

# Swanley Netball Club



## COVID-19 RETURN TO NETBALL

### Introduction

It is essential that this guidance is read in full ahead of attending any of Swanley Netball Club's training sessions, netball activities or League Matches.

### What is Covid-19

Coronavirus disease (COVID-19) is a respiratory illness that affects your lungs and airways. It is caused by a virus called Coronavirus and affected individuals can display a range of symptoms from mild to severe illness which in some cases can lead to death. Affected people can also be entirely asymptomatic. Transmission is by respiratory droplets and direct contact.

### The risk of COVID-19 in netball and the approach to mitigate the risks

In every sport and leisure activity, there are risks of COVID-19 and team sports in particular pose slightly increased risks. COVID-19 can be transmitted in 3 ways;

- Droplet transmission when in close contact with others
- Fomite transmission by sharing of equipment like netballs and bibs
- Airborne transmission which is a risk particularly when indoors

### Thinking about netball specifically:

- It is a game that can be fairly static in nature
- You have 3 seconds to pass the ball
- We defend face to face at a 3 foot (0.9m) distance
- A netball is passed by hand continuously around multiple people
- It is also a game that is often played indoors
- The Netball Family are a very friendly group and have traditions such as 3 cheers, handshakes and high fives in close circles

All these things combined mean there are regular breaches to social distancing during 'normal' netball that lead to significant periods of time during a training session or netball match that carry an increased risk. These breaches would not be allowable in other parts of day to day life currently and is therefore the reason why modifications have had to be introduced.

### The rules modifications have been created with two key principles in mind:

- To protect the netball family by reducing the incidences where face to face contact at less than 1m distance occurs, particularly when this is 'non-fleeting' contact (3 seconds or more)
- To maintain a game that is not too far away from the usual rules of netball

The COVID-19 rule modifications will be temporary; however, it is unknown how long they will be applied in England

Displaying a Symptom – Been in Contact – Advised to Isolate – Shielding - Moderate or High Risk

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# WHAT TO EXPECT ON MATCH DAY

JOIN THE MOVEMENT

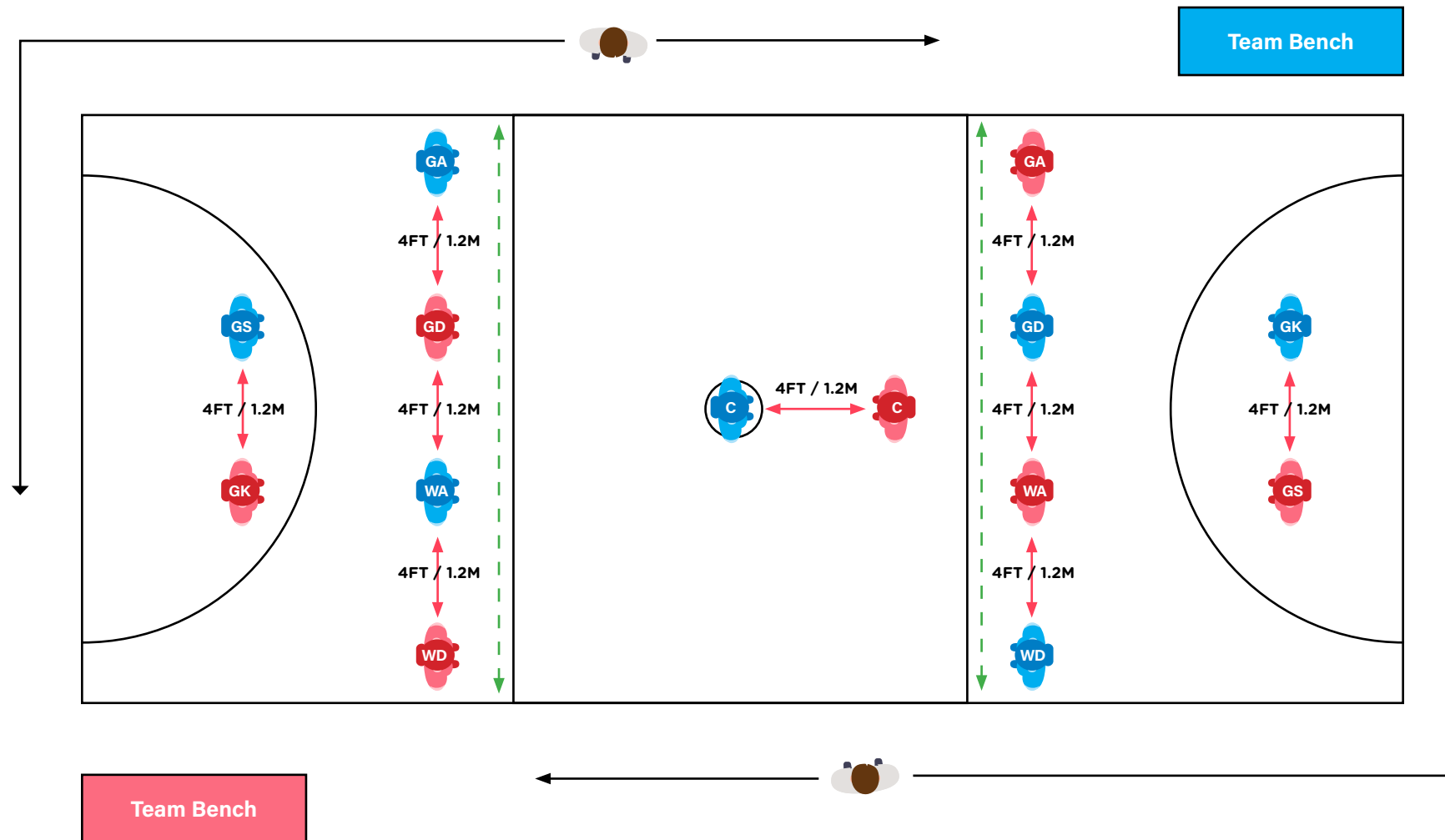
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## Rule modifications

