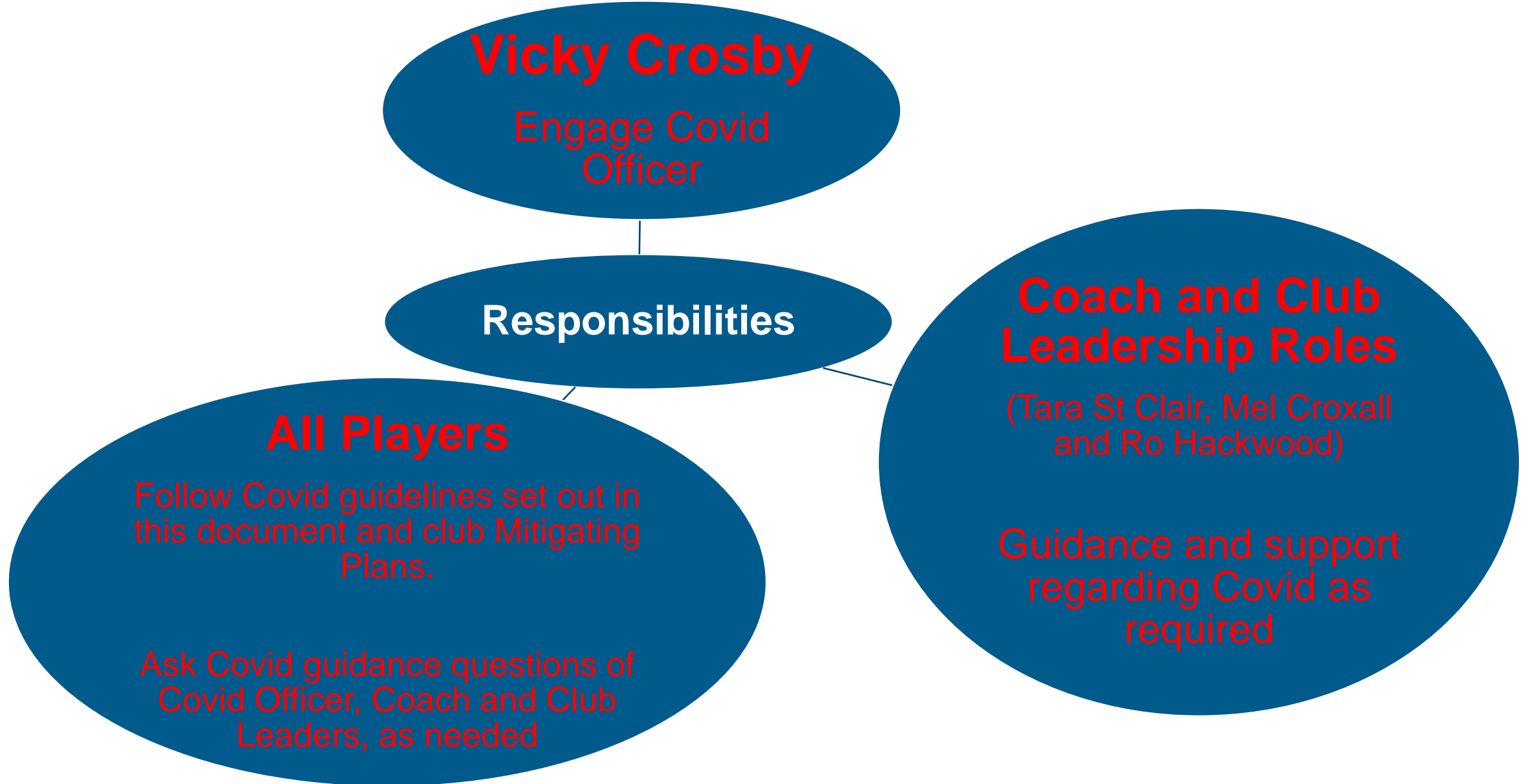


TFC Covid 19 Player and Support Personnel Briefing

Victoria Crosby – Treasurer and Covid Officer

April 2021

Covid Responsibilities



Agenda

- What you need to do before you are allowed to start training/playing again
- What you need to do ongoing;
 - Before training/the game
 - During training/the game
 - After training/the game

What you need to do before you are allowed to start training/playing again

Available on EN website “Covid-19 Care Package”

- Watch “Understand the Risk of Netball” video clip
- Read “Personal Risk Assessment” and watch the “Understanding Risk of Netball” video
- Watch “Introduction to Stage 4 Netball” video clip
- Complete the “Opt in Guidance” form **again** (only after you have watched/read the above)
- Download the NHS Test and Trace App

What you need to do before you are allowed to start training/playing again

Direct link to documents:

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2021/03/23200043/COVID-19-Officer-Printable-summary-23.3.21-1.pdf>

What you need to do before you are allowed to start training/playing again

Complete the “Opt in Guidance” form **again**;

