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COVID-19 GUIDANCE TO RE-START NETBALL ACTIVITY

Version 3 Updated December 2020

INTRODUCTION

It is essential that this guidance is read in full ahead of any netball activity commencing. The UK Government have given England Netball specific permission to re-start netball, but this MUST be carefully managed so that the virus does not spread as a result of this activity. This is a collective responsibility and all requirements must be considered and managed by all organisers of all activity.

The second national lockdown was lifted on 2nd December 2020. This updated version of Re-start guidance reflects the changes to restrictions as a result of this. The Government have highlighted that particular attention must be paid to social distancing when not on court, the management of spectators and updates to restrictions based on tier. Updates to this document from the previous version issued in September 2020 are highlighted in red for clarity. All other guidance remains unchanged and should continue to be adhered to.

This latest guidance may mean that previous plans that Netball organisers had put in place do need to be reviewed and updated. The Risk Assessment and Risk mitigation plans should document any updates to plans and operational procedures.

To enable netball to return, the Government required extensive testing and research to be completed before producing this guidance. Netball can only be played in accordance with this guidance. When producing this guidance, particular attention has been made for those individuals and organisations that are registered with England Netball and for those, there are further exclusive resources available online to support this guidance document.

Netball organisations include;

- Regional Management Boards
- County Netball Associations
- Registered leagues
- Netball Clubs (member of England Netball)
- County and satellite academies
- Vitality Netball Super League Club (community and pathway activity)
- Universities (member of England Netball)
- Any organisations that run netball for profit

Note: specific information outside of this guidance document will be issued around school netball.

The safe return of netball is everyone's responsibility. If Test and Trace starts to identify netball as an activity continually responsible for COVID outbreaks, we are at risk of all netball activity being shut down. Please read this guidance fully and play your part in the safe return of the game.



This guidance document is split into five sections

1. Timeline *page 4*

This details the earliest dates various netball activities can resume and what is required. Netball organisations can make local decisions around their own exact dates providing it is not before those stipulated

2. General considerations *page 4*

Information that is applicable in general with regard to COVID-19 and netball activity

3. Before Activity *page 11*

Includes steps and processes that are required to be completed before any activity

4. During Activity *page 14*

Includes steps and procedures that will need to be in place during any activity (training and matches)

5. After Activity *page 21*

Includes steps and procedures that will need to be completed after any activity

Together, netball will
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RETURN OF COMMUNITY NETBALL – TIMELINE

The Government have now given us permission to accelerate the return of netball. To facilitate a safe return and ensure netball organisations have the capacity and time to plan and prepare activities in line with this guidance the following timeline has been put in place. This must be adhered to.

Netball Activity	Can start from
Stage 4a modified netball club training can commence	18th August 2020
Stage 4a modified netball programme activity can commence*	18th August 2020
Stage 4a modified netball pathway activity can commence (Satellite, County and Vitality Netball Super League)	18th August 2020**
Stage 4b modified netball competition can commence	26th September 2020
Changes to guidance in line with tiers	2nd December 2020
Stage 5 full training and Stage 6 competition (traditional netball)	TBC following social distancing relaxation from Government

GENERAL REQUIREMENTS

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 together

COVID-19 can be transmitted in three 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 three seconds to pass the ball, or four seconds if you're a Walking Netball or Bee Netball participant
- We defend face to face at a three 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 three cheers, hand shakes and high fives in close circles

A sports risk is determined by the amount of time spent in close contact. Close contact is the time spent breaching social distancing protocols i.e. being less than 1m away from someone who you don't live with. Because of the nature of our sport, along with Rugby Union and Rugby League, Netball is deemed one of the higher risk team sports. To enable netball to restart, the Government required us to modifying the game so less time is spent in close contact and put in place a number of mitigations.

The rule modifications are;

- Four foot spacing at start of play
- Four foot marking
- Penalised players stand position four foot away
- No toss ups
- Idle interactions removed; players should be four foot from their opposition when not engaged in play

These modifications have been approved by both the Government and Public Health England and represent the only permitted form of the game available whilst social distancing measures are in place.

The mitigations are designed to take social distancing principles and apply them to netball. The mitigations are shared in detail throughout the guidance document.

If both modifications and mitigations are adhered to, it unlikely that COVID-19 will be spread as a result of taking part in netball activity. If someone is asymptomatic in a session, the reduction in time spent in close contact through both the on court modifications and the off court mitigations means that unless the netball specific protocols have been breached, whole group isolation is unlikely to be required.

If there are two or more positive cases following a session or match, please report to covid@englandnetball.co.uk.

COVID-19 Officers

- Every netball organisation must have a COVID-19 Officer in place before commencing netball activity
- All COVID-19 Officers should be recorded in Engage, which will enable clear communication from England Netball to this network

Get In, Play Safe, Get Out

This is a concept that should be adopted by all netball organisations around any activity.

Get In – arrive changed, ready to participate/coach or officiate. Arriving considerably earlier than the session or match time should be avoided. Netball organisations should work with venue operators to understand their specific policies around this. There may be a need to book additional time to avoid congestion with other bookings.

Play Safe – safety within sessions or matches must be taken seriously by all and is the responsibility of everyone. Players should encourage and remind one another of the COVID-19 rule modifications and protocols as much as coaches and officials do.

