

Biosafety methodology for the return to basketball sub 12 practices in Azogues

Metodología de bioseguridad para el retorno a las prácticas del Baloncesto sub 12 en Azogues

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ABSTRACT

The objective of this research is to develop a biosafety methodology for the return to basketball sub 12 practices in Azogues, taking into account the current epidemiological situation caused by SARS-CoV2. In the process of research from the application of scientific methods such as analysis-synthesis, historical-logical, interviews, document analysis and systemic-structural-functional, they allowed the construction of the methodology that, together with the characterization of the chosen age, contributed the internal and integrative relationships between the theoretical and categorical components of the distribution and interconnection of activities.

Keywords: Methodology; Basketball; Prevention; SARS-CoV2; Biosecurity

RESUMEN

La presente investigación tiene como objetivo elaborar una metodología de bioseguridad para el retorno a las prácticas del Baloncesto sub 12 en Azogues teniendo en cuenta la situación epidemiológica actual causada por el SARS-CoV2. En el proceso de la investigación a partir de la aplicación de métodos científicos como análisis-síntesis, el histórico-lógico, entrevistas, análisis de documentos y sistémico-estructural-funcional, permitieron la construcción de la metodología que, junto a la caracterización de la edad escogida, aportaron las relaciones internas e integradoras entre los componentes teóricos y categoriales de la distribución e interconexión de las actividades.

Palabras clave: Metodología; Baloncesto; Prevención; SARS-CoV2; Bioseguridad

INTRODUCTION

Current sports scenarios have undergone considerable changes in the way sports preparation and competition are carried out, as a consequence of the worldwide spread of the SARS-CoV2 virus. However, biosafety protocols are manifested to mitigate, control and carry out the proper management that limits the spread of COVID-19 caused by the Coronavirus SARS-CoV2.

To reduce the impact of the conditions of the outbreak of this virus, which considerably affects other sectors of the country, the working population, users, consumers, and the general population, it is important that all employers plan, isolate and incorporate prevention measures for mitigation and response to risk situation against COVID-19. (Simpson, 2020)

In this direction, the Ministry of Sports of Ecuador (2020) establishes the guidelines for the reactivation of the sector in what corresponds to the practice of individual physical activity in free spaces, training sports and high-performance sports, during the Health Emergency by COVID-19, facilitating the gradual return to activities and reducing physical and mental health risks, contributing to the comprehensive training of athletes in the physical, intellectual and socio-affective field.

Consequently, the national government made the decision to decree the state of exception based on Decree 017 of March 17, 2019, whose objectives are: to safeguard and protect the health of the population, to contain the progression of the disease through contagion and to reinforce the public health system. Based on this, the Sports Secretariat established a series of measures to resume sports practice in the country.

These particularities assist the sport of basketball that modifies their sporting scenarios and their ways of training. Basketball is a way of life for thousands of people in Ecuador.

“Es entretenido y es un excelente ejercicio físico, pero el baloncesto es un deporte de contacto y pueden aparecer lesiones. Además, como los jugadores de baloncesto juegan todo el año, tanto al aire libre como en interior, pueden sufrir lesiones por esfuerzo repetitivo, como tendinitis.”
(Anzilotti, 2019, p. 1).

“It is entertaining and it is an excellent physical exercise, but basketball is a contact sport and injuries can occur. Also, since basketball players play year-round, both outdoors and indoors, they can suffer repetitive stress injuries such as tendinitis”. (Anzilotti, 2019, p. 1)

Basketball in early age is characterized by its formative nature, in this sense, de la Cruz (2015), investigated the variations of the methodology for the evaluation of basketball technical tests in the 11-12 years category ”; Claramunt and Balague (2015) addressed the “influence of technical instructions and their effectiveness in basketball” and Taureaux (2013) referred to changes in the methodology for teaching the technical and tactical foundations of basketball, child category 11-12 years in the municipality of Santiago de Cuba.

On the other hand, Liébana (2015) introduces the effect of the technical domain in the subjective perception of the effort of children's basketball players; Hernández-Barrios, Cortés-Chavarro and Cardozo (2017) describe the “technical characteristics of the players in the mini-basketball category, from the coach's perspective”, which aimed to identify the technical profile of the player in the mini-basketball category. basketball, in the order of importance that the coach assigns in the learning process.

Taking these arguments into account, the sports authorities and coaches of the State of Azogues consider preventive actions, based on biosafety standards, to be of great importance for the reincorporation to the sports practice of basketball, in order to protect the health of children and meet the technical-training objectives established.

Taking into account that, according to Combol (2013), who coincides with the WHO (2005), biosafety “is a set of norms and measures to protect the health of personnel, against biological, chemical and physical risks to which they are exposed in the performance of their functions, also to patients and the environment”. (p. 2)

Based on the above, the objective of this research is to develop a biosafety methodology that allows the return to the practices of U-12 Basketball in Azogues in conditions of covid-19.

