

Colchester Netball League

Club Checklist Full Information for Club Covid Officers to pass onto teams and take responsibility for

This information sheets summarises all the measures the clubs and its members, volunteers, parents and spectators need to take into account for all matches.

It is essential that everyone involved in the clubs both familiarises themselves with everything to do with Covid 19 but also adhere to all the advice, paperwork required and protocols so that we are all kept safe and the activity can continue, as it will be stopped if there are constant breaches or those not adhering will be asked to take a break from the league until the restrictions are relaxed.

Before you think about returning to the league.

All players, officials, coaches, team managers and other volunteers who are involved with a team and at matches MUST:

Have joined or re-joined the England Netball Membership scheme

Have read Personal Risks to make them aware of the risks for those in the medium and high-risk categories:



Ref-13.-Personal-risk-assessment-final k

There is also more information on the Government website which may be of interest <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

If they have had Covid 19, they should check with their GP that it is ok to return to netball.

Once these are done, they should complete an Opt In form (this includes any umpires, coaches or other volunteers involved in club). It should be stipulated that there is no pressure to return it's their choice. The form to complete is this and should be kept by club.



Ref-6.-Opt-In-guidance-updated K2.pdf

Familiarised themselves with Restart document and modified rules on England Netball website.

The link to the Care Package is

https://www.englandnetball.co.uk/riseagain/covid-19-care-package/stage-4-covid-19-care-package/?utm_campaign=1538096_COVID-19%20Officer%20email%20-%2015.09.2020&utm_medium=email&utm_source=All%20England%20Netball%20Association%20Limited&dm_i=4NYO,WYSW,3H7KQP,42Y6P,1 which all members would have received it's really important they read this before returning to netball so please encourage your members to read to avoid future confusion.

Pre checks - returning to sessions

So, after checking all the above first and foremost if you suspect you or anyone in your family have Covid 19 symptoms or you may have been in close contact with anyone you MUST NOT attend training or matches. The main symptoms are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

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- 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

Most people with coronavirus have at least 1 of these symptoms.

Please ask anyone involved in your team including support people, umpire, coach etc to look at Pre-Travel Health Screening form below to double check before setting off. If they answer yes to any of these questions the message is to stay at home.

If you have symptoms you must self-isolate and apply for a test online or call 119. Do not under any circumstances come to the match



Ref-5a-Health-screening-updated K3.pc

Track and trace – Team captains to check all players and everyone in their household with are symptom free on match night. They (or allocated person in club) scan The Colchester Netball League QR code which will be displayed around courts, and fill in their name and how many people are with them in their team (including captain and umpire and if they have a team manager, coach and scorer). Whoever completes the Track and Trace is to be identified on scorecard so we can check back.

Please note you must tick **yes** when it asks if they and everyone in their household are symptom free, in tests quite a few people are misreading question and answering no.

<https://engage.englishnetball.co.uk/Activities/Enquiry/TrackAndTrace/61961>



Finally, please could we request that players go to the loo just before you set off to save toilet visits at the venue as much as possible

Any attendee who develops symptoms up to 48 hours after any netball activity must report to NHS test and trace and notify the Club Covid Officer. The person who is positive will be given advice from NHS test and trace as to who needs to be contacted as every situation will be different. You will be able to get these contact details from the Club Covid Officer. The Club Covid Officer must in turn contact the League Covid Officer.

Travelling to venue

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Government Guidance on travel and public transport can be found on this link please ensure you read it and follow the guidelines

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

Arrival at venue

If you are the 7pm match please arrive no earlier than 6.45pm, please stay in car if arrive earlier. Please do not congregate in groups outside the courts, please go straight to your court and team – please respect social distancing whilst on site

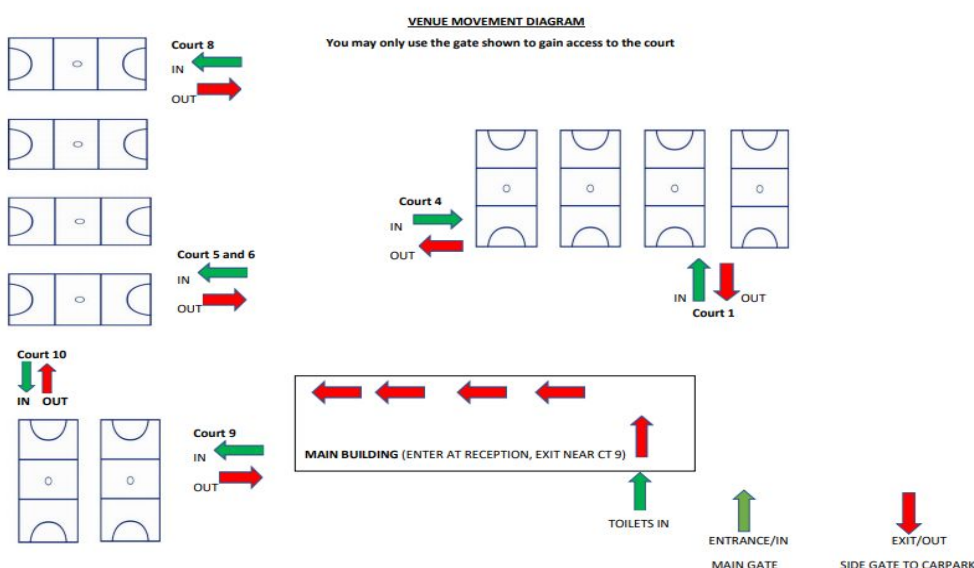
If you are the 8.30pm match please arrive no earlier than 8.20pm, please stay in car if arrive earlier as we need to allow time for the previous teams to leave. Please do not congregate in groups outside the courts, please go straight to your court and team – please respect social distancing whilst on site

There is an entry and exit gate to come onto site please come in the large green front gates and exit via small side gate.