Get out – At the end of any activity all players, coaches, officials and others should clear the court/area straight away and should not congregate at the edge of courts at the venue and should shower/change back home. The venue operator may have specific policies on this and netball organisations should ensure they are familiar with them and adhere to them.

COVID-19 equipment and kit requirements

Netball organisations should ensure the following is available at every session or match

- Hand sanitiser
- Antibacterial wipes for netball and post sanitisation, clinell wipes are recommended if possible
- Non-surgical face masks for certain roles to be used if indoor courts are needed
- Signage for court area (laminated if possible so they can be sanitised)
- Health Screening check list (laminated if possible so it can be sanitised)
- Bin bag for disposing of wipes

Netballs:

- Where possible encourage players to bring their own ball to training sessions
- Balls should be sanitised prior to activity
- During matches, multiple balls may be required so that they can be replaced at regular intervals during the match (recommend quarter and half time)
- Two bags or containers for netballs may be required to ensure ‘dirty’ and ‘clean’ netballs are clearly identifiable

Members of England Netball can benefit from 15% discount on Gilbert Netballs.

Bibs:

Bibs must not be shared during netball activity.

- Multiple sets of bibs are an ideal solution if available as bibs must not be shared
- Use of bibs inside out if positions are changed with stickers to mark position
- Dig out the sets of bibs that you’ve lost the odd position on and use as spares
- Use of large stickers that can be attached to playing kit and are disposed of once finished or move position (similar to those that are used during trials)

- If patch bibs are used consider homemade disposable patches, by attaching sticky Velcro to paper or card squares that can be disposed of
- If none of the above options are available use face paint or washable, non-toxic pen with position marked on arm or thigh. Parental permission should be sought for this, and all players and parents of junior players should check for any allergies to the product used
- Wipeable bibs are also now permitted providing sanitisation protocols are followed.

Tiers

On 2nd December 2020 the national lockdown was lifted and all areas of the country were placed into one of three tiers.

It is important to note that players should comply with the guidance associated with the tier in which they live, rather than where their netball activity takes place. The Government may change the tier an area is in; any netball activity will need to be amended to reflect the most current tier.

Netball organisations should adhere to this guidance in line with where the activity is taking place.

	TIER 1 MEDIUM RISK		TIER 2 HIGH RISK		TIER 3 VERY HIGH RISK	
	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR
TRAINING SESSIONS OR ACTIVITIES CAN TAKE PLACE	IN DISCRETE BUBBLES OF 6*	✓	✗* UNLESS IN HOUSEHOLD	✓	✗*	CLOSE CONTACT ACTIVITY WITHIN TRAINING - MAX OF 40 MINS
MATCHES OR COMPETITION CAN TAKE PLACE	✗*	✓	✗*	✓	✗*	✓
USE COVID-19 RULE MODIFICATIONS	✓	✓	✓	✓	✓	✓
SOCIAL DISTANCING WHEN NOT ON COURT WITHIN A NETBALL ACTIVITY	✓	✓	✓	✓	✓	✓
TRAVEL	AVOID TIER 3 ⁴	AVOID TIER 3 ⁴	LIMITED AVOID TIER 3 ⁴	LIMITED AVOID TIER 3 ⁴	ONLY WITHIN TIER 3 ⁴	ONLY WITHIN TIER 3 ⁴
SPECTATORS	SOCIALLY DISTANCED	SOCIALLY DISTANCED	SOCIALLY DISTANCED	SOCIALLY DISTANCED	SOCIALLY DISTANCED	SOCIALLY DISTANCED
HAVE RISK ASSESSMENT AND RISK MITIGATION PLAN IN PLACE AND REGULARLY REVIEW	✓	✓	✓	✓	✓	✓
*THOSE UNDER 18 (INCLUDING THOSE WHO WERE UNDER 18 ON 31/8/2020) AND THOSE WITH DISABILITIES ARE EXEMPT FROM INDOOR RESTRICTIONS. THIS MEANS THAT PROVIDING ACTIVITY IS IN LINE WITH RESTART GUIDANCE, NETBALL ACTIVITY (TRAINING AND MATCHES) CAN HAPPEN INDOORS.						
⁴ IN TIER 2 AND TIER 3 THOSE UNDER 18 (INCLUDING THOSE WHO WERE UNDER 18 ON 31/8/2020) AND THOSE WITH DISABILITIES ARE EXEMPT FROM TRAVEL RESTRICTIONS. THIS MEANS THEY ARE ABLE TO TRAVEL TO PARTICIPATE IN ORGANISED NETBALL.						

For netball organisations in tier 3, close contact time in training is now reduced from a maximum upper limit of 60 minutes to 40 minutes. This means small sided games and match play should not exceed 40 minutes in any given training session. Socially distanced warm ups and practices where players do not come within 1m of each other are not included in the 40 minutes. Close contact time in competition is not reduced, however any close contact activity prior to a match including half court needs to be factored into the 60 minute upper limit. COVID-19 Officers, please ensure coaches understand this so they can plan sessions accordingly.

