



Girls Attack!/Oxted Ladies Netball Club



Guidance for players, parents, coaches

Phase 4 Netball 10th September 2020

This guidance sets out how Girls Attack! (GAT) and Oxted Ladies Netball Club (OLNC) intend to operate 'phase 4' netball rules from September 2020. Our aim is to offer all our members the opportunity to continue to train, play friendlies with outside clubs and enter and partake in competitive leagues as soon as they commence. The threat from Covid-19 remains and therefore careful planning and risk assessment is required, along with the co-operation of all players, coaches, parents and umpires to make phase 4 netball a success. This guidance will be reviewed every 4 weeks.

Annexes to this guidance include:

1. Phase 4 Risk Assessment (see separate document)
2. Phase 4 Risk Mitigation assessment (see separate document)
3. Modified Rules (Appendix 1) p 7
4. User consent form (Appendix 2) p 8

Key contacts (girlsattackit@gmail.com):

Lynn Stables and Maggie Morley– Club Directors
Lynn Stables- Club treasurer
Maggie Morley- Club Secretary
Lynn Stables and Maggie Morley- Safeguarding Officers

Covid Team:

M Morley (lead) / L Stables/ Lou Shail/ Maddie Brooker/Croia O'Reilly/Victoria Tyler (OLNC)

A comprehensive **risk assessment** and **mitigation plan** have been undertaken in order to manage the risk of infection and ensure that GAT/OLNC are fully compliant with government guidelines, school settings and England Netball requirements. The following arrangements are in place:

- All members will complete a user agreement form at the start of the term or seasonal camp/workshop.
- All players will be registered at the start of every session.
- Players must come changed and ready to play with hair tied back and no jewellery.
- Staggered session times will be in place for squads, so that age groups do not mix and there are no bottlenecks at the entrances and exits.
- Separate entrances and exits will be used where possible. All participants must arrive on time and leave as soon as the coaching session has been completed.
- All players, parents, coaches, managers must sanitise hands at a washing station prior to starting.
- All equipment used will be sanitised before during and after training by coaches or an individual on their behalf, including netball posts, balls, equipment, bibs and surfaces.
- All players, parents, coaches and managers will sanitise hands as they leave a site at a washing station.
- England Netball Phase 4 rules will always apply.
- Spectators will observe social distancing rules.
- Track and trace process has been developed and must be observed by everyone participating in netballing activity.

Players are responsible for familiarising themselves with the game modifications and complying with the risk mitigation in place. Whilst comprehensive measures have been put in place to reduce the risk of transmission, there is an increased risk associated with taking part in netball especially if players have underlying health conditions and are considered clinically extremely vulnerable or moderately vulnerable. There is no pressure for any members to train or play during this time. Players should consider completing a personal risk assessment available on the England Netball Website.

Following are some of the changes that players must reflect on and more information can be found on the England Netball website and in the annex to this guidance on the modified rules:

- Social distancing measures apply until players are on-court. When on-court players must limit idle interactions. This means that distance should be maintained when off the ball.
- Where necessary, nail checks will take place from 2m. Nail clippers can no longer be shared, so please can all players make sure their nails are regulation length before they leave their homes.
- No unnecessary contact including huddles/shouting/cheering/high fives/handshakes etc.

- Water bottles should be named.
- Do not car share to travel to venues unless necessary. Use government guidelines. (see gov.uk)

Coaches and assistant coaches are responsible for familiarising themselves with the England Netball Guidance and the modified rules. Coaches must:

- Ensure that players are aware of this guidance and help support compliance with this guidance.
- Prepare training plans that reflect the modified rules.
- Hold a pre-training briefing on Covid-related arrangements at each session, training and/or matches.
- Make sure that ball and hand sanitisation takes place regularly during match play (with a clean match ball every quarter).
- Ensure that bibs are not shared and are washed at the end of each session.
- Have a mask for administering first aid.
- No more than 30 people (players, coaches, managers, umpires) at a time on one court.
- Sanitise equipment and posts before and after training.

Phase 4 user agreement form

A user agreement form (Appendix 2) has been developed to be completed ahead of the term or seasonal camp by every member or their parent/guardian on their behalf. This should be completed by all members before they can train/ play and held by the club until the end of the term (or the end of phase 4 whatever is sooner). The club will destroy all user forms at the end of the term or after 21 days post-camp/workshop, in line with data protection considerations.