- Send a signed copy to the Covid Officer
- Name, sign and date it
- e-signature is ok
- or a photo of a signed paper copy

What you need to do before you are allowed to start training/playing again

- Pay your subs to TFC Senior account (inc any outstanding from last season)
- Pay your EN and LCNA Membership/Affiliation fees via Engage
- Read the TFC Mitigation Plans **again** – and confirm to me that you have done so

What you need to do before you are allowed to start training/playing again

If you don't do these things you don't play

12 TOP TIPS TO PREPARE FOR NETBALL



DO NOT ATTEND TRAINING OR A GAME IF YOU ARE UNWELL OR SHOW ANY COVID-19 SYMPTOMS



SHOWER AT HOME BEFORE AND AFTER ALL NETBALL ACTIVITY



ARRIVE AT THE VENUE READY TO PLAY IN YOUR KIT



AVOID CAR SHARING OR PUBLIC TRANSPORT IF POSSIBLE



WASH OR SANITISE YOUR HANDS BEFORE AND AFTER PLAY



SANITISE YOUR NETBALL BEFORE AND AFTER PLAY



AVOID UNNECESSARY BODILY CONTACT INCLUDING HANDSHAKES, HIGH FIVES AND HUGS



TRAVEL DIRECTLY HOME IN YOUR KIT AFTER PLAY AND WASH YOUR KIT ON ITS OWN AS SOON AS YOU ARRIVE HOME



DO NOT SHARE PERSONAL ITEMS SUCH AS YOUR DRINKS BOTTLE AND TOWELS



BREAK TO CLEAN THE BALL AND SANITISE YOUR HANDS EVERY 15 MINUTES



AVOID USING BIBS UNLESS IT'S YOUR OWN



MAINTAIN SOCIAL DISTANCING WHEREVER POSSIBLE (2M)

What you need to do ongoing

Get In

Play Safe

Get Out

Before training/the game

Get In

- Don't come if you have had any Covid 19 Symptoms (in the last 7 days) or are self-isolating;
 - Dry persistent cough
 - High temperature/fever (37.8°C or above)
 - Loss of smell/taste
- Don't come if any of your household or someone you have been in contact with have had any of the above symptoms in the last 14 days
- If you have been abroad in the last 10 days
- Water bottles to be clearly marked with your name
- Bring as little as possible (small bag), but bring sanitiser

Before training/the game

Get In

- Wash your hands (20s) before leaving the house
- Come kitted up and ready to play (use of changing rooms is not permitted)
- Don't enter the hall/venue until Covid Officer is present and maintain social distancing (match days **and out door training**; stay in car until Covid Officer has spoke to you).
- Balls, post covers and any other equipment used (spots/cones) to be sanitised before use

Before training/the game

Get In

- Government travel guidance should be adhered to e.g. currently car sharing is not permitted (unless you live together)
- On entry;
 - Temperature will be taken (**in your car on match days and outdoor training**)
 - You must sanitise your hands in view of Covid Officer (provided by you)
 - Answer the health screening questions (Appendix 4 of Mitigation Plan & EN Health screening template)
 - Scan the venue's NHS Test and Trace QR code
- A temperature above 37.8°C or a “Yes” response to any of the health screening questions and you will not be permitted to enter the venue

During training/the game

Play Safe

- Bags to be spaced out around the venue (2 meters apart); within your bubble area
- Balls and hands to be sanitised every 15 minutes
 - Hands (own sanitiser)
 - Balls (wipes provided by club)
- Post covers to be sanitised before and after play and if touched
- No bib sharing (sanatizable bibs for match days)

During training/the game

Play Safe

- No shouting
- No “hands in” or “high 5s”
- 30 players maximum, plus officials (no spectators)
- Players to wear face masks into the venue (indoor training) and until warm up starts
- Social distancing of 2m (or 1m+ with masks) to be maintain at all times including team benches and scorers (masks advisable for 2m also)

During training/the game

Play Safe

- Primary carers/first aiders to consider the St Johns Ambulance Covid 19 guidance when attending to a player
- Team talks must be socially distanced (e.g. on court)
- Play to Covid 19 modified rules
- No whistle sharing
- Close proximity training limited to 60 mins

