



## **Play Netball COVID-19 Guidance**

It is essential that the guidance in this pack be read in full before you decide to attend any Play Netball League. All players must be registered with Play Netball and by playing, you are agreeing to our terms and are declaring you are fit, well and able to participate in playing netball. You will be required to abide by the COVID-19 guidance. You should not attend any games if you experience any symptoms and should inform us immediately if you test positive. Before each match you will be asked to confirm you are not displaying any Covid-19 symptoms.

This guidance is being issued in accordance with England Netball Rule modification that was approved by the Government on 18<sup>th</sup> August 2020, and all leagues will be adhering to the Rules Modifications upon their restart.

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## 1a – What is COVID-19

Coronavirus disease (COVID-19) is a respiratory illness that affects your lungs and airways. It is caused by a virus called Coronavirus and affected individuals can display a range of symptoms from mild to severe illness which in some cases can lead to death. Affected people can also be entirely asymptomatic. Transmission is by respiratory droplets and direct contact.

COVID-19 can be transmitted in 3 ways;

- Droplet transmission when in close contact with others
- Fomite transmission by sharing of equipment like netballs and bibs
- Airborne transmission which is a risk particularly when indoors

### Symptoms

The main symptoms of coronavirus (COVID-19) are:

- a high temperature over 37.8C – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a 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)
- a 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

## **1b – Risks associated with COVID-19 and netball**

In every sport and leisure activity, there are risks of COVID-19 and team sports in particular pose slightly increased risks.

Thinking about netball specifically:

- It is a game that can be fairly static in nature
- You have 3 seconds to pass the ball, or 4 seconds if you're a walking netball or Bee Netball participant
- We defend face to face at a 3 foot (0.9m) distance
- A netball is passed by hand continuously around multiple people
- It is also a game that is often played indoors
- Typically netball players are a very friendly group and have traditions such as 3 cheers, handshakes and high fives in close circles

All these things combined mean there are regular breaches to social distancing during 'normal' netball that lead to significant periods of time during a training session or netball match that carry an increased risk. These breaches would not be allowable in other parts of day to day life currently and is therefore the reason why modifications must be introduced.

As part of the return to community netball, we need to mitigate some of the risks to both protect the netball players and officials, as well as ensure that playing netball does not lead to increased transmission of COVID-19 more broadly. This guidance document covers many of these mitigations.

To ensure that we can return, several modifications to the rules of netball have also been made. These rules modifications have been created with two key principles in mind;

- To protect all players and officials by reducing the incidences where face to face contact at less than 1m distance occurs, particularly when this is 'non-fleeting' contact (3 seconds or

more)