It is the responsibility of every player (or parent/guardian of U16 players), coach and assistant coach to confirm that they do not have Covid or any symptoms of Covid, provide contact details and confirm that they will inform the club if they develop symptoms.

Track and trace process

If you develop symptoms following netball activity you should do the following:

- Self-isolate with other members of your household and get a test to find out if you have coronavirus.
- If you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS Test and Trace service (see gov.uk for details) to help alert other people who may need to self-isolate.
- You should contact the Covid team for the contact details of those individuals you played netball with in the past 48 hours before displaying symptoms. You can use this information to inform the NHS test and trace service.
- You can return to netball activity following the government mandated isolation period.

If you have been identified as someone who has had close recent contact with someone who has tested positive for coronavirus and have been notified that you must self isolate, then you should cease all netball activity until your period of self isolation has come to an end, in line with medical advice.

If someone you live with is displaying symptoms of coronavirus then you should not take part in any netballing activity.

Spectators are an important part of netball and in particular competitive matches, however Covid-related restrictions must be observed at all times and therefore arrangements for spectators will differ depending on the location. If large groups of parents are congregating and this risks the ability to socially distance, they will be asked to disperse or to wait in their cars. In accordance with phase 4 rules, spectators must not shout when observing training and match play.

Injuries and first aid

First aid must be administered with a face mask and gloves. Hands should be sanitised before and after. An accident form should be completed and sent to the Club Secretary. Coaches must ensure their first aid bag contains an unused disposable mask ahead of each training session and/or match. Masks should be disposed of when used.

Facilities

The club will aim to ensure there is one emergency toilet for use at each session where possible – this may not always be the case. GAT/OLNC are not responsible for cleaning these facilities but will ensure that facility owners communicate how frequently the facilities are cleaned.

Indoor venues are higher risk than outdoor venues, and therefore outdoor venues are preferred and should be used where available and weather permits. Netball activity can only take place at venues that have been Covid-risk assessed by the venue operator/owner and GAT/OLNC. Sports halls must have a ventilation rate of more than 20 L/s/p to be used for training and match play.

All users must use a face mask to enter the indoor facilities. Any coaches, table officials, non-playing team bench, first aiders should wear a non-surgical face mask at all times for indoor netball activity. Players and active umpires do not need to wear face masks on court.

Q & A

I am concerned that my fellow player, umpire, visiting team is not taking phase 4 measures seriously, what can I do?

GAT/OLNC will take seriously any breaches of this guidance. Initially any concerns should be reported to the lead Covid officer in the first instance.

I am worried about contracting Covid – should I train/play matches?

Whilst we have done everything we can to minimise the risk and follow England Netball and Government guidelines, it is not possible to stop the risk of contracting covid-19 entirely. Training is not compulsory and you should not feel obliged to train if you are worried about the risk to yourself or those you live with. If you are worried you should consider completing a personal risk assessment. Advice on how to do this can be found on the England Netball website.

I am in a local lockdown where I live, can I come and train?

If the area in which you live enters a local lockdown then you should not attend training or travel to a match.

My daughters school has sent her home because someone in her school bubble has contracted covid, she has no symptoms, can she train/play?

Players should not attend training or play in a match if they have been sent home from school due to Covid-related concerns.

I need to leave the session before the end of the allocated slot

We have calculated careful arrival and leaving times and therefore players should stay on court until the end of the session. Players must observe correct entrances and exits at all times

Will on-court training include ball skills/ will this be passed between players?

A sanitised ball will be able to be passed. Balls and hands must be sanitised every 15mins in match play.

Should I bring my own hand sanitiser?

The club will provide sanitiser for use before entering court and exiting the site and during matches.

Can I stay and watch training/matches?

This will vary by venue and may not always be possible. We would ask that parents spectate using social distancing measures.

What do I need to do ahead of attending training?

To attend training you should have:

- Paid subs online
- Have read these Guidelines and completed the Covid user agreement.

What are the new modifications of the netball rules?

The full guidance on the changes can be found on the EN website at <https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/08/18163154/EN-Restart-Guidance.pdf>

How can I trial?

If you know someone that would wish to trial, please contact the club secretary who will add you to the waiting list for the relevant age group.

Will you be taking temperatures ahead of training/matches?

We will not be taking temperature ahead of outdoor training and matches. We will take temperature ahead of any indoor matches.

I have developed symptoms following training/match play, what should I do?