STAGE 4 MODIFIED NETBALL ACTIVITY

RULE MODIFICATIONS

This information is subject to change and was last updated on 18th August 2020



4FT SPACING FOR THE START OF PLAY



4FT MARKING



4FT POSITION OF PENALISED PLAYER



REMOVAL OF TOSS UPS



REMOVAL OF IDLE INTERACTIONS

During training/the game

Play Safe

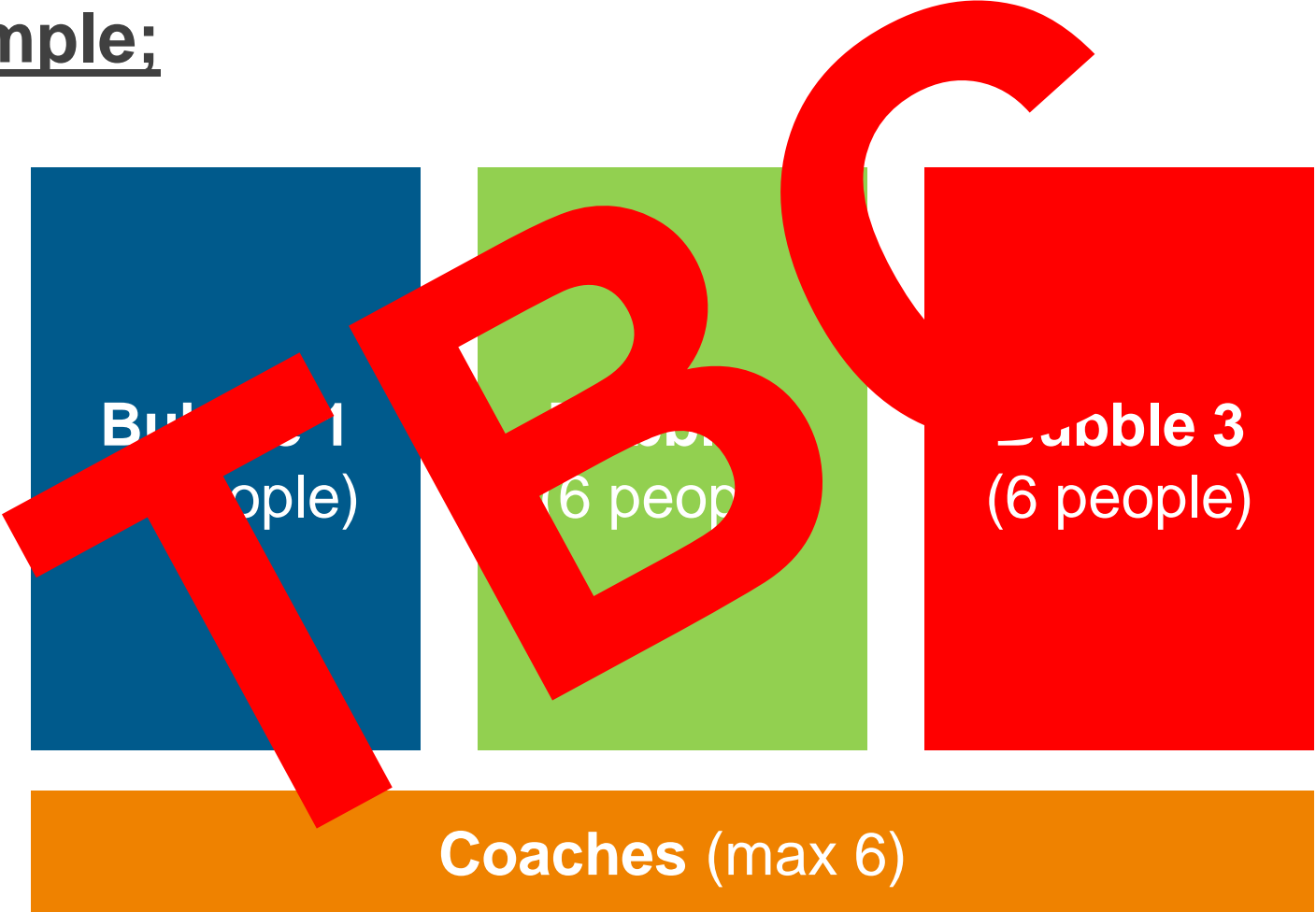
If Training Indoors;

- Bubbles of 6 (as confirmed prior to session)
- Bubbles must have their own clearly marked zones within the venue
- Bubbles must not mix with people from other bubbles at any point (including outside the venue) **do not enter a different bubble's zone**
- Maximum 15 minutes of match/close contact play in the session

During training/the game

Play Safe

Bubble example;



After training/the game

Get Out

- All balls to be sanitised before put away (wipes provided by club)
- Post covers and any other equipment used (spots/cones) to be sanitised before put away
- Hands to be sanitised before leaving
- No use of changing rooms; leave in kit

After training/the game

Get Out

- No social chatting; maintain social distancing at all times and leave promptly
- If you or anyone in your household have any Covid 19 symptoms (in the next 48 hours) notify NHS test and trace and the TFC Covid Officer
- If you are asked to self-isolate by NHS test and trace notify TFC Covid Officer
- If you test positive for Covid 19 notify TFC Covid Officer



**LEAVE VENUE
PROMPTLY**



**IF YOU DEVELOP SYMPTOMS UP
TO 48 HOURS AFTER ACTIVITY
REPORT TO NHS TEST AND TRACE**