According to the Dictionary of the Spanish Legua (2021) the finished methodology comes from the “Greek μέθοδος métodos 'method' and -logy. and it is a set of methods that are followed in a scientific investigation or in a doctrinal exposition”. (p. 1)

The methodology is characterized by responding to established guidelines and indicators to triangulate the biosecurity contents and basketball practice, as well as to an educational and sports theory and / or practice. It is based on a theoretical body (categorical framework, principles and premises), made up of stages that conclude in actions or procedures, which, arranged in a particular and flexible way, allow the achievement of the objective, a flexible character, although they respond to a logical ordering.

The methodology is based on what is established by the Secretariat of Sport of Ecuador (2020) and the indications provided by the federation of this sport.

METHODS

The investigative process responds to the characteristics of qualitative research, with an emphasis on quantitative results. The research was developed in Azogues, Ecuador. Twelve basketball players from the under-12 category, 5 coaches on payroll and 1 methodologist in charge of this sport were taken as a sample.

In a first stage, a chronological search was carried out that allowed to deepen in terms of regularities and trends, to determine the main preventive actions used in exceptional states of pandemic.

Through the analysis of the information obtained, the main characteristics derived from the analysis of the phenomena related to the biosafety process and their application to the practice of U-12 basketball were determined. The internal links, the logical order and the relationships between components of the proposed methodology were established.

The logic or succession of the procedures to follow for the development of the research was also determined, as well as the recursion and hierarchy of the system, the synergy between its components, its entropy and homeostasis and its autopoiesis, in a way that allows modeling and construction of the methodology.

Then a documentary study was carried out that made it easier to determine the biosafety identification process and its preventive link in the practice of sport. Preventive actions were observed in exceptional pandemic states and the use of biosafety protocols linked to the practice of sub-12 basketball. This allowed the determination and reorganization of the indicators, age characteristics and the

current demands of the methodology that is proposed to corroborate its level of practical functionality.

Coaches, methodologists, basketball specialists in the state of Azogues were interviewed to collect their criteria, conceptions and knowledge they have on biosafety in basketball practice. Young basketball players were surveyed to find out through them what biosecurity actions are applied for the safe return to the practices of their sport.

Critical and collective opinion workshops were held for the socialization of the research contributions, which facilitated feedback and enrichment of the foundation and structure through exchange with a group of competent people on the subject, favoring the structural and functional improvement of the methodology. elaborate.

RESULTS

Biosafety methodology for the return to basketball practices under 12 in Azogues

The biosafety methodology that is proposed for the return to basketball sub 12 practices in the Ecuadorian province of Azogues is structured in the following way, objective, characteristics, three stages and phases. This is represented in figure 1.

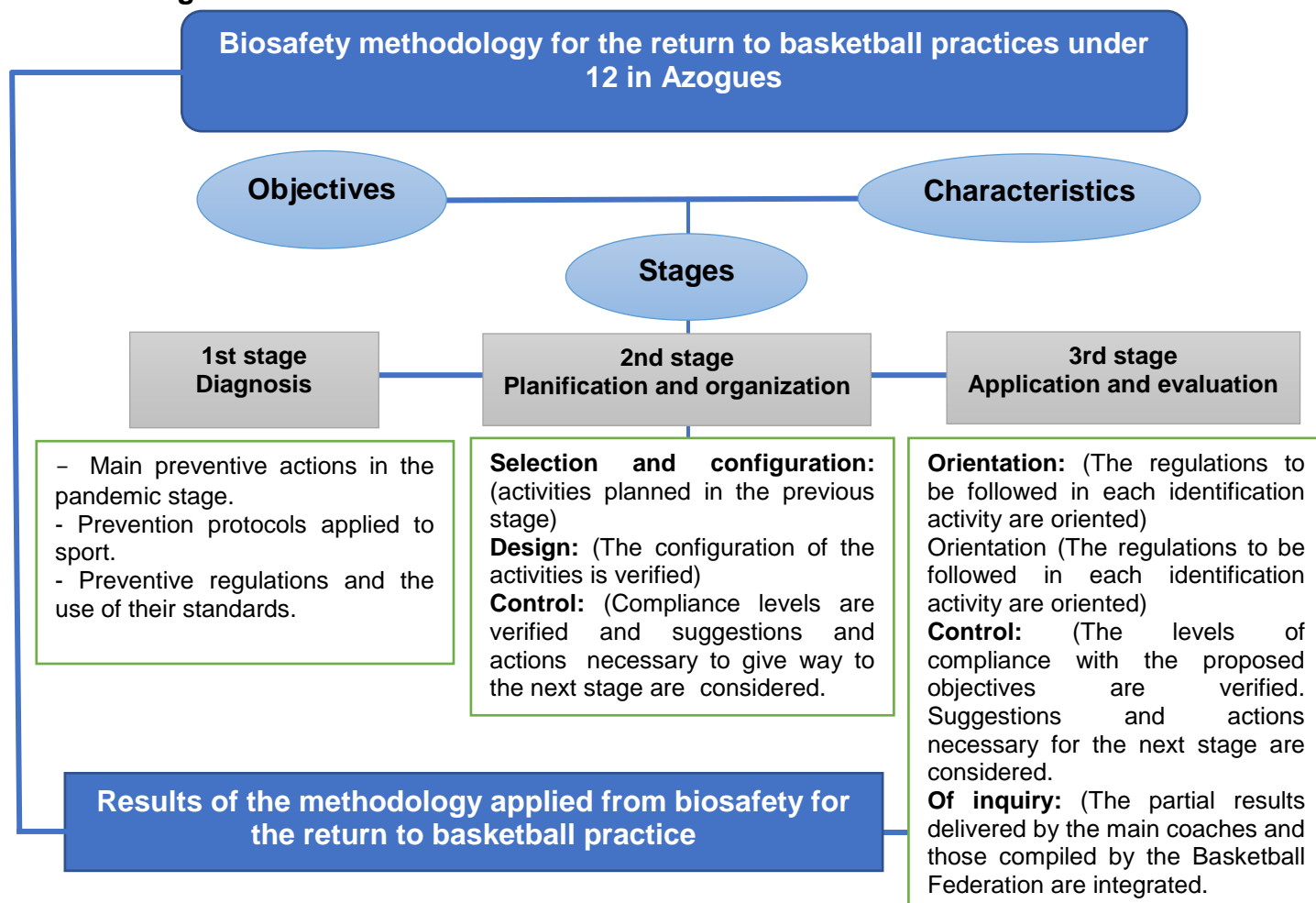
In the first stage of diagnosis, the main preventive actions in the pandemic stage are diagnosed. Prevention protocols applied to sport, preventive regulations and the use of its rules.

