



## Return to training Protocols – TFC Netball Club

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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. You must as an athlete, parent or staff member must adhere to all elements of this document otherwise you will not be allowed entry into the outdoor court area at Loughborough High School.

### **1.1 COVID Leads:**

COVID Officer: Vic Crosby  
Coaching Lead: Tara St Clair

### **1.2 Opt-In process**

All athletes wishing to attend one or more of the booked training sessions will be required to complete and return an Opt In form (Appendix 2). All forms must be submitted prior to the commencement of the first session the athlete attends.

### **[All athletes are to read England Netball's Covid-19 Personal Risk Assessment form](#)**

It is important that all personnel understand that the Opt In process is voluntary and they have the right to Opt Out at any time within the training season if their personal circumstances change or if they feel uncomfortable with their risk of exposure/risk of transmission to COVID-19.

### **1.3 Group Capacities:**

Under England Netball guidance for community netball, group capacity can be up to 30 participants on a court which includes any coaching and support personnel.

TFC will chose to operate smaller groups as a risk mitigation strategy to minimize the impact of a potential positive covid-19 test result that may come about in the week following attendance at a session.

- Coaches and support staff are to maintain social distancing at all times.
- Group sizes will not exceed 15 athletes.
- No cross over between groups during the session.

### **1.4 Social Distancing:**



All coaches, athletes and support staff must have read and understood social distancing guidelines on the government website - [Social Distancing Guidelines](#)

- All coaches and support staff are to remain socially distanced at all times from each other and from athletes.
- Athletes must maintain social distancing until physical exercise commences whereby England Netball guidance for training will be implemented and adhered to.

#### **1.5 Coach Responsibilities:**

- All coaches must submit an opt in form to the Covid-19 Officer prior to their first session.
- All coaches must have read and understood social distancing guidelines on the government website - [Social Distancing Guidelines](#)
- Do not leave home if you have any of the signs and symptoms of COVID 19 (Appendix 1).
- Coaches to travel to the session alone or with household members only
- Stay 2 meters apart when walking from car park to venue entrance
- Coaches must ensure that players clearly know the court space, hoop and equipment they are designated too and allowed to access.
- Sessions must take place within the NGB (England Netball) RTT protocols and guidelines. Sessions will be planned in accordance to England Netball's modified rules to ensure social distance can be maintained where required. Where this cannot be achieved it will be kept to a reasonable minimum level as per England Netball guidance (Appendix 3)
- Coaches distance and interactions must be maintained following the social distancing guidelines at all times prior, during and after the session whilst players are in the same facility.
- Coaches must wear appropriate PPE where and when required. For an outdoor venue, facemasks are encouraged to be in place when entering the court area and to remain in place pre, during and post session, however due to the outdoor nature, facemasks are not mandatory.

#### **1.6 Athlete Responsibilities:**

- All athletes must submit an opt in form to the Covid-19 Officer prior to their first session.
- All athletes must have registered their attendance at training on the Pitchero app.
- All athletes must have read and understood social distancing guidelines on the government website - [Social Distancing Guidelines](#)
- Do not leave home if you have any of the signs and symptoms of COVID 19 (Appendix 1).
- Athletes to 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 from car park to venue entrance.
- 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 spaces provided.
- Athletes are required to maintain social distancing and are encouraged to wear a face covering until physical exercise commences. For outdoor venues, facemasks are encouraged to be in place when entering the



court area and to remain in place pre and post session. Face masks are encouraged to be put back on after the initial recovery phase at the end of the session.

- Athletes are to follow all covid *Government Return to Play* guidance and stay up to date with any changes.

#### **1.7 Support Staff Responsibilities:**

- All support staff must submit an opt in form to the Covid-19 Officer prior to their first session.
- All support staff must have read and understood social distancing guidelines on the government website - [Social Distancing Guidelines](#)
- Do not leave home if you have any of the signs and symptoms of COVID 19 (Appendix 1).
- Support staff to travel to the session alone or with household members only
- Stay 2 meters apart when walking from car park to entrance doors
- Support staff 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 vicinity.
- Support staff must wear appropriate PPE where and when required. For an outdoor venue, facemasks are encouraged to be in place when entering the court area and to remain in place pre, during and post session, however due to the outdoor nature, mask wearing is not mandatory.



## **Section 2: Facility Use and Restrictions**

### **2.1 Venue (General):**

Gate to enter carpark off Victoria Street – Padlocked. Open and close of gate to be carried out by Duty Manager or member of Loughborough Schools Foundation staff.

Outdoor Courts - Padlocked. Open and close of gate to be carried out by Duty Manager or member of Loughborough Schools Foundation staff.