Travel

Within the updated tier system, your postcode determines your area as defined on the Government website. Participants who live in a different area to where their netball activity takes place may be affected by the updated travel guidance. In some instances, this will mean they are unable to travel to their usual netball activity if they are over 18.

- Those within tier 3 are unable to travel out of their area and those from tier 1 and tier 2 are unable to travel into a tier 3 area for training or competition. Under 18s and those with disabilities are exempt from this and are able to travel to organised netball activity.
- Coaches, officials and volunteers responsible for facilitating netball activity for under 18s are permitted to travel between tiers.
- In line with Government guidance, travel of those in tier 2 should be limited where possible.
- Parent in tier 3 can travel to transport or accompany U18s to netball activity but travel should be minimised and kept to short distances only.

Competition Organisers should not penalise teams where travel restrictions cause challenges and all netball organisations must be understanding of this, particularly if close to borders of areas.

Indoor and Outdoor venues

Irrespective of tiers, changes have been made to this guidance and there are now differences between those under 18 and those 18 and over around what netball activity can take place indoors and outdoors. See table on page 7.

Communication

It is essential that netball organisations communicate clearly with all their members before, during and after netball activity.

The COVID-19 management plan and risk assessment will help identify what is required to be communicated.

Digital assets will be made available to members of England Netball to support key general messages that all need to be aware of.

All members and parents must be made aware who the COVID-19 Officer(s) and Club Safeguarding Officer is and how contact should be made.

Junior players

A junior is anyone who was under 18 on 31/8/2020. This guidance is applicable for both adult and junior netball activity. Activities for U18s are exempt from many of the restrictions. Some junior players, particularly U11s, will require more regular reminders to ensure compliance with the rule modifications.

Safeguarding and welfare

Safeguarding and protecting children, young people and adults at risk should continue to be considered and England Netball’s Safeguarding Young People and Adults at Risk policies must be adhered to throughout. These policies can be found here <https://www.englandnetball.co.uk/governance/safeguarding/>

England Netball is committed to ensuring all children, young people and adults at risk are able to take part in the sport in a safe and enjoyable environment. It is still a requirement to have a satisfactory Enhanced DBS with Barred List check carried out before an individual takes up a role with children, young people, and adults at risk and for the check to be renewed every 3 years. This is a crucial part England Netball’s Safeguarding commitment.

DBS checks for roles in regulated activity in netball can be applied for here: [englandnetball.co.uk/governance/safeguarding/dbs/](https://www.englandnetball.co.uk/governance/safeguarding/dbs/)

Deaf and disabled players

One in five of our population are deaf and/or disabled including those with long-term health conditions. Pre-COVID, disabled people were some of the most inactive, facing additional barriers in accessing sport and physical activity. The guidance in this document is relevant for everyone.

Higher risk groups

- Self-isolating:** Nobody in this group will be able to leave their home to access sport and physical activity opportunities.
- Shielding and clinically extremely vulnerable:** People in this group are defined, on medical grounds, as clinically extremely vulnerable to COVID-19 – that is, people with specific serious health conditions - and who have been advised to ‘shield’.
- Clinically vulnerable:** Although this group can meet people outdoors and take part in physical activity and exercise, they should be especially careful and diligent about social distancing and hand hygiene.
- Moderately at risk:** If members are 60+, male, lower-socio economic status or from a Black, Asian or minority ethnic background, they are more likely to get seriously ill from coronavirus.
- Everyone else:** Anyone who isn’t in one of these groups will be able to access all available opportunities.

For latest government info, see: www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/

Managing any concerns and breaches in this guidance

This guidance is put in place to enable netball to return to court whilst mitigating the risks associated with it.

Local netball organisations will be responsible for ensuring they adhere to national and local government guidance as well as all England Netball guidance.

COVID-19 Officers should regularly review the risk assessment in line with any updated guidance.

England Netball will take seriously any breaches of this guidance. Initially any concerns should be reported to one of the following;

- COVID-19 Officer
- Club Safeguarding Officer
- Other appropriate committee member

If a formal complaint is made regarding continuous, intentional breaches of this guidance and therefore the England Netball Code of Conduct, this should be done in line with point 12.2 of England Netball Disciplinary Regulations found at www.EnglandNetball.co.uk/governance/enjoy-ensure-entrust/enjoy-codes-of-conduct-disciplinary-regulations.

For organisations that are not members of England Netball, the following steps will be followed:

- Contact will be made by an England Netball Partnership Manager to highlight specific breaches.
- Formal written notification will be given of any persistent and intentional breaches.
- Ongoing persistent breaches may be reported to local Health & Safety Executive and Local Authority for action. This activity, if appropriate will also be removed from the England Netball netball activity finder.

BEFORE ACTIVITY

This section covers the elements that need to be considered when planning any netball activity. It is also important that those coming along to your activity are aware of them before they arrive.

The basics & risk assessment

Guidance:

- All netball organisations require a COVID-19 Officer. For larger organisations, you may consider having multiple volunteers undertaking the role. They should be identified on Engage
- The COVID-19 Officer will be responsible for communicating relevant guidance and information to other volunteers/workforce as well as members.
- The overall risks associated with netball as a sport must be understood. See page 5 of this document
- A COVID risk assessment must be undertaken, which will help formulate the COVID risk mitigation plan. Every organisation must produce these documents and there should be full consideration given to all activities as well as each venue used.
- All netball organisations should check the Government website to determine what tier their netball organisation is operating in. It should be noted if your area changes tier, tier specific guidance must be adhered to.
- The COVID-19 game modifications must be understood and adhered to during training and matches. These should be made available to those involved in any modified netball activity.
- The Government on occasions updates their guidance. Covid Officers should reference www.gov.uk to ensure most up to date guidance is understood.

