



Wilmslow Lightning Netball Club: COVID 19 Guidance Document

Scope:

This document explains:

- 1) How Wilmslow Lightning Netball Club will apply the England Netball's guidance to facilitate a safe return to Netball

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1. Introduction

This guidance has been prepared based on the new "Managing Covid -19 within Netball" document issued by England Netball, following the relaxation of Government restrictions. The term "members" in this document includes all junior and senior players, parents, coaches, team managers, umpires, scorers and covid 19 officers and anyone else who is involved at training and/or matches at Wilmslow Lightning Netball Club.

This replaces our previous club guidance that was in place during Government restrictions (refer to Archive section of the website). This guidance should be used from 04 September 2021 until further notice.

COVID-19 has not disappeared. Although many of the restrictions have been removed, the virus is still prevalent and appears likely to remain so for some time. It is for these reasons that this guidance document is crucially important. It sets out all the actions we must take in line with the latest Government guidance, as well as clear recommendations to protect and give confidence to our club members. Everyone involved in netball should familiarise themselves with the guidance and play a role in keeping the risk of COVID-19 transmission at netball to a minimum. This guidance applies to all formal and informal netball activities including training activities, matches and tournament style competitions.

2. Guidance for managing Covid-19 within netball

Due to the continued prevalence of COVID-19, the club must continue to complete the following actions before any netball activities:

- Complete a risk assessment and risk mitigation plan for each specific activity/venue. This must reference the ways in which COVID-19 will be managed. COVID-19 Officers should familiarise themselves with this guidance and share with members
- Consider the fitness levels of players (at all levels). With many players having had time away from court, care and attention should be given to a careful and progressive return to minimise the risk of injury. Time must be allowed for all players to complete a full warm up and cool down before and after every netball activity.
- Continue to report to covid@englandnetball.co.uk when multiple cases (2 or more) arise in a single club, team, match or session within a 14 day period. This is so that they can monitor the spread of COVID-19 and support when necessary
- Use of the COVID-19 rule modifications are still permitted and netball organisers should consider the feelings and situations of participants within their activity. For some who are at increased risk or others who due to their personal situation or profession need to limit the risk of exposure, it may be more appropriate to continue to play using the COVID-19 rule modifications. Collectively, we need to ensure that the whole Netball Family can return to court feeling confident and have an enjoyable experience.

3. On court

With the lifting of restrictions, the COVID-19 rule modifications no longer apply and the standard rules of netball can now be used. The standard version of rules for Bee Netball, Nets and Walking Netball can also be reverted to.

There is no longer a limit on the length of time or number of matches/ training sessions an individual can attend in a single day. Care should continue to be taken and it should be remembered that increased contact time and increased interactions pose a greater risk of transmission of COVID-19 and the need to self-isolate if someone subsequently tests positive.

4. Test, Trace and isolation

16TH AUGUST 2021 ONWARDS:

If a person tests positive, they must not attend any netball activity and they must self-isolate at home for 10 days in line with Government guidance

Government guidance states that if you have been **fully vaccinated or are U18** you will be exempt from being required to self-isolate if you are a contact of a positive case. You will instead be advised to take a PCR test as soon as possible. Anyone who is identified as a close contact of someone who tests positive should do a COVID-19 test on the day of any netball activity and can only attend if this test is negative.

Those who are not fully vaccinated should continue to self-isolate and not attend any netball activity if they are a close contact of someone testing positive

Registers should be maintained at all netball activity, so that COVID-19 Officers can advise on close contacts of positive cases

Members are advised to use the NHS Test and Trace QR code displayed within any venues that they visit.

5. Off Court Risk Mitigations

To enable the game to return to standard formats on court and to ensure the continued protection of the Netball Family, many of the off-court risk mitigations should, where possible, remain in place and be encouraged. These include

- Clear communications among Covid 19 officers, participants, coaches, officials, volunteers and spectators.
- Self-assessment before attending any netball activity – **members should assess if they have any COVID-19 symptoms (high temperature, a new continuous cough, a loss or change to sense of smell or taste). Members are advised against attending if they have these symptoms and should take a COVID-19 test as per Government guidance.**
IDEALLY PLEASE TAKE A LATERAL FLOW COVID TEST PRIOR TO ATTENDING EVERY WLNC EVENT
- Make an informed decision by participants considering their own health and circumstances to make an informed choice about being involved in netball activity.
- Use of COVID-19 rule modifications reduce the risk in comparison to standard netball rules
- Self isolation – members should not attend any netball activity if they are required to self-isolate.
- Continue to maintain hand hygiene during all netball activity.
- Follow any one way systems or other traffic flow systems as people arrive at any netball activity to avoid unnecessary and avoidable congestion.
- Maintain social distancing when not on court. There is no legal requirement to distance, but it should be encouraged where possible, particularly indoors.
- **Spectators are permitted but should, where possible, be encouraged to maintain social distancing and wear a face covering indoors**, particularly if there are larger numbers of spectators.
- Items such as water bottles and whistles should not be shared.