- To maintain a game that is not too far away from the usual rules of netball

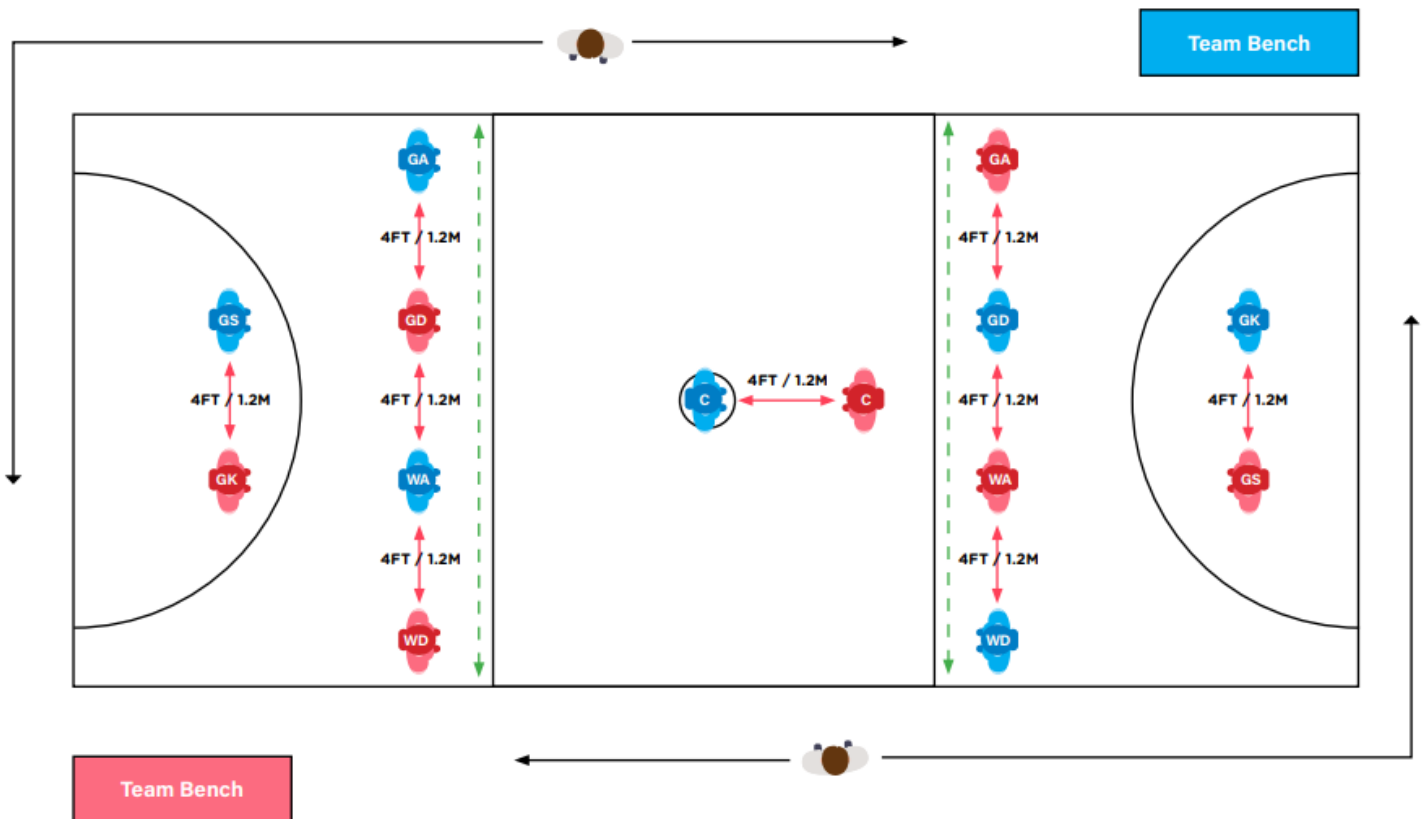
The following details the COVID-19 rule modifications which have been approved by Public Health England and Government and represent the ONLY allowable form of the game currently. All involved in netball must familiarise themselves with these rule modifications and they must be utilised in all netball activity.

## 2a - Rule Modifications

Below is a summary of the rule modifications that are now in place. England Netball have also created a video that explains them as well [Here](#). It is the second video on the page, under the heading "Rule Modifications"

### Rules

- 4ft spacing for the start of play
- 4ft marking
- 4ft position of penalised player
- Removal of toss ups
- Removal of idle interactions



### Positions for the start of play

- All Players must not position within 4ft of any other player, including teammates
- GA/GD/WA/WD can position as normal at any point along the transverse line but must maintain a distance of 4ft from each other
- GS/GK are required to start inside the Goal Circle 4ft apart



- C can position as normal but must maintain a distance of 4ft either at the Centre Circle or if the C decides to mark at the transverse line

### Hygiene and Safety Measures

- Players are required to sanitise their hands at the start and end of each quarter
- A freshly cleaned/sanitised ball should be used for each quarter (same ball can be used but must be cleaned at quarter times)
- Spare 'clean' ball to be kept in reserve if the match ball enters a spectator area
- Match Officials and Scorers will now be required to be at least 2m from activity where possible, with 2m distance between chairs
- Those sitting on team benches will be 2m or 1m+ apart with risk mitigation in place where 2m is not possible
- Team talks should be conducted in socially distant circles on the court to avoid congesting the bench area
- Social norms including handshaking, goal celebrations, high 5's etc. are not permitted
- The post protector at each goal end should be sanitised prior to the start of the match
- Player are actively discouraged from touching the post
- Shouting is not permitted
- No sharing of water bottles and these should be clearly marked
- A clean set of bibs should be used with no sharing

### **2b - Compliance**

All who take part in this version of Netball have a responsibility for ensuring that they adhere to the modifications put in place. These modifications have been introduced to significantly reduce the number of face to face interactions that may occur but players should ensure that they actively seek to remove these from the game. Any persistent breaches of these modifications will result in players being dealt with under Game Management rules which could be accelerated to protect the safety of other players.

