to & activities may be continued under supervision.

- Minor sprains
- Scratches
- Bruise

Potential major injuries:

Players will be immediately transported to a local hospital.

Parents will be contacted immediately. (Hospital info on website).

- Concussion
- Bone breaks
- Severe sprain
- Heat stroke (please see health below).

### Health

As the camp is in the middle of the summer heat will be a factor. The following procedure will be followed:

- There will be a water break every 20 mins.
- Adequate drinking water will be provided and accessible at all times while training.
- Players will be individually monitored by the staff and will be recommended to take breaks and hydrate if the staff deems it necessary.
- To deliver effective hydration during training, Elite Basketball will make electrolytes tables available for all players at all times.
- If heat stroke occurs the on site PT will monitor, contact the parents, and the player will be pulled from training for the day. If the PT determines the heat stroke serious the player will immediately be taken to the hospital. At Elite Basketball, we follow recommendations made by the local government. [INFO SOURCE](#) is available through this link.





## ELITE BASKETBALL JAPAN

Aiming High

- In the Lake Yamanaka area, the average highest temperature in Aug. is 26 °C. This helps our camp site be at a lower risk of heat stroke occurring.
- If a player falls ill during the camp, the player will be immediately taken to the local hospital for diagnosis and a covid test. The player may only continue if a negative test has been submitted and the doctor recommends participation. If the player tested positive, participation in the camp will be terminated immediately and the player must be picked up by the family.
- In the event of illness or injury, no matter the severity the parents will be notified and a report will be made.

### Covid Policy

Elite Basketball (EB) camp will follow Japan Government ([Japan Sports Association](#)) [guidelines and recommendations](#)\*.

*\* There are no English documents available at the moment.*

- Masks will be worn indoors at all times except for meal periods and during training.
- If a player has had covid within a month before the beginning of camp a negative test within 2 weeks of the start of camp will be required for participation. The same rule applies to EB staff.
- Hand sanitizer will be provided in the gym and facilities at all times.
- Players and staff will not be allowed to leave the site during camp for any reasons other than illness or injury emergency.
- Players and staff will be recommended to limit contact with non camp members while at the facility.
- EB will be responsible for keeping all the windows open at the gym during training.
- EB will check campers temperatures at breakfast and dinner everyday.





## ELITE BASKETBALL JAPAN

Aiming High

- 
- All the members (including staff) are required/expected to cooperate with and respect the covid policy stated here.
  - In order to avoid unnecessary infection risk, any personal items that directly touch one's skin (e.g. water bottles or towels etc.) shall not be lent or borrowed under any circumstances. EB will NOT provide such items to the campers.
  - All training equipment (balls, jump ropes, muscle training items etc.) will be sanitized after each use.

### <<IMPORTANT>>

*We keep ourselves up to date with rapidly changing situations and guidelines/recommendations made by the local authorities. As a result, details for the COVID policy presented here may be subject to change according to timely information without a prior notice. Please do not hesitate to contact us if you have any concerns regarding this policy.*

