

# SOPHIE THOMAS

NORFOLK UNITED NETBALL CLUB  
COVID OFFICER

## FOR NU MEMBERS

## CURRENT COVID-19 PICTURE

Welcome to your first Covid-19 update of the new 2020/21 season!

As your Covid Officer, I have been working closely with the committee, coaches and volunteers to get netball activity up and running in these most unprecedented of times. Some incredibly hard work has been taking place by lots of people and I'd like to outline where we are up to, and why.

### The first steps

On 9 July, England Netball announced netball activity could return in England in a phased manner, starting with 'stage 2' of their roadmap. At this point, we mobilised our Prem, East Region and academy u16 squads to carry out weekly fitness based activity in the advised way, and our u15, 14, 13 and 12's on a bi-weekly basis.

### It's all about the science

In order to move beyond this stage, England Netball were required to carry out analysis on the 'idle interaction' time for court based activity before the government could confirm a further return to the sport. Upon analysis, England Netball identified that, as an example, the GS and GK regularly spend close to 49 minutes within the 2m social distanced proximity during an average match and the challenge was to find a way to reduce this to under 15 minutes. This has been achieved by encouraging players to ensure they are at an adequate 2m social distance when the ball is either out of play, or adequately far down court and in the possession of the opposition. Please see videos here to understand more.

- Understanding the risks of netball - <https://youtu.be/9qYJrHfXzZ0>
- EN rule modifications - [https://youtu.be/PWehcDeTh\\_A](https://youtu.be/PWehcDeTh_A)

Upon achieving confirmation from the government that these rule modifications were adequate, England Netball announced netball activity could move from stage 2 to stage 4a. With this announcement we mobilised further to return to slightly more activity and within a week, had all academy squads (including new u11's) on a new pre academy 4 week training programme and our Prem and East Region training groups permitted greater numbers; both sections using all 4 outdoor courts at Hellesdon High School. Our first JDC activity pilot started up at Attleborough too.



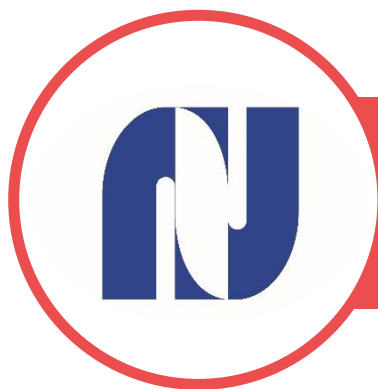
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## Why we can't just press go!

We have attempted to stagger the returns to activity in order to assess the viability and whether our processes are working which is why your activity may not currently be taking place. But we are working closely with our relevant coaches and managers to get you going as soon as is safely possible.

This table highlights our current return to play position for each section of the club and details our intentions, Covid dependent, in activating netball:

Team/club approved competition	Return to play position	What we've achieved	What we have to do
Prem/ER training Hellesdon High School National Premier and East Region leagues	<div></div>	Return to training: Jun 2020 Return to match play: 14 Sep 2020 Full support of England Netball proposals and discussions. Currently waiting on final decision as to the structure of the leagues.	Continually assess against risk assessment. Risk assessment of competitive activity.
Norwich senior club training <i>venue to be confirmed</i>	<div></div>	Return to training: not currently training but surveys received assessing demand.	Plan a return to training in line with Norwich Winter League announcement. Minimum of 5 weeks of training needed before competition.
Norwich Winter league	<div></div>	We are working closely with the Norwich League to fulfil requirements, but will only participate when we feel we are happy and safe.	Risk assessment of competitive activity.
U16 academy training Hellesdon High School	<div></div>	Return to training: Jun 2020 Return to match play: 21 Sep 2020	Continually assess against risk assessment. Plan next phase.
U15 academy training Hellesdon High School	<div></div>	Return to training: Jun 2020 Return to match play: to be agreed	Continually assess against risk assessment. Plan next phase.
U14 academy training Hellesdon High School	<div></div>	Return to training: Jun 2020 Return to match play: to be agreed	Continually assess against risk assessment. Plan next phase.
U13 academy training Hellesdon High School	<div></div>	Return to training: Jun 2020 Return to match play: 27 Sep 2020	Continually assess against risk assessment. Plan next phase.