Venue checks and task to be carried out as per standard NOP to include, venue inspection, fire alarm testing and water flushing for the building which houses the toilets. All areas not in use will be closed off using signage where it is not possible to lock areas off.

### **2.2 Fire:**

- Fire Alarms will be checked in accordance with LSF's regular testing protocols.
- Covid-19 Officer and coaching lead will ensure that relevant information regarding vacating the premises is carried out by athletes and parents in the event of a fire in a nearby building or other emergency.

### **2.3 Venue bookings**

- Sessions will be booked by a member of TFC's management group.
- Key contacts for the booking to be shared when Covid-19 protocols and risk mitigation plans are submitted to LSF.
- Any LSF Covid-19 requirements to be communicated to the booking contact ahead of the first session date.



## 2.4 Basic facility layout

Entrance to car park  
(Off Victoria Street)

Toilet access via external doors  
to Changing room 3 & 4



Outdoor Netball Courts

## 2.5 Entering the venue and exiting the venue

All entry and exit routes to be created in-line with social distancing guidelines.

- Entry into the carpark will be from Victoria Street. The driveway to the left-hand side of the building will provide access to another carparking space in view of the outdoor courts.
- Follow the pathway from the carpark to the outdoor courts, being mindful to remain socially distanced from other athletes.



- The exit route from the courts will be the same route as entry. Be mindful to keep to the left when you are utilizing a two-way system.



Entry to carpark from the corner of Burton Street and Victoria Street



Location of courts from carpark





## 2.6 Entry and Exit from the courts

- Entry will be via the main gate to the courts
- Entry and exit from the courts will be via the main gate. Incoming traffic will have right of way to keep the path to the toilets clear. Outgoing traffic to wait side and away from the main gate whilst adhering to social distancing. Outgoing traffic can exit the immediate court area when incoming traffic has cleared.



Main entry and exit from the immediate court area. Incoming traffic has the right of way. Out-going traffic are to wait side and away until the exit is clear.



## **2.7 Additional facility use**

Venue provision of changing rooms, toilets and water fountains. Guidance of use required by athletes and coaches for venue provision.

### **2.7.1 Changing rooms**

There will be no access to changing facilities for training sessions. Athletes are to arrive ready for training.

### **2.7.2 Toilets**

Two designated toilets, located in the toilet block off the sports hall, will be made accessible for athletes and coaches to use during the sessions. Access to the facilities will be via an external entry point to the right hand side of the sports hall when situated at the outdoor netball courts.

Toilets in use:

- TBC
- Double occupancy facilities. If the facilities are occupied by two people, all personnel are required to wait to the side and away from the entrance to the toilets and maintain social distancing at all times.

### **2.7.3 Water Fountain**

Access to a water fountain for refilling drink bottles will not be permitted. Athletes are asked to bring plenty of fluid with them for hydration purposes in the absence of a water fountain.



## **Section 3: Health checks and Track & Trace**

### **3.1 Trace and Trace**

England Netball protocols require all session participants to be recorded with up to date contact information in the event that follow up communication is required for track and trace.

- All athletes will be required to register their attendance on the Pitchero app.
- The Covid-19 Officer will ensure that the attendees onsite at LSF align with the details in Pitchero.

Anyone who has not registered themselves on Pitchero for the training session will be required to vacate the area immediately and return home.

### **3.2 Health Checks**

Health checks will be carried out at the entrance to the outdoor netball courts at LSF.

Do not leave home if you have any of the signs and symptoms of COVID 19 (Appendix 1).



Location of the health check location for athletes and coaches to report to on arrival



### **3.2.1 Health check guide**

1. Athletes and coaches are required to approach the Covid-19 Officer one at a time and maintain social distancing while waiting in line for their health check and access to the outdoor courts.
2. Athletes and coaches will have their temperature taken using the thermometer provided.
3. Any athlete or staff displaying a high temperature should immediately leave the area and return home to self-isolate. They must also notify the COVID-19 Officer (Section 7).  
For instances where an individual cannot vacate the area safely, a COVID-19 isolation area will be available (details below).

### **3.3 Positive Test Protocols**

If any athletes produce Covid-19 symptoms within three days of attending a training session, they are encouraged to book in for a PCR test. Please contact the Covid-19 Officer and inform them that you are experiencing symptoms and are booked in for a test.

In the instance that an individual returns a positive lateral flow test or a positive PCR test within three days of attendance at any of the sessions, the following steps must be taken:

- Immediately begin isolating (ideally from those you live with as well to limit transmission)
- Inform the COVID Officer of your positive test result.
- The CO will contact all athletes and coaches present to determine who is deemed to be a close contact and will ensure that the relevant individuals are informed to begin isolating immediately.



