



## **Social Netball COVID-19 Guidance**

On the 19th July 2021 the Government announced lots of its COVID-19 restrictions were being lifted. Social Netball have produced the following COVID-19 guidance, in line with this:

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### **1a – What is COVID-19?**

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.

COVID-19 can be transmitted in 3 ways:

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

#### **Symptoms**

The main symptoms are:

- a high temperature over 37.8C – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

### **1b – Risks associated with COVID-19 and netball**

In every sport and leisure activity, there are risks of COVID-19 and team sports, in particular, pose slightly increased risks.

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
- Typically netball players 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 must be introduced.



As part of the return to community netball, we need to mitigate some of the risks to both protect the netball players and officials, as well as ensure that playing netball does not lead to increased transmission of COVID-19 more broadly. This guidance document covers many of these mitigations.

### Hygiene and Safety Measures

- Hand Sanitizer will still be provided by Social Netball at the entrance/exit of courts. Players are encouraged to use these on entry and exit of the courts
- Balls will be sanitised after every game has finished.
- Continuation of no cash allowed at any of our venues – all payments done through our online system
- If any player has any COVID-19 Symptoms they should not attend matches.

### **2b – Equipment and Kit**

Social Netball will be providing hand sanitiser for all leagues and some venues will also have sanitisation stations. You are welcome to use your own sanitiser.

#### Balls

Balls will be sanitised before/after each match. Any attendee who chooses to bring their own ball does so at their own responsibility.

#### Bibs

Bib sharing is no longer restricted, please use your own discretion. All teams should have their own bibs and they can be shared amongst teammates at their discretion.

#### Match Fees

No cash will be collected at Social Netball Leagues. All match fees must be paid through our online system.

#### Face Coverings

Whilst playing you are not required to wear a face covering, however should you wish to do so, you do at your own risk. Some venues may require you to wear one should you enter a building before or after a match. Please abide by the rules of our host venues.

### **3a – Attendance – Before arriving**

Prior to arriving, please specify who is playing. This is required for Test and Trace purposes. It is the captains' responsibility to ensure this is done for their team.



In order to participate in our leagues, each and every time all players and officials confirm that:

- They do not have any COVID-19 symptoms.
- They have not received a positive test in the last seven days.
- They are not waiting on a Coronavirus test result.
- That no member of your household has Covid-19 symptoms or is waiting on a test result.
- Has not been advised by NHS test and trace that you have come into contact with an individual who has tested positive for Coronavirus.
- To the best of your knowledge you have not been in close contact with anyone who is exhibiting Coronavirus symptoms or has tested positive.

If any of the above statements cannot be qualified, then you **MUST NOT** participate. By participating you are thereby confirming the above to be correct.

### **3b – Attendance – Arrival at a session**

Specific venues may have traffic flow systems in place which must be abided by. You may also be required to wear a face mask if the traffic flow takes you within a building. Many venues are operating Test and Trace. All participants should follow the venue guidelines and requests.

To ensure minimal interaction between players from different match times, all players are asked to arrive as close to their match start time as possible.

All players should arrive changed and ready to play. Changing facilities may not be available at the venue you are attending.

### **3c – Attendance – During a session**

On entry and exit of the court all players should sanitise their hands. Balls will be sanitised between matches. Players can now play in more than one game per evening.

### **3d – Attendance – After a session**

All players must sanitise their hands.

Players should not linger in the court area, but collect their belongings and leave following any traffic flow systems in place. Do not mingle with players arriving for later matches. Make sure you have all your belongings with you before you leave. Any belongings left behind will be disposed of.