What needs to be completed?

	Club/league	COVID Officer	Coach	Officials	Players	Parents/Spectators
Ensure membership to EN is in place	✓	✓	✓	✓	✓	
Ensure league is registered with England Netball	✓					
Appoint COVID-19 Officer and add details to ENGage	✓					
Ensure members know who COVID-19 Officer(s) is/are	✓	✓				
Read and understand 'Risks of Netball and COVID-19' briefing	✓	✓	✓	✓	✓	
Ensure understanding of COVID-19 rule modifications	✓	✓	✓	✓	✓	
Complete COVID-19 risk assessment		✓				
Complete COVID-19 management plan		✓				
Be familiar with COVID-19 risk assessment & club risk mitigation plan	✓		✓	✓	✓	

Venues

Guidance:

- It is important to select an appropriate venue. See table on page 7.
- Netball activity should only take place at venues that have been COVID-19 risk assessed by the venue operator/owner. Netball organisations should, in addition, complete their own COVID-19 risk assessment for their own activity
- Any netball on a single court has a limit of 30 attendees. This number includes players, coaches, officials, selectors, sports science and medicine and administrators. In some competitions there may be a need for people to undertake dual roles e.g. scorer is a player from the bench
- Netball organisations must obtain the venue risk assessment and be fully aware of any additional COVID-19 risk mitigations or operational procedures. This must be completed, even if it is a venue used regularly
- If using a venue where multiple courts are available and situated together, adjacent courts can be used and latest Government guidance on social distancing must be followed. Maximum numbers on site will be determined by venue operators
- Key information must be obtained when booking a venue to ensure its suitability.
- If using indoor venue in tier 1 or for netball activities for under 18's the ventilation levels must be obtained and understood. Netball activity cannot take place in venues that do not have the required ventilation levels. Details on ventilation can be found at www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities but it should be noted a minimum ventilation rate of 20l/s/p must be achieved
- Congestion must be avoided when moving around the venue and court area. This may require signage to help
- Spectators are permitted but must adhere to the Government guidance on meeting both indoors and outdoors, venues may also have specific spectator guidance.
- Venues are now responsible for displaying the NHS Test and Trace QR code, including schools.

What needs to be completed?

	Club/ league	COVID Officer	Coach	Officials	Players	Parents/Spectators
Select suitable venue	✓	✓				
If appropriate obtain details of ventilation levels from venue operator		✓				
Obtain venue risk assessment	✓					
Determine with venue operator any additional requirements	✓	✓				
Identify flow of members within the venue and identify any signage/ directional arrows that are needed		✓				
Ensure familiarity with venue operational procedures and risk assessment	✓		✓	✓	✓	

Additional safety procedures

Guidance:

- In line with Government guidance, all players, coaches, officials, volunteers and others attending a netball activity should check themselves, and anyone else in their household, for COVID-19 symptoms before they leave for a netball activity. If they, or anyone in their household has symptoms, they should not attend
- Any participants (including coaches, officials, volunteers and others) who have been told to self isolate by NHS Test and Trace as a result of being in contact with a known COVID-19 case, must not attend any netball activity and they should remain at home. This must be explained to members in advance of activity commencing
- All organisers of netball activity should follow the Test & Trace protocol in line with the NHS scheme.
- Netball participants should complete Test & Trace when they attend any training or match. It is the responsibility of the venue to display the NHS Test & Trace QR code for this to take place.
- Players should follow latest Government guidance on travel
- Participation in any training activity or match is the choice of the individual and all will be required to 'opt in'. There are some groups who are at greater risk of COVID-19 and these are detailed on the Personal Risk Assessment. Pressure must not be placed on individuals to participate or compete if they are uncomfortable with the risks associated with netball activity
- Players, coaches and officials should be made aware that changing facilities will not be available so everyone should come changed and ready to play

What needs to be completed?

	Club/ league	COVID Officer	Coach	Officials	Players	Parents/Spectators
Do not travel to any netball activity with symptoms	✓	✓	✓	✓	✓	✓
Complete Health screening upon arrival	✓	✓	✓	✓	✓	
Test & Trace system completed at every netball activity	✓	✓	✓	✓	✓	✓
Travel guidance adhered to	✓	✓	✓	✓	✓	✓
'Opt in' information circulated to all	✓	✓				
Understand Personal Risk Assessments and ensure comfortable to participate by confirming 'opt-in'			✓	✓	✓	
Ensure session content is suitable to help players return to netball safely and minimise risk of injuries			✓			
Ensure planned close contact time in session does not exceed upper limit as detailed in the table on page 7.			✓			

Trials & selections

Guidance:

- All trial activity must be implemented in line with all information within this guidance document, including COVID-19 rule modifications.
- The welfare of athletes must be paramount when planning trial activity
- Group size within trial activity should not exceed 30 (including players, coaches, selectors); large scale trials are not permitted at this stage
- An awareness of an individual’s pre-trial activity must be known and understood when planning trial activity.
- Athletes should have a period of training and loading before any trials or selections. This can take approximately 6 weeks.
- It is recommended that athletes should be in small groups for trial activity
- Fitness testing should not be included in trials
- Coaches and selectors must remain 2m away from one another and also be 2m away from those athletes involved in trial activity
- The trial/selection administration process should be completed electronically where possible. Paperwork should not be passed between selectors and coaches during the trial activity.