## **Section 4: Medical Contingency Protocols**

### **4.1 Isolation Procedure**

Any athlete or team personnel who develops or displays Covid symptoms as detailed in Appendix 2 during training should immediately vacate the outdoor court area using the designated exit and return home to self-isolate. In the instance that the individual is unable to vacate the area safely they will be directed to a dedicated isolation area outside of the court area to wait for transport and or medical support if required. The Covid-19 Officer will contact the relevant emergency contact number for the athlete. If the athlete is U18, socially distanced supervision will be made until the athlete's guardian or parents arrive to collect them.

Any staff member, volunteer or medical professional who is required to assist with the care of the isolated individual must wear the appropriate PPE provided.

### **4.2 Immediate 1<sup>st</sup> Aid Support**

- Our coaching lead is first aid trained and will have portable first aid supplies and ice available for minor injuries.

#### **First Aid: Keep yourself safe!**

The vast majority of incidents do not involve getting close to a casualty where you would come into contact with cough droplets. Sensible precautions will ensure you are able to treat a casualty effectively adhering to social distancing guidance.

#### **If this cannot be maintained:**

- Wear gloves or cover hands when dealing with open wounds
- Cover cuts and grazes on your hands with waterproof dressing
- Wear facemask of FFP2 rating
- Dispose of all waste safely (in the absence of a medical waste bag, double bag and store securely until the waste can be disposed of properly).
- Do not touch a wound with your bare hand
- Do not touch any part of a dressing that will come in contact with a wound.

### **4.3 Cardiopulmonary resuscitation (CPR):**

If you are required to perform cardiopulmonary resuscitation (CPR), it is recommended that you do not perform rescue breaths or mouth-to-mouth ventilation; perform chest compressions only.



- Recognize cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
- Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.
- If there is a perceived risk of infection, rescuers should place a cloth/towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.
- Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
- If the rescuer has access to personal protective equipment (PPE) these should be worn.
- After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.
  
- If a decision is made to perform mouth-to-mouth ventilation in asphyxial arrest, use a resuscitation face shield where available.

#### **4.4 Paramedic Assistance**

In the event that medical support is required, the coaching lead will make contact with emergency services and with the relevant contact numbers for LSF to inform them of the situation.

If the situation is life threatening, the following protocol should be carried out:

- Ring 999
- Venue address:  
Loughborough Schools Foundation  
Corner of Burton Street and Victoria Street  
Loughborough  
LE11 2EP
- Contact the relevant LSF contacts to inform them of the situation.



## **Section 5: Cleaning and disinfection**

### **5.1 Cleaning supplies**

TFC will provide the following items to be located courtside for athletes and coaches to use.

- Disinfectant spray
- Disposable blue roll
- Black bin bags
- Hand sanitizer
- Disinfectant wipes
- Disposable gloves
- Disposable face masks
- Disposable apron

### **5.2 Facility cleaning responsibilities**

- Toilets to be cleaned by LSF as per their facility cleaning regulations.
- Athletes and coaches are required to hand sanitize after touching high contact areas. For example, door handles, door latches and taps.

### **5.3 Cleaning of equipment (TFC responsibilities)**

All coaches and athletes are required to clean the equipment every 15 minutes and after each session use using gloves, blue roll and spray provided. A cleaning station will be set up courtside.

1. Spray down all equipment; balls, cones, spots, hurdles
2. Using a disposable cloth or blue roll, dry all equipment and dispose of cloth/blue roll and gloves appropriately in the bin/bag provided.
3. Bibs are to be double bagged and washed daily on a hot wash by a staff member.
4. Discarded cleaning products should then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished
5. Wash hands regularly with soap and water for 20 seconds after removing gloves and other protection used while cleaning

Please note that there should be no crossover of equipment between training bubbles.



## **Section 6: Breach of guidelines**

Venue users will be monitored by TFC's coaching lead and Covid-19 Officer; anyone breaching these guidelines will be asked to leave.

TFC management lead onsite to inform the relevant LSF contact of any safety breaches that cannot be managed by TFC personnel.

