

The health and safety of our Club members, coaches, parents and support volunteers is our number one priority.

The Coronavirus (COVID 19) outbreak is a very fluid and rapidly changing situation. We will continue to follow advice from England Netball (EN), who themselves are responding to guidance from Public Health England, the World Health Organisation and both local and national government on this matter.

**We request all our members, parents/guardians of our junior members, coaches and our support volunteers read and follow the following Club protocols, pending any future developments or changes being communicated:**

All players and spectators must undergo a self-assessment for any Covid-19 symptoms.

No-one should leave home to participate in sport if they, or someone they live with, have symptoms of Covid -19

### **Travel to training**

Participants are encouraged to follow best practice for travel including minimising use of public transport and limiting car sharing. People from a household or support bubble can travel together in a vehicle.

### **Arrival at venues**

- Players should strictly limit the time spent congregating outside a venue and should socially distance
- All players and coaches to sanitise before entering the venue.
- **ALL** players must sign in using the Club QR register (test and trace) and then go straight to the designated training area as directed by the coach.
- We politely ask those transporting members to promptly drop off and pick up, and not to congregate or socialise on site.
- No pets are to be brought to the venues and this could jeopardise our contract with the venue.

### **Use of equipment**

The sharing of equipment must be avoided where possible. Where equipment is shared, it must be cleaned before / after use.

Everyone in attendance is expected to take personal responsibility for sanitising hands and equipment and the Club will ensure there are products available.

### **Injury treatment**

Injuries during training will still be treated as participant wellbeing is a priority.

Coaches are aware of new first aid modifications and will act accordingly.

After contact with an injured participant, clean hands thoroughly with soap and water or alcohol hand sanitiser.

This advice is applicable to all situations, regardless of whether there was close contact, or the minimum social distancing was maintained. Avoid touching your mouth, eyes and nose.

### **Toilet Facilities at Venues**

Coaches/players will have access to the venue's toilets but must socially distance.

There must be an awareness of good handwashing techniques, the need to increase handwashing frequency and to avoid touching the face, and to cough or sneeze into a tissue which is binned safely, or into an arm if a tissue is not available.

After using the facilities during a training session, players must sanitise their hands on returning to the court area.

### **Netball Training**

Drills and fitness activities will be delivered with 2m social distancing measures in place.

The session will be paused every 15 minutes to sanitise balls and hands (drinks break).

No shouting is permitted.

Small sided games and matchplay will use the modified rules (see attached information for details).

Players should always remain in their designated area and avoid making physical contact with other players.

Players and coaches should avoid touching court gates, fences, benches and netball posts where possible on outdoor courts.

Please arrive and leave promptly from sessions.

Players must ensure they take all their kit / water bottles with them from the session.

Safety within training / matches must be taken seriously by all and is the responsibility of everyone.

### **Disciplinary Actions**

If any player does not act in line with the EN and uPlay protocols, then the following actions will be taken:

- Lead coach to informally advise individual of breach and how to adapt to ensure safety of all
- Spectator - Lead coach to advise the individual of the protocols

If an individual continues to breach a protocol, then the Club will follow-up:

- Player not adhering to a new protocol within the training session - that player should be asked to sit at the side of the court for the duration of that session
- Spectator - Lead coach to advise the individual that for the safety of the others at training, they should wait in their car

### **Leaving Venues**

Players must vacate the venue as soon as training has finished, they will not be able to stand and socialise.

### **Local Lockdowns**

If the Government introduces local lockdowns the Club must adhere to these measures in addition to national Government and England Netball guidance.

This may mean that netball activity could be suspended temporarily or go back to an earlier stage of the road map.

The local lockdowns vary in nature and additional restrictions differ. Decisions will be made using information from local government by the Covid 19 officer in conjunction with the Club leaders.

All information/requirements are subject to change due to the ever changing situation and will be updated as and when necessary and sent to all venues/leagues/associations/Club members

**PLEASE ENSURE YOU READ AND UNDERSTAND THE STATEMENT BELOW**

**Opt In Process and Confirmations**

This process is designed to ensure that the risks of netball and COVID-19 are understood by all those involved and ensure they have the choice with regard to netball activity.

- The risks associated with Netball activity related to COVID-19 are more fully explained within the England Netball restart guidance that can be found within the attached pdf.
- If any player is unsure if they are high risk or not, they should seek the advice of their own GP.

**Opt In Statement**

In receiving this policy statement, it is understood that you have been made aware of the risks associated with netball activity and COVID-19 and understand this. You also understand there are some people who are of higher risk if contracting COVID-19.

You are comfortable with the information provided and opt in to participate in netball. You also confirm that you understand the requirements and steps needed to help prevent the spread of COVID-19 throughout netball and agree to take all these steps.

If you wish to opt out of the netball activity, please email the Covid officer below with your details.

For your reference:

Sophia List is the lead appointed COVID Officer for uPlay Sports.

Email [office@uplaysports.co.uk](mailto:office@uplaysports.co.uk)