

SOPHIE THOMAS

NORFOLK UNITED NETBALL CLUB
COVID OFFICER

FOR NU MEMBERS

CURRENT COVID-19 PICTURE

Wow! What a week it's been.

What's been happening

Since my last newsletter the Government have thrown us some curve balls and we have been challenged with activating more club activity.

On Tuesday 22 September it was decided that the 'Rule of 6' would include all adult indoor sporting activity, followed up by a statement from Sport England that this would come in to effect on 24 September. We were holding out for some further guidance directly from England Netball later that week but it never came.

Our leadership team then activated a plan of action for the Prem and ER teams as trials loomed heavy over the players just a few days later. It was decided to postpone the trials on the Sunday morning (partially impacted by weather, partially impacted by the change of facility requirement) and an activity plan to continue supporting the hard work all the girls had put in already, was created.

Since this date, our Prem and ER teams have continued strength and conditioning training on a Monday night at Hellesdon High School, the dwindling light resulting in reduced ball skill activity, and taken up outside training slots at Sportspark on Wednesday evenings until a more formal plan can be actioned.

In addition to this, our pre academy groups have moved through fitness to ball skills to activating match play during their assessment sessions on a Sunday morning and Monday evenings as applicable. Our academy coaches have also been liaising with the leadership team to create a plan of action for the continuation of full academy in an indoor environment and more news of this will come in our next newsletter.

JDC update

Our JDC groups have also been hard at work. Attleborough JDC have made it through their first rotation of 3 weeks with 9 girls in the sportshall at any one time. This has had a positive outcome for the girls returning to play, many of whom have also been attending the pre academy sessions. In addition to this, we have started discussions about Aylsham JDC returning to play in just a few weeks' time. But it was the launch of Norwich JDC on Saturday



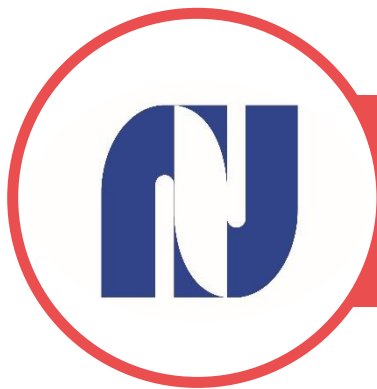
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3 October that was the big move on this front over the past two weeks, mobilising over 100 girls who signed up to the first 3 weeks' sessions.

Great news!

During all this we also received a delivery of PPE and sanitising equipment over the value of £1000 from last years' National League sponsor, Pink Office. This has enabled us to keep teams topped up with sanitiser, our balls always squeaky clean and our coaches protected during these times.

Norwich League and senior club

Sadly, after the government announcement on 22 September, we were forced to review the Norwich League for seniors and are waiting on confirmation regarding the transition of the league from indoors to outdoors. With our indoor facilities having been booked and paid for, the announcement came as a huge surprise and our leadership team have been reviewing the best course of action. When we have further details we will work to mobilise our senior squads and coaches to returning to play.

Big wins

We now have over 250 athletes now returning to play netball at our club – a huge win as far as mobilising netball is concerned and I hope you can join me in congratulating the leadership team on achieving this. But we appreciate we still have a long way to go and we continue to develop our processes, communications and actions to ensure that we can get our club fully functioning before too long.

Please see below an updated table regarding our status and I look forward to my next Covid update next week.