If you develop symptoms following netball activity you should do the following:

- Self-isolate with other members of your household and get a test to find out if you have coronavirus.
- If you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS Test and Trace service (see gov.uk for details) to help alert other people who may need to self-isolate.
- You should contact the lead Covid officer for the contact details of those individuals you played netball with in the past 48 hours before displaying symptoms. You can use this information to inform the NHS test and trace service.
- You can return to netball activity following the government mandated isolation period.

Appendix 1

Summary of Phase 4 Rule modifications

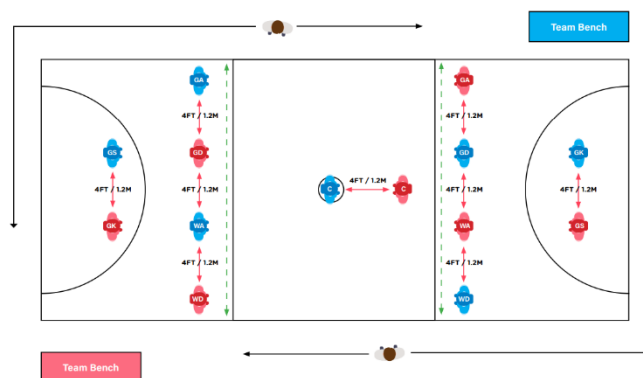
- **4ft spacing for the start of play** – GS and GK are required to start inside their respective goal circles, GA, GD, WA and WD on the transverse line and the centres in the centre third. The modification requires all players to position themselves a minimum of 4ft away from their opposing players and teammates at the start of play. This will be managed by umpires at the start of play.
- **4ft marking** – the defending distance has been increased from 3ft to 4ft. Particular attention must be paid in the goal circle when defending or waiting for a rebound under the goal post. This will be blown as distance.
- **4ft position of penalised player** – penalised players for major infringements are required to position beside the player they infringed but from a distance of 4ft away. This will be managed by umpires when an infringement occurs.
- **Removal of Toss Ups** – No toss ups are permitted, the team who had the ball directly before the action that caused the toss up to be awarded will retain possession. The umpire will briefly hold time, instruct the ball to be returned to the relevant team and play will be restarted on the umpire’s whistle.
- **Removal of idle interactions** – Players not engaged in play or who are stood still are required to be positioned 4ft away from another player. This frequently happens on the circle edge, on the transverse line, whilst walking back to centre pass and returning to the team bench at the end of a quarter. Managed by umpires and supported by players and coaches.

Rule modifications

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

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



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

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.

Appendix 2



Girls Attack! & OLNLC User Agreement



The checklist must be completed in a documented format and kept for any future use. Continue to use general opening checklists alongside this one.

COVID-19 User agreement	This checklist is to be completed prior to participants taking part in practice under the current COVID-19 guidelines. The participant cannot start practice until this checklist is carried out and all necessary measures are in place. The items on this checklist are required to illustrate compliance with the Governments and EN's guidance. The checklist must be completed ahead of each training session/match and kept for 21 days.		
Question	Yes	No	
Currently do you/ your child/ any member of your household currently have any symptoms of COVID 19? <i>In line with current Government guidance, if you are symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, you should remain at home and follow Government guidance.</i>			
I will bring a named water bottle and no other equipment without agreement of the coach.			
I will wash my hands at home before and after using the outdoor facilities.			
I have read and understand Girls Attack! OLNLC guidance information and will comply with the signage on-site.			
I will exit and enter the site using the separate exit and entrance points according to the process established.			
I will not arrive on site before the start of my allotted training session. I will leave the site as soon as my training session has ended.			
I will comply with social distancing rules whilst on site.			
I have read and understand the Guidelines document.			
I will comply with the modifications to netball rules as stipulated by England Netball. https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/08/18163154/EN-Restart-Guidance.pdf			

If anybody in your household in the next 14 days show symptoms (however mild) of COVID 19, you MUST inform us on 07867 917401 or 07896 902371 and e-mail girlsattackit@gmail.com We require your contact details to inform you if any of the other participants become ill in the near future.

By signing below, you acknowledge that Girls Attack! & OLNLC have made reasonable attempts to reduce any risk to both coaches and participants using the Netball courts. Girls Attack! & OLNLC cannot be held responsible for any future cases of COVID 19 that may be contracted by a participant of a coaching sessions.

Date of training session attended

Name of player participating

Name of parent if u16

Signed.....Date.....

Phone.....Email.....