

## Covid 19 – 19<sup>th</sup> July 2021 Risk Assessment and Mitigation Plan Review

<b>Stop (consider stopping)</b>	<b>Club Decisions and Actions</b>
<ul style="list-style-type: none"> <li>• Modified Rules               <ul style="list-style-type: none"> <li>○ Can be stopped though you may choose to continue with them to limit the risk of exposure</li> <li>○ It will be less likely that Test and Trace will identify players to isolate if the modified rules have been used (only relevant prior to 16<sup>th</sup> August 2021. Post 16<sup>th</sup> August, refer to Start section below)</li> <li>○ Competitions that commenced with the modified rule are strongly recommended to use the modified rules to conclude their leagues</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Matches – we will adhere to the regulations of the Regional and Prem League on whether modified or normal rules are used for match play</li> <li>• Training – we will train to the same rules that will be used for match play of our highest performing team (i.e. EN Prem League). This is essential to ensure that we can be ready and competitive for the season ahead (2021-2022 season)</li> </ul>
<ul style="list-style-type: none"> <li>• Restricting length of play or number of sessions attended in a single day (though it should be remembered that increased contact time increases the risk of transmission)</li> </ul>	<ul style="list-style-type: none"> <li>• We will remind all club members of the increased risk in transmission arising from multiple session attendance and longer play sessions</li> <li>• Training will last for no longer than 1 hour and 45 minutes. 15 minutes of which will be a socially distanced warm up and another 15 minutes will be a 15 minute cool down. The rest of the session will be closer contact play but we will break ever 15 mins (for a couple of minutes)</li> <li>• Match warmups will be split into two 15 minute sessions; the first of which will be non match play and the second will be closer contact match play</li> <li>• Our match lengths will be set by our leagues</li> </ul>
<ul style="list-style-type: none"> <li>• Restrictions on the number of participants and spectators (though spectators encouraged to wear face masks indoors)</li> </ul>	<ul style="list-style-type: none"> <li>• We will continue to ask all non players at training (including coaches) to wear masks and maintain social distancing</li> <li>• Regional league matches – we will adhere to Regional League stipulations</li> <li>• Prem League matches – we will abide by whatever restrictions our home venue (Hinkley Leisure Centre) have in place regarding the number of non-participating people allowed into the venue. Spectators will only be allowed in the viewing balcony (public hallway) not court side</li> </ul>
<ul style="list-style-type: none"> <li>• Requirement for players to wear face masks into venues (e.g. until warmup starts)</li> </ul>	<ul style="list-style-type: none"> <li>• We will not enforce indoor mask wearing for players, we will leave it to them to decide whether or not to wear a mask indoors</li> </ul>

<ul style="list-style-type: none"> <li>• Completing Opt in Forms before permitted to play for a club</li> </ul>	<ul style="list-style-type: none"> <li>• We will no longer request all players and support team to complete the Opt in forms</li> <li>• We will however, remind club members of the increased risks of Covid transmission associated with netball (through our July 2021 Covid Update document and when players attend training for the first time during the 2021-2022 season)</li> </ul>
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Start	Club Decisions and Actions
<ul style="list-style-type: none"> <li>• Twice weekly Lateral Flow Covid Tests recommended by players and support team</li> </ul>	<ul style="list-style-type: none"> <li>• We will encourage all club members (players and non-players) who are attending matches or training to comply with the twice weekly LFT recommendation (though it remains personal choice)</li> <li>• We will, however, continue to conduct health assessments/screening before each netball session. Post 16th August 2021 (&amp; if fully vaccinated) anyone who has been in contact with a positive case 48hrs prior to the session/match will need to confirm that they have returned a negative LFT result to be allowed entry. If not fully vaccinated or prior to the 16th August 2021 they will not be permitted entry</li> </ul>
<ul style="list-style-type: none"> <li>• Tournaments are now able to start <ul style="list-style-type: none"> <li>○ Risk assessments must be produced and shared with all entrants/players</li> <li>○ Modified rules are encouraged (especially if large numbers)</li> <li>○ Preferably held outdoors</li> <li>○ Matches limited to 12 mins (6 mins each way), where possible</li> <li>○ Lateral flow test to be taken (players and support team) on the day of the tournament, before travelling</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Before we attend any tournaments, we will review their Risk Assessment and ensure that we are comfortable that it is robust and meets the required standards</li> <li>• We will follow the Mitigation Plan and Covid preventative measures stipulated by the tournament organisers</li> <li>• We will adhere to the relevant actions defined in the document and our previous Mitigation Plans when attending tournaments</li> </ul>
<ul style="list-style-type: none"> <li>• Post 16th August 2021, if identified as being in close contact with someone 48hrs prior to them testing positive for Covid 19; those fully vaccinated should do a lateral flow test on the day of netball activity and can only attend if the result is negative (if not fully vaccinated will need to isolate and not attend netball). Prior to the 16th August 2021 anyone who has been in close contact with</li> </ul>	<ul style="list-style-type: none"> <li>• We will continue to conduct the health assessment screening questions stipulated in our original mitigation plan, however, where we previously asked whether they have been in contact with a known Covid positive case in the last 14 days, we will change this to within 48hrs. If the answer is yes; <ul style="list-style-type: none"> <li>○ Prior to 16<sup>th</sup> August 2021 – They will not be permitted entry</li> </ul> </li> </ul>