6. Sanitisation and Hygiene

In line with Government recommendations, to enable the game on court to return to standard rules whilst continuing to protect the Netball Family and minimise risk of transmission, sanitisation protocols should still be implemented. The following should remain in place, particularly in areas and at times when cases of COVID-19 are high:

- **Netballs should continue to be sanitised**. Within matches, this should be done at the start and end of every session
- Care should be taken when sharing bibs to minimise the risk of droplet transmission. Where possible sharing of bibs should be minimised and **bibs should be washed after each use**.

- Anyone arriving at any netball activity should sanitise their hands. Within matches, we recommend sanitising hands at every break or quarter time and within training activities, it should be encouraged during any drinks or water breaks
- Any equipment used within a training session such as spots, cones and ladders should be sanitised after use

VENUES

All venues are now able to open and netball can take place indoors or outdoors. There is a lower risk of transmission outdoors and so, if playing indoors, work with indoor venues to increase ventilation levels where possible through the opening of doors and windows.

Venues should continue to maintain regular cleaning and members should understand any additional requirements that the venue may have in place.

Members should continue to be aware of venue risk assessments and risk mitigation plans to ensure the risk of transmission continues to be kept to a minimum.

While there is no legal requirement for venues to display NHS Test and Trace QR codes, venues are still encouraged to display these and where available, members should encourage their use

7. Tournaments and Festivals

All members should be aware of the following expectations of tournament and festival organisers:

With the removal of many of the restrictions, particularly the limits to the amount of time players can participate in netball per day, netball tournaments and festivals are permitted from 19th July 2021. Particular care should be taken when involved in a netball tournament or festival and enhanced risk assessments should be completed for the event. The organisers of leagues or tournaments should supply the appropriate risk assessments and guidance.

From 16th August 2021 where positive case numbers are high, consideration should be given to both using COVID-19 rule modifications and holding tournaments/festival outdoors to limit the risk of transmission.

Schedules of tournaments or festivals should, where possible, limit game lengths to no more than 12 minutes (6 minutes each way). This will help limit the length of time individuals could be in close contact with others

Planning should consider participants, spectators, umpires, coaches, volunteers, suppliers and organisers

Netball organisers should pay particular attention to the following key areas:

- Provide adequate ventilation – outdoor venues are preferable for tournaments and festivals as they have far greater ventilation. If indoor tournaments are required, the venue operator should maximise ventilation by opening doors and windows or by use of fans and ducts.
- Clean regularly – this includes scorers tables, refreshment stands, netball posts, gate entrances and other frequently used surfaces. These should be identified in the risk assessment and cleaned regularly throughout the event

- Organisers should work with the venue operator to encourage all attendees to check in using the venue NHS Test and Trace QR code. If organising a large scale tournament, consider having an NHS Test and Trace QR code specifically for the event
- Communicate and train – ensure that everyone attending and supporting the running of the event are clear on all protocols and understand their roles and responsibilities to help minimise the spread of COVID-19. For tournaments or festivals that have large numbers of attendees (teams and spectators), **lateral flow tests should be encouraged on the day of the event before travelling.** There is not a legal requirement for this, but it is strongly encouraged to protect the Netball Family. Some netball organisers may want to ask for confirmation of negative lateral flow tests. This should be done in an open and transparent way across the event.

Members should ensure anybody who has tested positive for COVID-19 or lives in a household with someone who has tested positive for COVID-19 should NOT attend a tournament or festival.

8. Covid-19 vaccines and tests

The Government has stated that there are no limitations on people who are not yet fully vaccinated continuing to participate in netball activity (in line with this guidance). **However, be mindful that unvaccinated adults are of greater risk.** There is no legal requirement to complete a COVID-19 test before any netball activity, but while positive cases remain high, we encourage members to complete regular (twice weekly) Lateral Flow Tests at home to help limit the spread of the virus.

MANAGING CONCERNS

As many of the legal restrictions have been lifted, the responsibility for carefully managing COVID-19 within netball sits collectively with us all and everyone has a part to play. We all know that the virus is still with us and that people are still becoming seriously ill. We must continue to do everything to help to protect ourselves and others.

If you have any immediate concerns about your involvement or the actions and plans that are in place, in the first instance these should be discussed with the relevant COVID-19 Officer.

If you have any concerns regarding breaches of these guidelines or of another netball organisation's practice, (e.g. another club or event organiser) these should be reported to the club Covid 19 officer (see WLNC Website for details) Any breaches of these guidelines will be taken very seriously by WLNC and we will deal with the concern according to the club's and England Netball's disciplinary procedures

CHANGES TO GOVERNMENT GUIDANCE

There may be occasions where the Government change their guidance, which in turn will require England Netball to update this guidance. As much notice and warning of such steps will be provided by England Netball as possible, but any Government guidance and/ or legal requirements will supersede this guidance and should be complied with.

Disclaimer

This document has been developed based on England Netball's guidance to facilitate a safe return to Netball and it is important that all of our members ensure that this guidance is adhered to before any return to play.