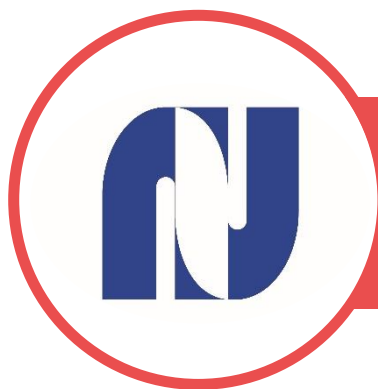
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Team/club approved competition	Return to play position	What we've achieved	What we have to do
Prem/ER training Hellesdon High School National Premier and East Region leagues	Green	Return to training: Jun 2020 Return to match play: 14 Sep 2020 Full support of England Netball proposals and discussions. Currently waiting on final decision as to the structure of the leagues. East Region postponed until at least January.	Continually assess against risk assessment. Risk assessment of competitive activity.
Norwich senior club training <i>Sportspark</i>	Red	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	Red	We are working closely with the Norwich League to fulfil requirements, but will only participate when we feel we are happy and safe. Moved outside with a provisional start w/c 23 Nov.	Risk assessment of competitive activity.
U16 academy training Hellesdon High School	Green	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	Green	Return to training: Jun 2020 Return to match play: 4 Oct 2020.	Continually assess against risk assessment. Plan next phase.
U14 academy training Hellesdon High School	Green	Return to training: Jun 2020 Return to match play: 27 Sep 2020	Continually assess against risk assessment. Plan next phase.
U13 academy training Hellesdon High School	Green	Return to training: Jun 2020 Return to match play: 27 Sep 2020	Continually assess against risk assessment. Plan next phase.
U12 academy training Hellesdon High School	Green	Return to training: Jun 2020 Return to match play: 4 Oct 2020	Continually assess against risk assessment. Plan next phase.
U11 academy training Hellesdon High School	Green	Return to training: 13 Sep 2020 Return to match play: 4 Oct 2020	Continually assess against risk assessment. Plan next phase.
U16 and U14 East Region league	Red	Full support of East Region committee proposals and discussions. Currently waiting on final decision as to the structure of the leagues. Both leagues now cancelled for the 20/21 season.	Leagues to provide adequate risk assessments and risk mitigation plans. Await decision as to National Finals entry route.



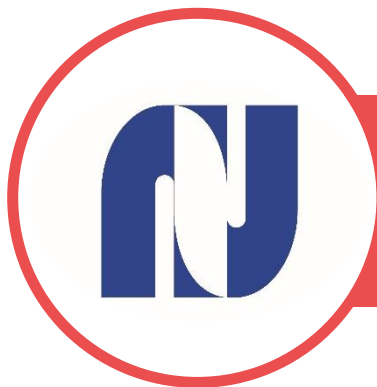
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U15 and U13 Beds invitational league		Early stages of investigation having received an invitation to compete. U15 and u13 coaches haven't responded to invitation.	League to provide adequate risk assessments and risk mitigation plans. Assume not entering.
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 Facility review and coach briefing Wed 23 Sep. Zoom call held and new Aylsham team working through interest and cost.	EN memberships and opt-ins outstanding. Need UKCC L2 coach rota. Phased return planned from Nov 2020.
Norwich JDC Hellesdon High School/Sportspark Yarmouth JDC <i>venue to be confirmed</i>		Return to training: 3 Oct 2020 Return to match play: to be agreed Facility RA complete.	Continually assess against risk assessment. Plan indoor phase if applicable. Facility review to take place, complete RA, EN membership check and evidence of opt-ins. Anticipated return to fitness training Oct 2020.
Norwich Junior League Sportspark		League postponed until at least Jan 2021.	League to provide adequate risk assessments and risk mitigation plans.
Lowestoft League			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.



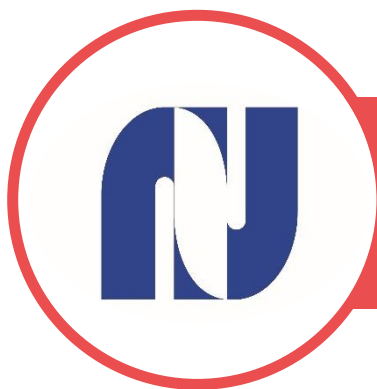
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A reminder of the protocols

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

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

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 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 immediately, regardless of symptoms.

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.



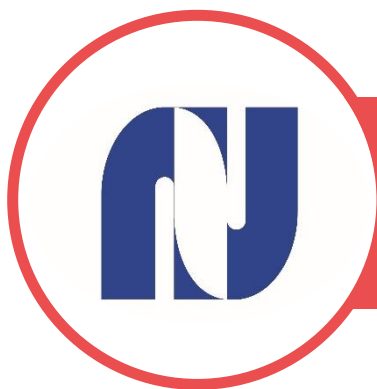
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You can read our club risk assessment and risk mitigation plan here. Please be aware that these are subject to regular change and each venue and activity has a specific risk assessment to adhere to.

https://www.pitchero.com/clubs/norfolkunitednetball/d/documents.html?group_id=16177

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

Sophie Thomas.



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