



TFC NETBALL CLUB RISK MITIGATION PLAN

Date Created: 21/10/2020
Date Reviewed: Monthly
Version Number: 1

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Section 1: Introduction, COVID leads and staff/athlete responsibilities

Introduction:

This document is to outline the safeguarding measure and guidance put in place to reduce the likelihood of spreading infection of Covid-19. You must, as a TFC Club Member adhere to all elements of this document otherwise you will not be allowed entry to the facility.

1.1 COVID Leads:

COVID Officer: Vic Crosby

COVID Training Lead: Vic Crosby and Tara St Clair

1.2 Group Capacities:

Athletes will train in groups of 6 as per the [NGB guidelines](#) for indoor training. This guidance also includes details for club members who reside in areas that are considered to be High and Very High Covid alert areas.

No more than 30 people within the Sports Hall space and no spectators.

The coach is to remain socially distanced from athletes at all times and to wear face coverings. Athletes are to remain socially distanced during non-active periods in line with NGB guidance.

1.3 Social Distancing:

All coaching personnel, athletes and volunteers to read and understand social distancing guidelines on the government website - [Social Distancing Guidelines](#) and read the latest information from England Netball regarding social distancing in netball training environments.

1.4 Coaches Responsibilities:

- All coaches must have read and understood social distancing guidelines on the government website - [Social Distancing Guidelines](#)
- All athletes must confirm that they have read the *England Netball Self-Risk Assessment document (appendix 1)*
- All coaches must complete the England Netball *Opt In* form (appendix 2) sent in the Club's *Return To Training* information. This form must be submitted to the club secretary prior to attendance at the first training session.
- All coaches must have completed the *Covid-19 Health declaration questionnaire* prior to leaving home for training (appendix 4). Do not leave home if you have any of the signs and symptoms of COVID 19 (appendix 3).
- Coaches must check into the **online track and trace system Pitchero** prior to entering the training venue.
- Coaches to travel to training alone or with household members only

- Stay 2 meters apart when walking from car park to entrance doors
- Head Coach must check with the designated TFC Covid Officer that all athletes and volunteers are checked into the club's track and trace system on *Pitchero*.
- Coaches must ensure that athletes clearly know their areas for isolated and distanced space marked out in the hall for storing personal belongings.
- Coaches must ensure that players clearly know the court space, hoop and equipment they are designated too and allowed access to use during the session.
- Sessions must take place within the NGB (England Netball) guidelines for modified netball. Sessions will be planned in accordance with NGB guidelines to ensure social distancing can be maintained where appropriate. Where this cannot be achieved it will be kept to a reasonable minimum level as advised by England Netball.
- Coaches distance and interactions must be maintained following the social distancing guidelines at all times prior, during and after the session whilst athletes are in the same facility.
- Coaches must wear appropriate PPE where and when required and a face covering is to worn at all times.
- Coaches must ensure that activity is stopped every 15 minutes to allow all coaches and athletes to hand sanitize as per England Netball's modified game guidance. Coaches are to bring their own hand sanitizer. Additional hand sanitizer will be provided by the club.
- Coaches must ensure that equipment stays within each designated group and items like bibs that absorb body fluids are not shared among group members. Bibs are to be placed in a disposable bag (double bagged) after use and followed up with a hot wash at 60 degrees to make them sanitary for the next training session. Wipeable bibs have been purchased as an easy to sanitize alternative to fabric bibs to aid in Covid compliance. These are to be sanitized every 15 minutes in line with England Netball's guidance around the cleaning of equipment during designated activity.

1.5 Athlete Responsibilities:

- All athletes must have read and understood social distancing guidelines on the government website - [Social Distancing Guidelines](#)
- All athletes must confirm that they have read the *England Netball Self-Risk Assessment* document (appendix 1)
- All athletes must complete the England Netball *Opt In* form (appendix 2) sent in the Club's *Return To Training* information. This form must be submitted to the club secretary prior to attendance at the first training session.
- All athletes must have completed the *Covid-19 Health declaration questionnaire* provided in the pre-training info pack prior to leaving home for training (appendix 4). Do not leave home if you have any of the signs and symptoms of COVID 19 (appendix 3).
- Athletes must check into the **online track and trace system *Pitchero*** prior to entering the training venue.
- Athletes must travel to training alone or with household members only
- Carry ONLY personal belongings and do not carry other athletes' training equipment
- Stay 2 meters apart when walking to the courts
- Athletes are asked to bring as little personal belongings as possible. The personal items that are required for training must be placed in the designated areas courtside.
- Athletes are to wear face coverings while inside and courtside until the session commences on the court.
- Athletes to bring their own hand sanitizer and ensure that they hand sanitize every 15 minutes per England Netball's regulations. Additional hand sanitizer will be provided by the club.
- Where possible on court and off court, athletes must maintain a social distance of 2 meters.

- Athletes must adhere to England Netball's modified game rules at all times.

