



Return to Netball

STAGE 3
NETBALL FITNESS
ACTIVITY

JOIN THE MOVEMENT

#RISEAGAIN

Introduction

Stage 3 of the Return to Community Netball allows groups of up to 30 to enjoy Netball Fitness Activity.

Stage 3 was unlocked at the same time as stage 4a and should be used in specific environments where it is more appropriate to maintain full social distancing throughout the netball activity. This can be for specific programmes e.g. Walking Netball or in specific geographic areas e.g. in the instance of strong local lockdowns. Some netball organisations may also be more comfortable initially progressing their activity to stage 3.

This guidance should be used in conjunction with the Re-start to Community Netball guidance which can be found [here](#)

England Netball's [Restart Guidance](#) is, largely applicable at both stage 3 and stage 4; this document however will;

- Outline any slight variations to the [Re-start Guidance](#)
- Highlight any sections within the [Re-start Guidance](#) that are not applicable at Stage 3, Netball Fitness Activity
- Include any Stage 3 specific guidance that organisers should be aware of and adhere to.

Any guidance, protocols and recommendations that are detailed within the [Re-start Guidance](#) document, but are not mentioned within this document, should be adhered to at Stage 3, Netball Fitness Activity.

What is permitted at Stage 3 Netball Fitness Activity?

- ✔ Group size of up to 30
- ✔ Socially distanced activity (2m)
- ✔ Netball Fitness Activities
- ✔ Some sharing of equipment with sanitisation
- ✔ Outdoor activity is preferred
- ✘ Game or match play (friendly or competitive)
- ✘ Small sided games

What is Netball Fitness Activity?

Netball Fitness Activity, just like at Stage 2 are activities that are related to netball skills, but are not game based. At stage 2, they were individual based, however at stage 3, providing all participants and coaches/hosts maintain 2m social distancing Netball Fitness Activities can be in pairs or small groups.

The netball can be shared at stage 3 Netball Fitness Activity, however passing practices between large variety of people and for large periods of time within a Netball Fitness Activity session should be avoided. The full sanitisation and hygiene protocols and requirements as detailed within the Re-start Guidance must also be adhered to at all times.

What are the Risks of Netball Fitness Activity at stage 3?

The information in this section should replace that on page 5 of the [Re-Start Guidance](#).

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. These breaches would not be allowable in other parts of day to day life currently and Netball Fitness Activity is designed to remove these periods of increased risk in the following ways;

- Social Distancing will be maintained throughout Netball Fitness Activity
- The activities will largely be individual based and where they do involve the sharing of a netball, equipment and hands will be regularly sanitised
- Games and matches (including small sided games) will not take place during Netball Fitness Activity

The risks associated with Stage 3 Netball Fitness Activity are lower than stage 4 and beyond at the current time.

Trials, selections and Rule Modifications

The [Re-start guidance](#) includes the following sections;

- Trials and Selections (page 15)
- Rule Modifications (pages 5, 6, 7 & 17)
- What to expect on Match days (pages 6 & 7)

This information is not applicable for stage 3, Netball Fitness Activity as trials, selections and any form of game or match play is not permitted at stage 3, Netball Fitness Activity.

Risk Assessment and Risk Mitigation Plan for Stage 3 Netball Fitness Activity

As detailed in the Re-start Guidance, a risk assessment and risk mitigation plan will be required.

Members of England Netball who have access to the England Netball Care Package, should ensure they use the appropriate document for Stage 3, Netball Fitness Activity.