<p>someone 48hrs prior to them testing positive for Covid 19 should isolate and not attend netball</p>	<ul style="list-style-type: none"> <li>○ Post 16<sup>th</sup> August 2021 &amp; if fully vaccinated – they will need to confirm that they have returned a negative LFT result to be allowed entry</li> <li>○ Post 16<sup>th</sup> August 2021 &amp; if NOT fully vaccinated – They will not be permitted entry</li> </ul>
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<b>Continue</b>	<b>Club Decisions and Actions</b>
<ul style="list-style-type: none"> <li>• Complete risk assessment and risk mitigation plan for each activity/venue</li> </ul>	<ul style="list-style-type: none"> <li>• This document will act as an extension and review of the current Risk Assessments and Mitigation Plans we have in place as a club for our training and match venues</li> <li>• Regional League matches – we will adhere to the Mitigation Plan provided by the league as well as the relevant actions identified in this document and our previous Mitigations Plans</li> <li>• Prem League matches – we will adhere to the Covid safety measures stipulated by the venue (Hinkley Leisure Centre) and the Covid safety requirements of the Prem League. We will also implement the relevant actions identified in this document and our previous Mitigations Plans</li> <li>• Copies of all the aforementioned documents will be stored on Pitchero and all players and support team asked to read prior to attendance at the respective venue</li> </ul>
<ul style="list-style-type: none"> <li>• Appoint a Covid officer for the club</li> </ul>	<ul style="list-style-type: none"> <li>• Victoria Crosby will remain as the club Covid Officer</li> <li>• We will also appoint a Regional League Covid Lead and a Prem League Covid Lead to deputise, in her absence, at matches and training</li> <li>• All club members will also be asked to read the July 2021 Covid Update document prior to training for the start of the 2021/2022 season and encouraged to take an active role in protecting themselves and their club colleagues from Covid 19</li> </ul>
<ul style="list-style-type: none"> <li>• Report multiple Covid cases within a 14 day period (2 or more) in a single club, team, match or session to EN</li> </ul>	<ul style="list-style-type: none"> <li>• We will ensure we notify EN as required</li> </ul>

<ul style="list-style-type: none"> <li>• Scan NHS Test and Trace QR codes when displayed (no longer a legal requirement for venues to display one)</li> </ul>	<ul style="list-style-type: none"> <li>• We will continue to encourage all club members to “Check in” where QR codes are present</li> <li>• Our Covid Officer, Covid Leads, Coach and our club committee members will continue to remind members to do so</li> </ul>
<ul style="list-style-type: none"> <li>• Not to attend netball if you have received a positive Covid test</li> </ul>	<ul style="list-style-type: none"> <li>• We will remind club members of this through our July 2021 Covid Update document and our club Whatsapp groups</li> </ul> <p><b><i>Also, see “health assessments” below</i></b></p>
<ul style="list-style-type: none"> <li>• Prior to the 16<sup>th</sup> August 2021; if you are in close contact with someone 48hrs prior to them testing positive for Covid 19 you should isolate and not attend netball (post 16<sup>th</sup> August 2021, refer to the Start section above)</li> </ul>	<ul style="list-style-type: none"> <li>• We will remind club members of this through our July 2021 Covid Update document and our club Whatsapp groups</li> <li>• We will continue to include this as part of our pre attendance health assessment/screening however, where we previously asked whether they have been in contact with a known Covid positive case in the last 14 days, we will change this to within 48hrs. If it is prior to the 16<sup>th</sup> August 2021 and the answer is yes, they will not be permitted entry</li> </ul>
<ul style="list-style-type: none"> <li>• Health assessments/symptom checks prior to attending netball activity and not entering the venue until your health assessment has been conducted</li> </ul>	<ul style="list-style-type: none"> <li>• We will continue to conduct the health assessment screening questions stipulated in our original mitigation plan, however, where we previously asked whether they have been in contact with a known Covid positive case in the last 14 days, we will change this to within 48hrs. If the answer is yes; <ul style="list-style-type: none"> <li>○ Prior to 16<sup>th</sup> August 2021 – They will not be permitted entry</li> <li>○ Post 16<sup>th</sup> August 2021 &amp; if fully vaccinated – they will need to confirm that they have returned a negative LFT result to be allowed entry</li> <li>○ Post 16<sup>th</sup> August 2021 &amp; if NOT fully vaccinated – They will not be permitted entry</li> </ul> </li> <li>• We will continue to take and record player and support team temperatures before entry into training or match venues (&gt;37.8° = no entry)</li> </ul>
<ul style="list-style-type: none"> <li>• Maintain a register of attendees</li> </ul>	<ul style="list-style-type: none"> <li>• We will continue to maintain a register of attendance at all matches and training sessions</li> <li>• All club member contact details are accessible via; <ul style="list-style-type: none"> <li>○ EN Engage,</li> <li>○ Pitchero, and</li> <li>○ Whatsapp (phone numbers only)</li> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>• Come match/play ready and not to use the changing rooms (bring as little as possible)</li> </ul>	<ul style="list-style-type: none"> <li>• At training we will request players do not use the changing rooms. They should come play ready and minimise the belongings they bring with them</li> <li>• At Regional League matches we will request players do not use the changing rooms. They should come match ready and minimise the belongings they bring with them</li> <li>• At Prem league matches we will request players come match ready and do not use the changing rooms prior to the game. However, given that many players will travel a considerable distance to attend both away and home games we will not restrict use of changing and shower facilities post matches</li> </ul>
<ul style="list-style-type: none"> <li>• Maintain social distancing whilst not on court (especially if indoors)</li> </ul>	<ul style="list-style-type: none"> <li>• We will continue to remind club members to socially distance whilst not playing</li> <li>• Our Covid Officer, Covid Leads, Coach and our club committee members will continue to remind members to do so</li> <li>• We will inform club members of this requirement through our July 2021 Covid Update document which they will be asked to read prior to the 2021/2022 season</li> </ul>
<ul style="list-style-type: none"> <li>• Sanitizing balls and hands before and after play and during natural breaks (@training) or at quarter/half time (matches)</li> </ul>	<ul style="list-style-type: none"> <li>• We will adhere to this protocol</li> <li>• Our Covid Officer, Covid Leads, Coach and our club committee members will continue to remind members to do so</li> <li>• We will inform club members of this requirement through our July 2021 Covid Update document which they will be asked to read prior to the 2021/2022 season</li> </ul>
<ul style="list-style-type: none"> <li>• Sanitizing any equipment used during a match or session e.g. posts, cones, spots, ladders etc</li> </ul>	<ul style="list-style-type: none"> <li>• We will adhere to this protocol</li> <li>• Our Covid Officer, Covid Leads, Coach and our club committee members will continue to remind members to do so</li> <li>• We will inform club members of this requirement through our July 2021 Covid Update document which they will be asked to read prior to the 2021/2022 season</li> </ul>
<ul style="list-style-type: none"> <li>• Bibs should not be shared and should be washed (or wiped down if wipeable versions) after each match/session</li> </ul>	<ul style="list-style-type: none"> <li>• We will adhere to this protocol</li> <li>• Our Covid Officer, Covid Leads, Coach and our club committee members will continue to remind members to do so</li> <li>• We will inform club members of this requirement through our July 2021 Covid Update document which they will be asked to read prior to the 2021/2022 season</li> </ul>