DURING ACTIVITY

This section includes information about ensuring any sessions or competitions are well managed.

It is important to note that players (and others) should be aware that netball activity may feel a little different to pre-COVID netball activity. They should be prepared to ‘Get In, Play Safe, Get Out’. Whilst this approach may limit some of the social interaction we all enjoy through netball, these changes allow us to return to the court and are in place to both protect the Netball Family, as well as ensure that netball is not responsible for an increased transmission of COVID-19.

Arrival and registration

Guidance (all venues):

- It is the venue’s responsibility to display the NHS Test and Trace QR code.
- It is the netball organisation’s responsibility to ensure everyone who wishes to participate scans the code.
- It is the individuals responsibility to socially distance from all others on arrival, during breaks and after the session.
- A traffic flow system should be clearly identified to help arrivals at court areas and venues. This should be detailed in the club/league management plan and where necessary must be in line with venue operator operational plans. Signage may be required to help with this.
- All players, coaches, officials and volunteers must go through a health screening as they arrive. They should not mix with others until this is completed. The health screening must be carried out at all netball activity (training sessions and matches) and screens for COVID-19 symptoms. The operational/ logistical procedure for this should be documented within the Club Management plan

- Any venue specific arrival protocols should be shared with all members and adhered to

Guidance (indoor venues):

- See table on page 7 for what is current permitted in indoor venues.
- Bubbles must not mix at all including the entry, exit and during the session.
- For indoor venues additional precautions and risk assessments must be in place including ensuring sufficient ventilation levels and a target ventilation rate of 20l/s/p must be achieved
- Temperature testing may be advisable using IR thermometer for indoor netball activity
- Additional time should be allocated for arrivals to avoid congestion or bottlenecks within more confined indoor spaces
- Government guidance around use of indoor sports facilities should be read.
- Coaches, officials, volunteers and the team bench are not required to wear a face covering indoors or outdoors. It is however strongly encouraged where possible and practical. Social distancing must be observed throughout, including whilst arriving and departing any netball activity.
- First aiders should wear a face covering when dealing with an injured or unwell participant

What needs to be completed?

	Club/ league	COVID Officer	Coach	Officials	Players	Parents/Spectators
Communicate reminders about not attending with COVID-19 symptoms	✓	✓	✓			
Arrival timings and processes to be followed in full	✓	✓	✓	✓	✓	✓
Establish registration process & associated traffic flow	✓	✓				
Health screening completed upon arrival		✓	✓			
Test & Trace protocol implemented		✓				
Socially distance when not on court	✓	✓	✓	✓	✓	✓
Additional measures for indoor venues	✓	✓	✓		✓	

Rule modifications and netball activities

Guidance:

- All training and matches (both friendly and competitive) must be played in line with the COVID-19 rule modifications. Full details of the rule modifications can be found at the beginning of this guidance.
- All involved in netball activity must be aware of all COVID-19 rule modifications before they participate in any activity
- Standard game management rules should be used by officials to enforce the COVID-19 rule modifications during matches with any persistent breaches dealt with by accelerated application
- Coaches must support umpires by reminding players of the COVID-19 rule modifications during any coaching practices or matches
- Parents must be aware of the COVID-19 rule modifications and understand that these will be managed by coaches and umpires within club sessions and matches
- All circle and junior players, particularly those U11, must be reminded more regularly of the COVID-19 rule modifications by coaches and officials. Practices that encourage this should be included within training sessions
- Shouting should not take place by coaches or spectators during netball activity as this increases the risk of COVID-19 transmission
- During matches and training sessions when games are being played, there should be 2 umpires to ensure the rule modifications are adhered to.

The activities and practices within training sessions must be carefully considered and planned.

- Sharing of netballs regularly with multiple others should be limited
- Time must be planned into every session for ball and hand sanitisation at least every 15 minutes
- Wherever possible social distancing should be integrated into practices
- The amount of time spent face-to-face marking should be limited and where it is required, activities should be planned in line with the game modifications
- Small sided games during training are possible but game modifications must be incorporated
- **In tier 1 and 2, close contact activity should not exceed 60 minutes. In tier 3, close contact activity in training should not exceed 40 minutes.**

What needs to be completed?