- 4ft spacing for the start of play
- 4ft marking
- 4ft position of penalised player
- Removal of toss ups
- Removal of idle interactions

## Umpires

- 2 umpires must be used during training and matchplay
- Must ensure players are adhering to the rule modifications
- Maintain 4ft away from players at all times
- Do not deliver the ball at centre pass



## Hygiene and safety measures

- Players are required to sanitise their hands at the start and end of each quarter
- A freshly cleaned/sanitised ball should be used for each quarter (same ball can be used but must be cleaned at quarter times)
- Spare 'clean' ball to be kept in reserve if the match ball enters a spectator area
- Match Officials and Scorers will now be required to be at least 2m from activity where possible, with 2m distance between chairs.
- Those sitting on team benches will be 2m or 1m+ apart with risk mitigation in place where 2m is not possible.
- Team talks should be conducted in socially distant circles on the court to avoid congesting the bench area
- Social norms including handshaking, goal celebrations, high 5's etc are not permitted
- The post protector at each goal end should be sanitised prior to the start of the match
- Players are actively discouraged from touching the post
- Shouting is not permitted
- No sharing of water bottles and these should be clearly marked
- A clean set of bibs should be used with no sharing

## Positions for the start of play

- All players must not position within 4ft (1.2m) of any other player
- GA/GD/WA/WD can position as normal at any point along the transverse line but must maintain a distance of 4ft (1.2m) from each other
- GS/GK are required to start inside the Goal Circle 4ft/1.2m apart
- Centres can position as normal but must maintain a distance of 4ft (1.2m) either at the Centre Circle or if the Centre decides to mark at the transverse line

## Compliance

All who take part in this version of Netball have a responsibility for ensuring that they adhere to the modifications put in place.

These modifications have been introduced to significantly reduce the number of face to face interactions that may occur but players should ensure that they actively seek to remove these from the game.

Any persistent breaches of these modifications will result in players being dealt with under Game Management rules which could be accelerated to protect the safety of other players.

# Swanley Netball Club



## Before Activity:

- You must have 2020/21 England Netball Membership before taking part in any netball training sessions, friendlies or league matches.
- Membership forms should be returned and at least one fifth of your fees paid.
- Members must read the Covid-19 Health Declaration together with the Covid-19 Personal Risk Assessment, should you answer yes to any of the question, please stay at home.
- If you are unsure whether you are "High Risk", you should seek the advice from your GP
- If you have been told to self-isolate by NHS Test and Trace as a result of being in contact with a known COVID-19 case, you should remain at home.
- 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

## Additional Safety Procedures:

- You should follow latest Government guidance on travel
- Changing facilities will not be available, please ensure you use the toilet before leaving home and arrive ready to train/play.
- All Members are required to bring their training ball to all sessions, the ball should be sanitised before leaving home and again when returning home. Senior ladies this also applies for your roller.
- Water bottles; should be clearly labelled.
- Please do not congregate at the edge or entrance of courts

## Breaches to Government and England Netball guidance:

Members are reminded that they must follow the Stage 4 modified training guidance, any persistent and/or intentional breaches will be dealt with via the club's disciplinary procedure, section 10 of the club's constitution and rules.

## Covid-19 Officers:

Swanley has a team of Covid-19 officers, who are responsible for leading the development of the plan and monitoring how compliance is being observed within club. The COVID-19 Officers are also responsible for ensuring all relevant guidance is communicated to members.

## Should you have any questions/concerns please speak to one of the club's officers:

Christine Lander	Janet Hills	Jaun Benton	Yvonne Rhoden
Charlie Bergin	Toni Hunt	Eilish Whitaker	

## Safeguarding and Welfare:

Safeguarding and protecting, children, young people and adults, will continue to be considered with England Netball's Safeguarding Young People and Adults at Risk policies being adhered to throughout.

Safeguarding Officer – Helen Pigott

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## 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.

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'?

'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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## COVID-19 PERSONAL RISK ASSESSMENT

This information sheet aims to inform you, your family and any other household contacts you might have of underlying medical conditions which could put you at higher risk of contracting Covid-19. We recommend you consider the risk to both yourself and others of returning to any Netball activity and discuss this with your Netball club prior to participation.

### **People at moderate risk (clinically vulnerable)**

- are 70 or older
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that means they have a high risk of getting infections
- are taking medicine that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)

### **People at high risk (clinically extremely vulnerable):**

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- have a serious heart condition and are pregnant

## Opt in Statement

I have been made aware of the risks associated with netball activity and COVID-19 and understand this. I also understand there are some people who are of higher risk if contracting COVID-19.

I am comfortable with the information I have been provided and opt in to participate in netball. I also confirm I understand the requirements and steps I need to take to help prevent the spread of COVID-19 through netball and agree to take all these steps.

Signed:

Date:

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