## **Section 7: Main contacts**

**Covid-19 Officer:**

Vic Crosby - 07971 673289

**Coaching Lead:**

Tara St Clair - 07917767217

**Loughborough School Foundation emergency contact**

TBC

## **Section 8: Appendix and related document**

**8.1 Related documents:**

Risk assessment

RA.LL.002 – RTT – TFC Netball Club

Appendix 1: Covid-19 Symptoms

Appendix 2: Opt-In form

Appendix 3: England Netball Modified Rules

Appendix 4: England Netball Risk Mitigation infographic





## 8.2 Appendix 1: Covid-19 symptoms

### Check if you have coronavirus symptoms

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



## 8.3 Appendix 2: Opt-In form



1

### 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.



### 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.

### **Parental Consent for U18s**

Sign

Date

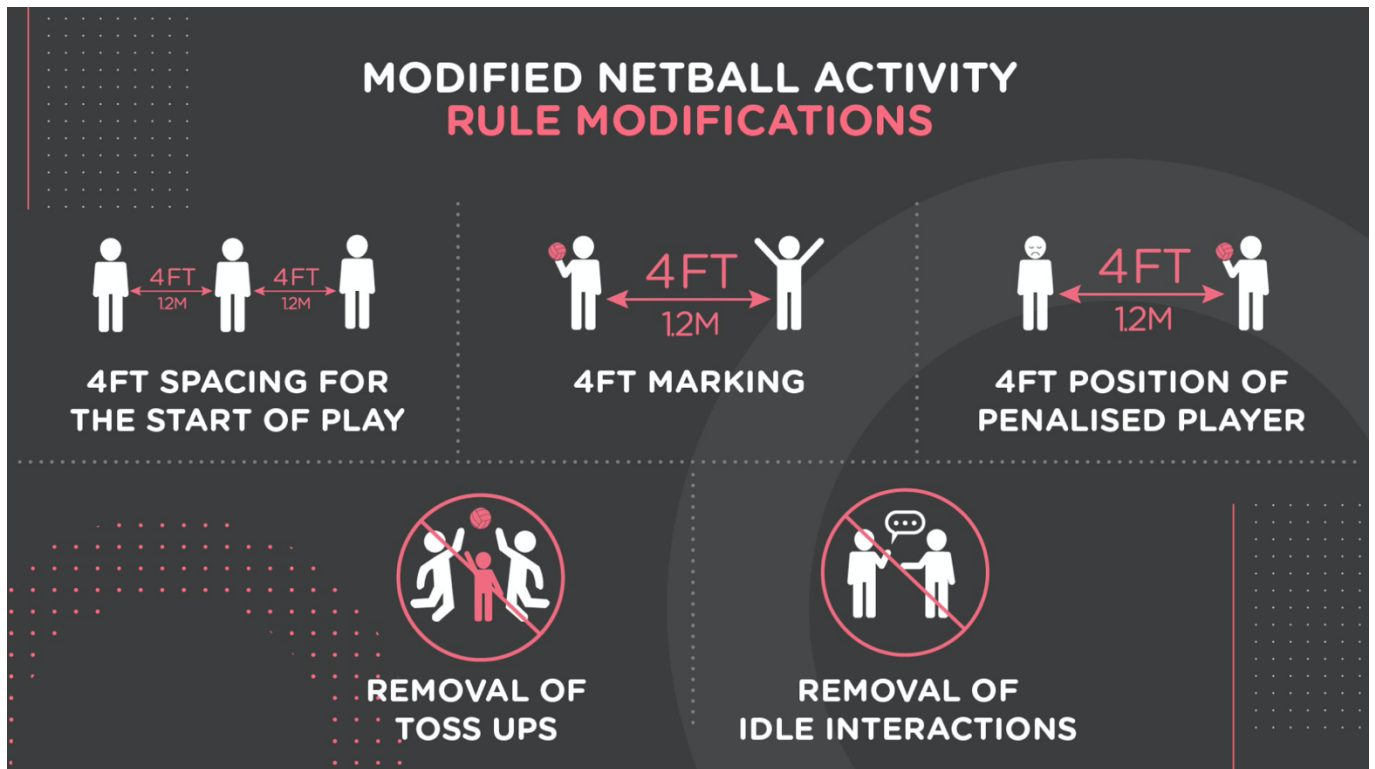
### **Over 18s**

Sign

Date












#### 8.4 Appendix 3: England Netball modified rules





8.5 Appendix 4: England Netball Risk Mitigation infographic

### MODIFIED NETBALL ACTIVITY RISK MITIGATION PROTOCOLS

 <p>UNDERSTAND YOUR PERSONAL RISK</p>	 <p>CHECK FOR COVID-19 SYMPTOMS</p>	 <p>SANITISE HANDS BEFORE AND ON ARRIVAL</p>
 <p>TRAVEL TO NETBALL FOLLOWING GOVERNMENT GUIDANCE</p>	 <p>MAINTAIN SOCIAL DISTANCING AT ALL TIMES OFF COURT</p>	 <p>REGISTER AND COMPLETE TEST AND TRACE</p>
 <p>BREAK TO CLEAN THE BALL AND SANITISE YOUR HANDS EVERY 15 MINUTES</p>	 <p>NO BIB OR PERSONAL ITEM SHARING</p>	 <p>IF YOU DEVELOP SYMPTOMS REPORT TO NHS TEST AND TRACE</p>