1.6 Volunteer Responsibilities:

- All volunteers must have read and understood social distancing guidelines on the government website - [Social Distancing Guidelines](#)
- All volunteers must confirm that they have read the *England Netball Self-Risk Assessment* document (appendix 1)
- All volunteers must complete the England Netball *Opt In* form (appendix 2) sent in the Club's *Return To Training* information. This form must be submitted to the club secretary prior to attendance at the first training session.
- All volunteers must have completed the *Covid-19 Health declaration questionnaire* provided in the pre-training info pack prior to leaving home for training (appendix 4). Do not leave home if you have any of the signs and symptoms of COVID 19 (appendix 3).
- Volunteers must check into the **online track and trace system Pitchero** prior to entering the training venue.
- Volunteers must travel to training alone or with household members only
- Carry ONLY personal belongings and do not carry other peoples' personal items or training equipment
- Stay 2 meters apart when walking from car park to entrance doors
- Volunteers are asked to bring as little personal belongings as possible. The personal items that are required for training must be placed in the designated area courtside.
- Volunteers must maintain a social distance of 2 meters at all times and wear a face covering at all times while inside the venue.

Section 2: Facility Use and Restrictions

2.1 Facility (General):

Open and close of building to be carried out by Duty Manager or Caretaker onsite. The onsite personnel will unlock the Sports Hall and set up the areas to be used by TFC Netball Club where appropriate to do so.

Building checks and task to be carried out by Loughborough Schools Foundation staff as per internal operating procedures. All areas where access is permitted will be communicated in advance to the TFC Club's Management personnel to ensure appropriate Covid compliance.

For indoor facilities, a ventilation rate of 20l/S/P must be met. Training will occur with the two external fire exit doors open to meet the required ventilation rate.

TFC's management group will provide a CO2 monitor to ensure appropriate ventilation prior to the beginning of each training session. CO2 levels should not go above 800 parts per million in order to meet the ventilation rate of 20l/S/P

2.2 Fire:

- Fire Alarms will be checked in accordance with the Loughborough Schools Foundation's fire policy.

In the event of a fire outbreak normal EAP evacuation is to be followed and users are to leave via the nearest exit and we possible keeping 2m apart.

2.3: Basic facility layout

- TFC club members will enter the sports hall at their allotted session time.
- TFC club members are to follow all signage relating to venue entry and exit procedures and routes. Where a two way system is in use, club member should keep left.

2.4 Entering the venue and exiting the venue

All entry and exit routes to be created in-line with social distancing guidelines. Signage will be visible to ensure TFC club members know where to walk and are to keep socially distanced at all times.

Upon entering the venue, all club members must wear a face covering and utilize the provided hand sanitizer stations in the venue's foyer.





One way system to access corridor that leads to the Sports hall entrance

2.5 Entry and exit from the Sports Hall



Entry into the Sports Hall (right) and one-way exit route out of the venue



One-way exit route out of the Sports Hall into the one-way corridor (above)

2.6 Additional facility use

Facility provision of water fountains, changing rooms and toilets. Ongoing guidance of use will be updated as and when facility operating procedures and guidance are updated.

2.6.1 Water fountains

Water fountain will not be in use. Club Members are required to bring filled water bottles with them for their session.

2.6.2 Changing rooms

There will be no access to changing facilities and showers.

2.6.3 Toilets

Toilets are available for club members to use. If club members needs to exit the Sports Hall to access the toilets, please exit the court via the exit route (above) and go by yourself. The toilet access operates under a one in, one out rule. Anyone waiting to use the toilet facility will need to ensure that the previous user has vacated the toilet/changing room area before they enter to use the facility.

Section 3: Health checks

Each athlete is required to sign into the track and trace system on the *Pitchero* app

3.1 Health check guide

1. All club members must have completed the *Covid-19 Health declaration questionnaire* provided in the pre-training info pack prior to leaving home for training (appendix 4). Do not leave home if you have any of the signs and symptoms of COVID 19 (appendix 3).
2. All club members will be required to have their temperature taken by the designated TFC Covid Officer prior to entering the venue. Temperatures will be recorded in the manual register to assist with track and trace procedures along with the *Pitchero* app.
3. Any club member displaying a high temperature (37.8°C or above) should immediately leave the venue and return home to self-isolate.
4. Health information will be kept on file for 21 days alongside contact details for all club members in the instance of needing to contact anyone present at training for track and trace purposes.

3.2 Isolation Procedure

Any club member who develops or displays Covid symptoms as detailed in Appendix 4 during the training session should immediately vacate the venue using the designated exit and return home to self-isolate. In the instance that a club member is unable to vacate the venue safely and return home, they will be directed to the venue exit with another club member (who is to remain socially distanced at all times) to wait for transport and or medical support if required.

Any club member who is required to interact with the isolated athlete to assist with care or first aid must wear the appropriate PPE provided.

Section 4: Cleaning and disinfection

4.1 Facility cleaning responsibilities

Facility cleaning will be complete in line with the Loughborough Schools Foundation's policy.

4.3 Cleaning of equipment (Club Responsibilities)

Club members are required to clean the equipment after use using gloves, disposable paper roll/wipes and spray provided. All cleaning materials will be provided by the club and will be present at each training session.