In the second stage of planning and organization, the activities planned in the previous stage are selected and configured. The configuration of the activities is verified. Compliance levels are verified and suggestions and actions necessary to make way for the next stage are considered.

In the third stage of application and evaluation, the regulations to be followed in each identification activity are oriented. The regulations to be followed in each identification activity are oriented. The levels of compliance with the proposed objectives are verified. Suggestions and actions necessary for the next stage are considered. The partial results delivered by the main coaches and those compiled by the Basketball Federation are integrated. According to the results obtained and summarized from the controls to the identification process in each stage and adjustments are made to improve the methodology.

Figure 1.

Biosafety methodology for the return to basketball practices under 12 in Azogues



Source: Own elaboration

Readjustment: According to the results obtained and summarized from the controls to the identification process at each stage, and adjustments are made to improve the methodology.

Methodological guide

No	Workshops
1	Workshops on laws, protocols, resolutions and guidelines aimed at biosafety.
2	Orientation workshop on planning the activities to be carried out on the return to practical activities.
3	Awareness workshop about roles and functions of coaches in the process of technical preparation in times of pandemic.

DISCUSSION

The present investigation offers a biosafety methodology that allows the return to the practices of the sub 12 basketball players in Azogues, supported by the interaction of the observation, measurement and evaluation methods, as well as in the procedures, instruments and methodological indications that allow the practical operation of the methodology. In addition, productive actions of a preventive nature are offered in pandemic conditions, novel elements taking into account the current health situation facing the country.

During the research, different bibliographic sources were consulted that served as theoretical support for the proposed methodology. Among the consulted authors, Combol (2013) stands out, from whom the concept of biosafety is assumed. On the other hand, it agrees with what was raised by Anzilotti (2019) regarding the injuries that can be caused in athletes because basketball is a contact sport, but COVID-19 can also be transmitted without not taking the necessary measures during training sessions and games.

In turn, Simpson (2020) addresses the importance of planning prevention measures to reduce the impact of COVID-19, the authors agree with this criterion, but not only employers but also basketball managers and coaches and the rest of the sports. Therefore, the measures established by the Ecuadorian Sports Secretariat to resume sports practice in the country were taken into account.

de la Cruz (2009), Taureau (2013) as well as Claramunt and Balague (2015) address elements related to tactical preparation and its importance for the development of basketball, which are taken into account for this research since they support the teaching the technical fundamentals of basketball.

From the research carried out by Liébana (2015), elements of the design of the exercises proposed for the development of technical mastery of basketball players of child age were taken into account, in addition to the technical characteristics offered by Hernández-Barrios, Cortés-Chavarro and Cardozo (2017). For the development of the methodology, the definition offered in the Dictionary of the Spanish Language updated in 2021 was taken into account for being the one that best fits this research. In the analysis carried out on the theoretical references, it allowed to know the characteristics of the biosafety process and its actions for the return of sports practice, as well as the main standardized documents that regulate the activity. The importance and timeliness of the determining indicators in the proposed methodology, allowed the orientation of the coaches and basketball players to practice in the pandemic environment. The diagnosis identified the main causes and contradictions from the theory, the practical elements, as well as the limitations revealed in the basketball programs in the state of Azoque in Ecuador.

The analysis of the theoretical-methodological foundations exposed about the General System Theory allowed to establish the structural bases between each of the components of the proposed methodology for its better structuring and methodological treatment, providing indicators according to the characteristics of the basketball players and the incorporation from biosecurity actions to the sports process. This allowed perfecting the daily work tools for efficient control and evaluation.

What is reflected that the criteria emanating from the socialization spaces, the consultation with experts demonstrated a high level of relevance and feasibility of the biosafety methodology for the return to the practices of Basketball sub 12 in Azogues.

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