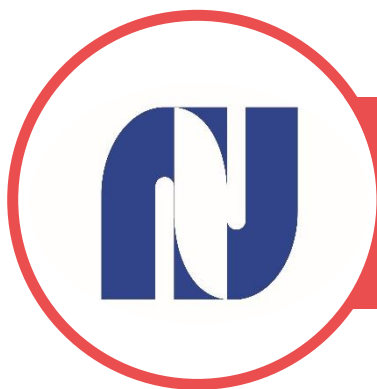
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U12 academy training Hellesdon High School		Return to training: Jun 2020 Return to match play: to be agreed	Continually assess against risk assessment. Plan next phase.
U11 academy training Hellesdon High School		Return to training: 13 Sep 2020 Return to match play: to be agreed	Continually assess against risk assessment. Plan next phase.
U16 and U14 East Region league		Full support of East Region committee proposals and discussions. Currently waiting on final decision as to the structure of the leagues.	Leagues to provide adequate risk assessments and risk mitigation plans.
U15 and U13 Beds invitational league		Early stages of investigation having received an invitation to compete.	League to provide adequate risk assessments and risk mitigation plans.
Attleborough JDC Attleborough Sports Centre		Return to training: 11 Sep 2020 Return to match play: to be agreed	Continually assess against risk assessment.
Aylsham JDC Aylsham High School		Return to training: to be agreed Return to match play: to be agreed	We will be hosting a Zoom call with all interested parties. EN memberships and opt-ins outstanding.
Norwich JDC Hellesdon High School/Sportspark Yarmouth JDC <i>venue to be confirmed</i>		Facility review and coach briefing Wed 23 Sep Return to training: to be agreed Return to match play: to be agreed Facility RA complete.	Complete opt-ins and agree return to training date.
Norwich Junior League Sportspark			Facility review to take place, complete RA, EN membership check and evidence of opt-ins. Anticipated return to fitness training Oct 2020.
Lowestoft League			League to provide adequate risk assessments and risk mitigation plans. League to provide adequate risk assessments and risk mitigation plans.

Non club approved competition	Return to play position	What we've achieved	What we have to do
North Norfolk League		NUNC does not enter this league. Individual members do however take part via inclusion in other teams. Members are not representing the club therefore, but are using their current EN membership to qualify to play.	No specific club action. Members must make sure league provides adequate risk assessments and risk mitigation plans and that they feel safe to take part.



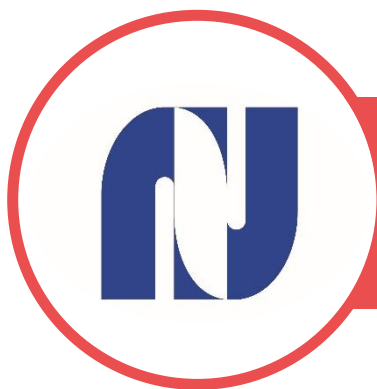
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## The changes that will affect you

It's safe to say that in an ever changing landscape we are working very hard to react to relevant measures and ensure the safety, health and wellbeing of all our members and their families.

In order to achieve this, we have a number of processes in place which everyone must carry out.

### Pre-session

Please ensure you complete the Norfolk United track and trace and health form (via our QR code) up to 24 hours ahead of your session. Any parents spectating in a permitted area must also fill the form in.

### Reporting protocol

#### *Pre-session*

If an NUNC member develops Covid-19 symptoms (a new and continuous cough, temperature or a loss/change in sense of smell or taste) PRIOR to attending a Norfolk United session, you **MUST NOT** attend. Please ensure to inform NHS Test and Trace, obtain a test, inform your coach and the Norfolk United Covid Officer – [nunccovidofficer@gmail.com](mailto:nunccovidofficer@gmail.com)

#### *Post-session*

If an NUNC member develops Covid-19 symptoms within 48 hours of attending a session run by Norfolk United, you must inform NHS Test and Trace, obtain a test, inform your coach and the Norfolk United Covid Officer – [nunccovidofficer@gmail.com](mailto:nunccovidofficer@gmail.com)

You **WILL NOT** be allowed to attend any sessions until either 10 days have elapsed, or you can provide evidence of a negative test.

### A positive test

If you are able to receive a test and get a positive result please inform Norfolk United Covid Officer – [nunccovidofficer@gmail.com](mailto:nunccovidofficer@gmail.com) who will then work with your regular sessional coach to inform any of your team mates who may wish to isolate or receive a test. Please be aware that if you have a test within 48 hours attending a session that comes back positive, you are obliged to inform NHS Test and Trace and the Norfolk United Covid Officer - [nunccovidofficer@gmail.com](mailto:nunccovidofficer@gmail.com) immediately, regardless of symptoms.



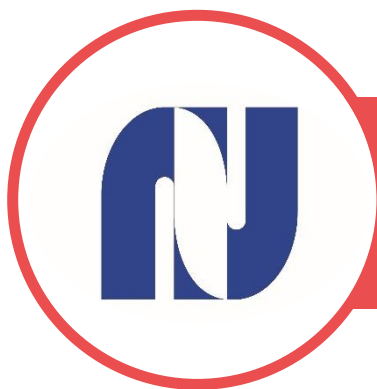
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## During a session

Please ensure to sanitise frequently and abide by the government social distancing protocol at all times.

If you feel unwell or think you are developing symptoms, identify this with your coach immediately.

Any U16's, we will contact parents immediately and request collection within 30 minutes.

## Post session

Please keep us as up to date as you can regarding personal symptoms or symptoms that may develop within your family/contacts as soon as possible. This will help to ensure we keep everyone safe.

You can read our club risk assessment and risk mitigation plan here. Please be aware that these are subject to regular change and each venue and activity has a specific risk assessment to adhere to.

[https://www.pitchero.com/clubs/norfolkunitednetball/d/documents.html?group\\_id=16177](https://www.pitchero.com/clubs/norfolkunitednetball/d/documents.html?group_id=16177)

If you have any questions, queries or would like to get in touch, please do email me at [nunccovidofficer@gmail.com](mailto:nunccovidofficer@gmail.com).

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