	<ul style="list-style-type: none"> <li>We will also no share dresses; players will be assigned a clean dress for the season and aske to wash it before the first wear</li> </ul>
<ul style="list-style-type: none"> <li>Water bottles, whistles etc should not be shared</li> </ul>	<ul style="list-style-type: none"> <li>We will adhere to this protocol</li> <li>Our Covid Officer, Covid Leads, Coach and our club committee members will continue to remind members to do so</li> <li>We will inform club members of this requirement through our July 2021 Covid Update document which they will be asked to read prior to the 2021/2022 season</li> </ul>
<ul style="list-style-type: none"> <li>No hands in or high 5s during play</li> </ul>	<ul style="list-style-type: none"> <li>We will adhere to this protocol</li> <li>Our Covid Officer, Covid Leads, Coach and our club committee members will continue to remind members to do so</li> <li>We will inform club members of this requirement through our July 2021 Covid Update document which they will be asked to read prior to the 2021/2022 season</li> </ul>
<ul style="list-style-type: none"> <li>Use of indoor or outdoor venues for matches and training session; air flow to be maintained through the opening of doors and windows</li> </ul>	<ul style="list-style-type: none"> <li>Training will be conducted indoors at a venue with a ventilation rate that meets the requirements originally stipulated by EN. In addition, fire doors (x2) will be opened to enhance the ventilation</li> </ul>
<ul style="list-style-type: none"> <li>Maintain one way or traffic flow systems to minimise congestion</li> </ul>	<ul style="list-style-type: none"> <li>Indoor training will be held at a school sports hall where we will be the only occupants of the venue. The entrance and hallways are very spacious and as there are unlikely to be more than 30 in attendance, social distancing will be easy to maintain without a specific system in place</li> <li>Regional league matches - we will follow the system implemented by our central venue (Loughborough University)</li> <li>Prem league matches – we will follow the system implemented by our home venue (Hinkley Leisure Centre) or our away venues</li> </ul>
<ul style="list-style-type: none"> <li>Spectators are permitted but should be encouraged to maintain social distancing and wear a face mask (especially if indoors)</li> </ul>	<ul style="list-style-type: none"> <li>We will continue to ask all non players at training (including coaches) to wear masks and maintain social distancing</li> <li>Regional league matches – we will adhere to Regional League stipulations</li> <li>Prem League matches – we will abide by whatever restrictions our home venue (Hinkley Leisure Centre) have in place regarding the number of non-participating people allowed into the venue. Spectators will only be allowed in the viewing balcony (public hallway) not court side</li> </ul>