Should any player wish to raise a concern regarding a breach of these modifications please contact our COVID officer via email to [covid@play-netball.co.uk](mailto:covid@play-netball.co.uk).

### **2c – Equipment and Kit**

Play Netball will be providing hand sanitiser for all leagues and some venues will also have sanitisation stations. You are welcome to use your own sanitiser.

#### Balls

Balls will be sanitised before, between each quarter and after each match. Only 1 match ball will be provided per court. Balls for practise will not be provided. Any attendee who chooses to bring their own ball does so at their own responsibility. Players are actively discouraged from using another player's ball.

#### Bibs

Under these new modifications no bib sharing is allowed. Due to this we require all teams to bring their own bibs to be worn for matches. Team Captains and individual players are responsible for ensuring bibs are not shared between players, and that they are washed between sessions. Each team needs to update their team name in the online system with their primary team colour at the end of their team name. Each team in a league plays each other twice, one of these games will be deemed a home game and other an away game. It is the away team's responsibility to ensure they do not clash with the home teams colours.



Alternatives to typical netball bibs that are allowed are self-made "patches". Providing player positions are easily visible to umpires and players, teams may wear the same colour tops and then pin card/material patches to their tops. Material patches should be washed in the same manner as bibs. Card patches if laminated should be sanitised between sessions or disposed of if not.

### Posts

Posts will be sanitised before and after each match. Players are advised to not touch the posts, and if you do to notify an umpire so that it can be sanitised before play continues.

### Match Fees

No cash will be collected at Play Netball Leagues. All match fees must be paid through our online system.

### Face Coverings

Whilst playing you are not required to wear a face covering, however should you wish to do so, you do at your own risk. Some venues may require you to wear one should you enter a building before or after a match.

### **3a – Attendance – Before arriving**

Prior to arriving, please specify who is playing for Test and Trace purposes via our online system. It is the captains' responsibility to ensure this is done for their team.

In order to participate in our leagues, each and every time all players and officials confirm that:

- They do not have any COVID-19 symptoms.
- They have not received a positive test in the last seven days.
- They are not waiting on a Coronavirus test result.
- That no member of your household has Covid-19 symptoms or is waiting on a test result.
- Has not been advised by NHS test and trace that you have come into contact with an individual who has tested positive for Coronavirus.
- To the best of your knowledge you have not been in close contact with anyone who is exhibiting Coronavirus symptoms or has tested positive.
- All players and officials and willing to maintain social distancing where possible and to keep themselves, fellow players and officials safe by adhering to the safety advice and guidance given.

If any of the above statements cannot be qualified, then you MUST NOT participate. By participating you are thereby confirming the above to be correct.

Before leaving for a session all attendees should check themselves and anyone else in their household for COVID-19 symptoms. If they, or anyone else in their household has symptoms, they should not attend.

Any participants who have been told to self-isolate by NHS Test and Trace as a result of being in contact with a known COVID-19 case, must not attend any sessions and they should remain at home.

Players should follow latest Government guidance on travel, which can be found [Here](#)

### **3b – Attendance – Arrival at a session**



Specific venues may have traffic flow systems in place which must be abided by. You may also be required to wear a face mask if the traffic flow takes you within a building. Many venues are operating Test and Trace. Currently this is optional in England but compulsory in Wales. All participants should follow the venue guidelines and requests.

To ensure minimal interaction between players from different match times, all players are asked to arrive as close to their match start time as possible. Match times will be monitored week by week and may be adjusted slightly if safety measures are being compromised.

Players should not attend if they have any covid-19 symptoms and not fit and well. By attending you are also confirming you will abide by the relevant Covid-19 guidance, Play Netball terms and England Netball rule modifications.

Before each match, players will be asked if they have any symptoms. Any player whose health status has changed will be asked to return home and follow NHS and PHE guidance on self-isolation. Your attendance at a league will be stored by Play Netball in accordance with our GDPR policy.

All players should arrive changed and ready to play. Changing facilities may not be available at the venue you are attending.

### **3c – Attendance – During a session**

Once you have been allowed admittance to the court area please abide by standard social distancing rules until your match begins.