	Club/ league	COVID Officer	Coach	Officials	Players	Parents/Spectators
Fully understand the COVID-19 game modifications	✓	✓	✓	✓	✓	✓
Plan and deliver netball activities and practices in line with COVID-19 game modifications and EN guidance		✓	✓			
Manage matches and game based activities in line with COVID-19 game modifications			✓	✓		

Sanitisation

Guidance:

- All netball activity should be in line with the Sanitisation in Netball protocol
- Hands must be sanitised upon arrival at the netball activity
- Breaks should be scheduled at least every 15 minutes to allow for hands to be sanitised in both netball training and netball activity
- Netball posts should be sanitised before and after activity
- If a player or official makes contact with the netball post, it should be sanitised
- Players should use their own netball wherever possible and this should be sanitised before being used
- Passing between multiple players with multiple netballs during training practices should be kept to a minimum
- Any personal items such as water bottles should be clearly marked
- If the club, team or league are providing the netball for training or matches; it should be made clear which are 'clean' balls and which are used. This could be done via clearly labelling bags/containers
- Bibs should not be shared, unless they have been washed and this should be done where possible at 60 degrees
- In games/practices within training sessions or matches, sharing of whistles is not permitted

What needs to be completed?

	Club/ league	COVID Officer	Coach	Officials	Players	Parents/Spectators
Understand sanitisation protocol	✓	✓	✓	✓	✓	✓
Ensure compliance of sanitisation protocol in all netball activity		✓	✓	✓		
Sanitise any equipment during netball training sessions every 15 minutes			✓			
Ensure the ball is replaced or sanitised at least every 15 minutes during a match				✓		
Ensure supplies of appropriate products and equipment are available at all netball activity		✓				
Bring own equipment to netball activity (netball where possible, whistle etc.)				✓	✓	

Hygiene & toilets

Guidance:

- Organisers of netball activity must ensure that the environment in which netball takes place has the following as a minimum:
- Rigorous cleaning procedures for high contact touch points throughout the venue
 - Rigorous cleaning procedures for any toilet facilities and other indoor communal spaces used
 - Procedures for the movement of and cleaning of any equipment such as netball posts (and any other large equipment items used at the facility such as tennis posts and football goals)
 - Hand sanitisers / wipes on offer to assist with personal and equipment hygiene
 - Bins available for the disposal of any wipes / cleaning materials
 - Toilets will be overseen by the venue operator. There may be increased guidance and steps that venue operators take around toilet use.
 - If there is a COVID-19 case in the facility, the operator will follow the PHE Guidance - COVID-19 Cleaning in non-healthcare settings while cleaning all areas of the facility

Social distancing during netball activity

Social distancing within any netball activity should be maintained wherever possible. The game modifications detailed above ensure these are kept to a minimum

The following must not take place during any training sessions or netball matches;

- Nail checks should take place at a distance of 2m or more
- There should be no pre match huddle – players should remain socially distanced for any pre match team talk
- No pre match or pre quarter hands in
- No shouting or cheering
- No quarter or half time huddles
- No high fiving
- No post match hug circles or handshakes
- Any post match paperwork should be shared digitally (this could be emails or photographs)
- No post match team teas or sharing of snacks and confectionery

Netball organisations must put in place clear signage and if necessary additional aids to ensure participants comply with social distancing.

Facility usage

Guidance (all venues):

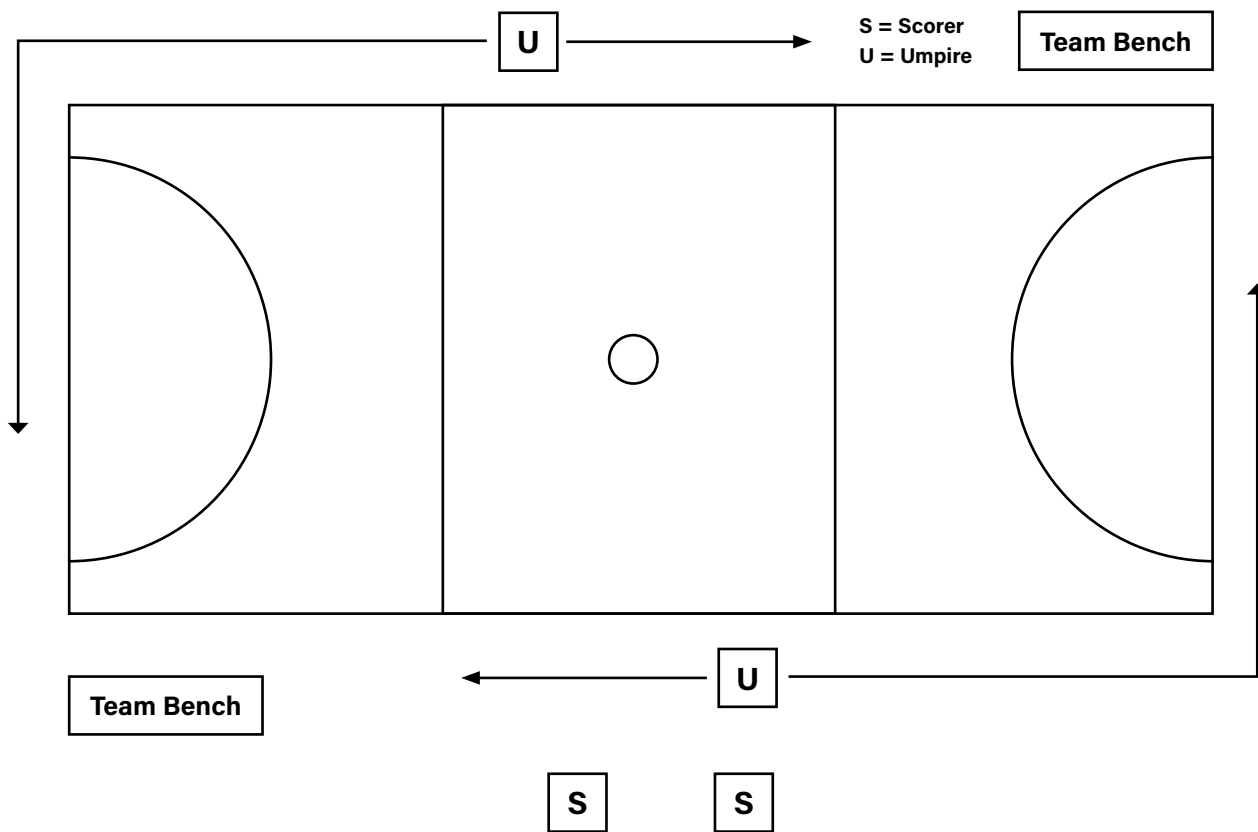
- A pre venue check must be completed before every session or match
- If movement around site is required, for example if toilets are located a distance away, consideration should be given to movement of people. Signage should be used to ensure clear and direct routes are taken. The venue operator may have such plans in place already and these should be followed
- Changing rooms and showers should not be used during training sessions or matches
- Toilet facilities should be available and the process for increased cleaning should be understood. Toilets should not however be used for the purpose of changing
- Huts and shelters for the purpose of time keeping, score collation etc. may be used in line with Government guidance. Strict hygiene measures and social distancing must be in place. This will mean limiting the number of people within such shelters and if space does allow for more than one individual, a face covering should be worn
- No refreshments should be offered from huts or shelters that may be available