If using the toilets inside the centre you must enter by front entrance and exit through back entrance. YOU MUST NOT enter the back entrance under any circumstance as there is a one-way system in place. The toilets are not open where the changing rooms as that whole area is locked down.

Court etiquette

- Court 1 enter and exit using main front gate
- Court 4 enter and exit using side gate by court 4
- Courts 5 and 6 enter and exit using first gate by court 5
- Court 8 enter and exit using far gate by court 8
- Court 9 enter and exit using main front gate
- Court 10 enter and exit using side gate by court 10



We will be only using Courts 1, 4, 5, 6, 8, 9 and 10, as the lighting repairs have not been completed.

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The HOME team will always be based at the top of the courts (near gates you go in) and the AWAY team will always be based at the bottom of the courts (furthest end from the gates), these will be your 'benches' for the duration of the game. The bench may consist of players and coach/team manager.

PLEASE MAKE SURE EVERYONE KNOWS IN YOUR TEAM IF YOU ARE THE HOME TEAM OR AWAY TEAM AND WHERE THEY SHOULD PUT THEIR BAGS

Umpires and Scorers placement

Court 1 umpires ok as not using court 2 – scorers stand on court 2 away from umpire and bench

Court 4 umpires ok as not using court 3 – scorers stand on court 3 away from umpire and bench

Courts 5 and 6 umpires ok as good space by fences – scorers stand away from umpire and bench

Court 8 umpires ok as not using court 7 – scorers stand on court 7 away from umpire and bench

Court 9/10 umpires between 9 and 10 remain back to back and do not go beyond centre circle for half you are not umpiring in. Scorers stand at one end or other away from bench and move when quarter time.

If you have scorer's they must have their own pad and pencil, they cannot be shared or make sure you have enough pads, bits of paper, pens to keep score. We are relaxing the rule for scorers in Division 1 and 2 for this league, scorers will be optional.

We advise Umpires/Scorers are paid via BACS rather than cash.

There are **NO SPECTATORS** allowed under any circumstances, this is a directive by the centre and if anyone is seen they will be asked and expected to leave, please respect this otherwise we will not be able to use the facility.

For the players, please make sure you bring:

- Your own hand sanitiser
- Your own water bottle which should not be shared
- Bag to keep everything safe and socially distanced courtside

For the teams/team manager/coach/captain please make sure you bring

- Spray or wipes to clean your ball and the post after each quarter (this will be the post you are nearest to when you return to your benches) the centre will clean posts before game and after so just after quarter 1,2,3.
- Enough sets of bibs to allow for substitutions, bibs must NOT be shared under any circumstances
- Separate bag to put dirty bibs in
- Score card which only one person will touch and complete, opposition will fill out a separate card
- Two bags to double bag any waste material you may have (wipes, used first aid etc). Please secure after the match and take with you to dispose of.

For Umpires and Scorers

- Your own hand sanitiser
- Your own water bottle which should not be shared
- Bag to keep everything safe and socially distanced courtside

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- Whistles must NOT be shared under any circumstances
- Umpire pad if scoring match as well
- Timer – If scorer timing will need to have own timer e.g. phone if no stopwatch
- Scorers must bring their own pad and pencil they cannot use umpire's pad



Social-distancing.pdf

Before and During Match for all

- Hands must be sanitised upon arrival of netball activity
- At breaks please ensure everyone sanitises their hands, just before taking to the court and that the balls and posts are sanitised.
- Used bibs stored safely

Modified game to be played



Stage-4-Modified-Netball-Activity.pdf

After Match

Parents/carers please do not arrive too early to collect players or remain in your car until match is finished and please socially distance

Captains/Team Managers to complete card (one card per team), and send digitally to fixtures secretary

Take all belongings, equipment away and rubbish away

Depart from specific gate, do not congregate, go straight home do not go to changing rooms

Please leave straight after match, especially 7pm matches as we have to make way for 8.30pm matches and through the designated gate. Please remember social distancing and no congregating.

It is very important that players take all their property home with them as we will have to dispose of anything left behind especially water bottles

Any attendee who develops symptoms up to 48 hours after any netball activity must report to NHS test and trace and notify the Club Covid Officer. The person who is positive will be given advice from NHS test and trace as to who needs to be contacted as every situation will be different. You will be able to get these contact details from the Club Covid Officer. The Club Covid Officer must in turn contact the League Covid Officer.

Your safety is key so please do everything to keep us all safe. If the league finds there are breaches of rules players or teams may be asked to leave the league or the league may cease.

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