

# #RISEAGAIN

## COVID-19 HEALTH DECLARATION - NETBALL FITNESS ACTIVITY

The purpose of the questionnaire is to screen for possible symptoms of Covid-19 infection.

Our aim is to promote and maintain the health & safety of all our Netball family. Please help us by answering the questions honestly and accurately. Any information you share with us will be kept in the strictest confidence.

**\*\*\*PLEASE REVIEW THE QUESTIONS BELOW PRIOR TO EVERY NETBALL TRAINING SESSION YOU/YOUR NETBALLER ATTENDS\*\*\***

**\*\*\*SHOULD YOU/YOUR NETBALLER ANSWER YES TO ANY QUESTIONS, PLEASE DO NOT ATTEND THE TRAINING SESSION AND LET CHRIS KNOW\*\*\***

Today, or at any point in the last 7 days, have you had:

Symptom	Yes	No
A fever?		
A new, continuous cough?		
Any loss or change to your sense of taste or smell?		
Has any member of your household or someone that you have been in contact with reported any of the above symptoms in the last 14 days?		
Has any member of your household or someone that you have been in contact with tested positive for Covid-19 in the last 14 days?		
Have you been notified by the NHS test and trace system that you are a close contact of someone with known Covid-19 infection in the last 14 days?		

### **What do we mean by a 'contact'? (as per guidance from Gov.uk)**

'Contact' is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:

- people who spend significant time in the same household as a person who has tested positive for COVID-19
- sexual partners
- a person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19, including:
  - being coughed on
  - having a face-to-face conversation within one metre
  - having skin to skin physical contact, or
  - contact within one metre for one minute or longer without face-to-face contact
- a person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes.
- a person who has travelled in a small vehicle with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19.

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## TRAINING CHECKLIST

**TO SUPPORT OUR RETURN TO MODIFIED TRAINING ALL PLAYERS MUST COMPLETE THE FOLLOWING ACTIONS PRIOR TO, DURING AND AFTER EVERY SWANLEY TRAINING SESSION:**

### **Before training:**

- Complete the Covid-19 Health Declaration Netball Fitness Activity together with the Covid-19 Personal Risk Assessment. Should you answer 'yes' to any questions, please stay at home.
- Review the SNC Covid-19 Return to Netball Guidance.
- Sanitise and bring your own training ball to all sessions. SENIORS: this also applies to your roller.
- Prepare a clearly marked water bottle for use during the session.
- Plan your journey using the latest government guidance on travel.
- Changing facilities will not be made available, please ensure you use the toilet before leaving home and arrive ready to train/play.
- (FOR COMPLETION PRIOR TO FIRST TRAINING SESSION BACK) If you are happy/comfortable with the risk associated with netball activities, and wish to return, please confirm by signing and returning the "Opt In" statement.

### **During training:**

- Upon arrival at the training venue, please scan and log in using the NHS Venue Track and Trace code
- On arrival at training, please do not congregate at the edge or entrance of the courts.
- Sanitise hands every 15 minutes when sharing equipment with others.
- Keep personal effects (water bottle, bag, jacket) 2m from others outside of your household.
- Maintain social distancing measures while at rest.
- Do not share bibs.
- (For those working towards umpiring qualifications) Do not share whistles.
- Follow Stage 4a modifications during training match play.
- If you are unsure at any point during the session, please speak to a coach or covid19 officer.
- Should you feel unwell at any point during a session, please highlight to a coach/covid-19 officer straight away.

### **After training:**

- Leave the courts area straight away, do not congregate on the court surround/edges when leaving. However, anyone waiting for a lift should stay close to the courts while maintaining social distancing.
- Sanitise hands.
- Sanitise own ball and roller (seniors).