What needs to be completed?

	Club/ league	COVID Officer	Coach	Officials	Players	Parents/Spectators
Complete pre-venue check			✓	✓		
Arrive changed ready for activity			✓	✓	✓	
Clearly identify and communicate the appropriate use of any huts or shelters		✓				
Communicate facility usage rules and processes		✓				
Familiarise with all facility processes and guidance	✓	✓	✓	✓	✓	✓
Reminders around social distancing within venue			✓	✓		
Ensure visual aids are in place to ensure social distancing when not on court		✓	✓			

Match setup

Social distancing must remain in place in areas around the court, including team benches and any scorers.



- 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.
- If there is insufficient run off (below 1.5m to the side of the court) the team bench should be positioned behind the goal line, on the opposite side to the line the umpire will run along/round

First Aid

Injuries or accidents within training sessions or matches should continue to be treated as wellbeing is paramount.

First Aiders should consider the first aid protocol and see guidance from St Johns ambulance: <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

AFTER ACTIVITY

It should be noted that once the netball training session or match is complete, including a sufficient cool down, all should leave immediately and there should not be any congregating either on the courts or around the courts.

Social distancing must be maintained when leaving any netball activity.

Guidance:

- Post-match paperwork must be completed digitally and not involve the passing of paperwork between different individuals. The Engage competition module supports this being done
- All players, coaches, officials and parents must be aware of the 'Get in, Play safe, Get out' approach and ensure that this is in place at the end of a session
- Players, coaches and officials should shower and change at home
- A clear traffic flow system for leaving court areas and venues must be in place. This should be detailed in the club/league management plan and where necessary must be in line with that of the venue operator
- Parents of U18 members should be made aware a safe collection procedure and point. This should include clear information to parents as to where and when collection should be made
- All equipment must be sanitised after all netball activity, including netballs, bibs, netball posts and other items such as spots, ladders and cones
- All players, coaches, officials and other attendees must sanitise their hands as they leave
- Any attendee who develops COVID-19 symptoms up to 48 hours after any netball activity must report to NHS Test and Trace and notify the COVID Officer if the test is positive
- If there are two or more positive cases following a session, please report to covid@englandnetball.co.uk.

What needs to be completed?

	Club/ league	COVID Officer	Coach	Officials	Players	Parents/Spectators
Post match paperwork completed digitally	✓		✓	✓		
Get out of the session promptly	✓	✓	✓	✓	✓	✓
Sanitise hands as leave	✓	✓	✓	✓	✓	✓
Identify appropriate collection point for parents to collect juniors		✓				
Establish clear traffic flow for departure		✓				
Sanitise all equipment (even if it is personal equipment)	✓		✓	✓	✓	
Ensure fully understand Test & Trace scheme and report any COVID-19 positive tests		✓	✓	✓	✓	✓
Review risk assessment and COVID-19 management plan after initial modified activity commences. Reflect on any amendments that may be required and update documents	✓	✓				