All matches will be played under England Netball Rule Modifications as detailed in this document. Any severe or persistent breaches to these rules will result in umpires enforcing Game Management rules. Play Netball League Coordinators also have the right to ask a player in breach of the Rule Modifications to leave the court and venue immediately.

On entry and exit of the court all players should sanitise their hands. Balls will be sanitised at the start, between quarters, and between matches.

Posts/protectors will be sanitised before matches begin and between matches. They will also be sanitised after a player makes contact with them.

There is a maximum of 30 people one court at a time. This includes all players on and off the court, both umpires and the coordinator.

No spectators are allowed to attend Play Netball Leagues, this includes children.

At the end of matches handshakes are not permitted.

Players are only able to play in one match per evening. Player borrowing is not permitted, unless the player registers with your team and is not playing in another game.

### **3d – Attendance – After a session**

All players must sanitise their hands.

Players should not linger in the court area, but collect their belongings and leave following any traffic flow systems in place. Do not mingle with players arriving for later matches. Make sure you have all your belongings with you before you leave. Any belongings left behind will be disposed of.

Any attendee who develops COVID-19 symptoms must report to NHS Test and Trace. If you are advised to be tested and the result is positive you must notify our COVID officer via email



to [covid@play-netball.co.uk](mailto:covid@play-netball.co.uk) who will follow current guidance and may need to share player details with the Test and Trace team.

### **3e – Attendance – First Aid**

Our player wellbeing is paramount and therefore if any player is involved in an incident that requires urgent First Aid they will be treated accordingly. For minor injuries that do not require immediate attention players may be asked to self-treat under supervision, or PPE will be provided before treatment.

### **4 – Stoppages to a league –**

Any attendee who develops COVID-19 symptoms must report to NHS Test and Trace. If you are advised to be tested and the result is positive you must notify COVID officer via email to [covid@play-netball.co.uk](mailto:covid@play-netball.co.uk). Play Netball will then follow current guidance and may need to share player details with the Test and Trace team.

If Test and Trace advise to stop a league, you will be notified and the league will be paused until we can return.

If and when Government introduces local lockdowns Play Netball will adhere to all measures.

### **5 – Personal Risk Assessment**

This information sheet aims to inform you, your family and any other household contacts you might have of underlying medical conditions which could put you at higher risk of contracting COVID-19. We recommend you consider the risk both to yourself and others of returning to and Netball activity.

#### People at moderate risk (clinically vulnerable)

If you consider yourself to be at moderate risk you should not attend modified netball sessions unless your GP has confirmed it is safe for you to do so.

- Are 70 or older
- Have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- Have a heart disease (such as heart failure)
- Have diabetes
- Have chronic kidney disease
- Have liver disease (such as hepatitis)
- Have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- Have a condition that means they have a high risk of getting infections
- Are taking medication that can affect the immune system (such as low doses of steroids)
- Are very obese (BMI of 40 or above)

#### People at high risk (clinically extremely vulnerable)

If you consider yourself to be at high risk you should not attend any modified netball sessions.

- Have had an organ transplant
- Are having chemotherapy or antibody treatment for cancer, including immunotherapy
- Are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- Are having targeted cancer treatment that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)



- Have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- Have has a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppresant medicine
- Have been told be a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- Have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- Are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppresant medicine)
- Have a serious heart condition or are pregrant

#### Enhanced Safety

In addition to the extra efforts we are making together with our venue partners to ensure a safe return to playing netball, with a strong return plan at facilities that are clean and hygienic, there has been an emphasis put on the vital role that exercise and activity plays in maintaining a strong immune system. Being fit and healthy helps to fight many infections and it has been encouraged that people lead active lives throughout this period.

We look forward to working with you to keep us all safe and healthy.

It is encouraged for people to help reduce the spread of the virus through good personal hygiene. This includes:

- Frequent hand washing (wash your hands for 20 seconds) and hand sanitising during your visits
- Making full use of the soap, sanitisers and cleaning items available in venues
- Covering your mouth and nose with a tissue when coughing or sneezing and dispose of the tissue in the bin after use
- Familiarise yourself with the latest guidance from Public Health England and do not visit any venues if you are displaying symptoms of coronavirus and are advised to self-isolate
- Follow Government guidance