



COVID-19 – The Risks of COVID-19 in Netball

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

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, or 4 seconds if you're a walking netball or Bee Netball participant
- 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, hand shakes 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.