Rule modifications and activity setup

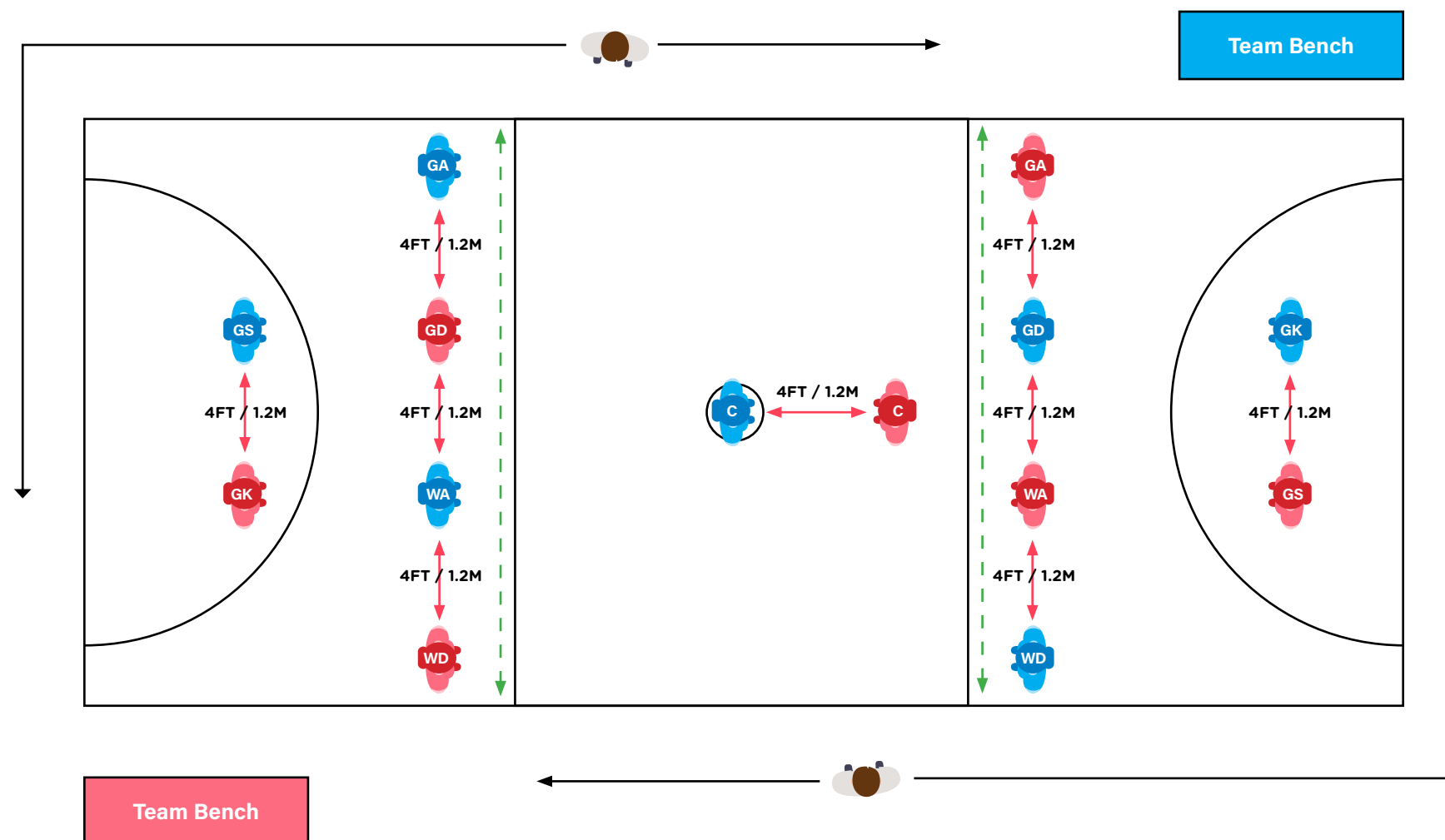
- 4ft spacing for the start of play
- 4ft marking
- 4ft position of penalised player
- Removal of toss ups
- Removal of idle interactions

Training sessions:

- Socially distanced arrivals and departures
- Limited amount of time in close contact - 60 mins in tiers 1 and 2, 40 mins in tier 3
- further socially distanced practices permitted
- Rule modifications used
- Sanitisation breaks every 15 minutes (hands & equipment)
- Friendlies are considered training

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



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.

Match 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
- Matches for those aged 18 years and above, can only take place outdoors

Disclaimer

This guidance has been developed for use by England Netball affiliated members 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. Our action plan and risk assessment for Netball's return to sport has been approved by DCMS who has given its confirmation that our plan is consistent with current and relevant government guidance. Whilst efforts have been taken to ensure the accuracy of the information based on the latest available Government advice, you will appreciate that this is regularly changing, so this guidance should be read in conjunction with the Government's most up to date latest Covid-19 guidance which can be read at www.gov.uk/coronavirus. We continue to work closely with DCMS and Sport England in order to set out good practice guidance for those responsible for delivering different aspects of netball and as Government guidance changes, we will update our guidance accordingly.

In the interests of assisting all those who are responsible for organising netball activity within England, we are also making this guidance available to non-affiliated commercial leagues to help those leagues understand the game modifications and risk management procedures that need to be in place for a safe return to netball. However, all additional support and guidance on a return to play is strictly reserved for our affiliated members only. England Netball takes no responsibility for the decisions taken by commercial leagues to return to play and each league is responsible for putting in place its own risk assessment, policies and procedures based on its own playing environment and participants to ensure it is compliant with Government guidance.

This guidance isn't a substitute for taking your own legal advice. If you do not accept and agree to the above terms, then please do not use this guidance.