1. Wear disposable or washing-up gloves for cleaning.
2. Spray or wipe down all equipment; balls, cones, spots, hurdles every 15 minutes.
3. Wipeable bibs must be sprayed/wiped down with disinfectant
4. Using a disposable cloth or paper roll to dry all equipment and dispose of cloth/paper roll and gloves appropriately in the bin/bag provided by the club.
5. Fabric bibs are to be double bagged and washed daily on a hot wash by a club member.
6. Discarded cleaning products should then stored securely for 72 hours then thrown away in the regular rubbish.

7. Wash hands regularly with soap and water for 20 seconds after removing gloves and other protection used while cleaning

Carry out cleaning responsibilities at the end of each training session, including equipment, post protectors and benches. Fresh fabric bibs for athletes must be provided and ensure that each athlete maintains her bib during the course of the training period to prevent sharing.

Section 5: Breach of guidelines

Facility users will be monitored regularly by TFC's Club management and anyone breaching these guidelines may be asked to leave by club management or a member of the Loughborough Schools Foundation facility staff.

Staff on duty to escalate any issue or concern to the designated coach leading the sessions timetabled in.

Section 6: Main contacts

TFC Covid Officer:

Vicky Crosby
+447971673289

Head Coach

Tara St Clair
+44 7917767217

Section 7: Appendix and related document

7.1 Related documents:

Risk assessment	RA.001 – TFC Senior Training
Appendix 1	England Netball Self Risk Assessment form
Appendix 2	England Netball Opt In form
Appendix 3	Covid-19 Symptom Checklist
Appendix 4	Covid-19 Health declaration questionnaire



Opt In Process and Confirmations

This process must be used by all netball organisers and is designed to ensure that the risks of netball and COVID-19 are understood by individuals and ensures they have the choice with regard to netball activity.

This information is for all members, players, coaches, officials and volunteers.

Members should be made aware of:

- The risks associated with Netball activity related to COVID-19, this is found on the resource within the Stage 4 Care Package and is explained in the video 'Understanding the risk of netball'.
- Clear information about those who are at higher risks of COVID-19. This can be found on the Personal Risk Assessment document within the Stage 4 Care Package.
- That there is no pressure from anyone within the netball family to return if they are uncomfortable with the risks due to their own personal situation, or that of a close family member that they live with.
- That when they feel comfortable, they will be welcome back at netball activity and in the meantime, they very much remain a member of the netball family.

What steps netball organisations need to take:

- Make available information that outlines the risks associated with netball activity and COVID-19.
- Share details of COVID-19 Officer, Safeguarding Officer or other appropriate person who concerns can be discussed with.
- If necessary and a member is unsure if they are high risk or not, they should seek the advice of their own GP.
- Ask all members to 'opt in' to involvement, below is a statement that can be used to support this and you may want to combine it with other registration processes.



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Opt in Statement

I have been made aware of the risks associated with netball activity and COVID-19 and understand this. I also understand there are some people who are of higher risk if contracting COVID-19.

I am comfortable with the information I have been provided and opt in to participate in netball. I also confirm I understand the requirements and steps I need to take to help prevent the spread of COVID-19 through netball and agree to take all these steps.

Signed:

Date:

7.4 Appendix 3

The symptoms of coronavirus (COVID-19) are usually mild, but some people can become very unwell.

Main symptoms

The main symptoms of coronavirus are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **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)
- **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 one of these symptoms.

Urgent advice: Use the 111 online coronavirus service if you have any of:

- high temperature
- new, continuous cough
- loss or change to your sense of smell or taste

111 will tell you what to do and help you get a test if you need one. [Use the 111 online coronavirus service](#). Call 111 if you cannot get help online. Do not go to places like a GP surgery, hospital or pharmacy

7.5 Appendix 4

COVID-19 Training Venue Screening

*****PLEASE DO NOT COME TO THE TRAINING VENUE IF YOU ARE CURRENTLY UNWELL OR HAVE BEEN IN CONTACT WITH A KNOWN COVID-19 CASE IN THE LAST 14 DAYS*****

I confirm I understand the risks to returning to training and I have been told all the measures that are being taken to lower those risks. I am voluntarily choosing to return to training and no pressure has been put upon me to do this.

By answering these questions, we are doing our part in reducing the transmission of COVID-19. Please let us know the answers to these questions; -

Your whereabouts

1. Have you been outside of the UK in the past 14 days?
2. Has anyone in your household been outside of the UK in the last 14 days?
3. Have you been in direct contact with anyone who has had suspected or confirmed COVID-19?

Your current health

1. Have you had 3 bouts of sustained coughing in the past 24 hours?
2. Have you noticed a loss of smell or taste?
3. Have you been more fatigued than usual for you?
4. Do you have a fever?
5. Do you have diarrhoea?
6. Are you delirious?
7. Do you have a hoarse voice?
8. Are you short of breath?
9. Do you have abdominal pain?
10. Do you have chest pain?
11. Do you have a new rash?