



BEDFORD & DISTRICT NETBALL LEAGUE

COVID 19

TEAMS & PLAYERS GUIDANCE PACK

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1. INTRODUCTION

UK Government have given England Netball permission to re start netball but this MUST be carefully managed so that the coronavirus does not spread as a result of netball activity. England Netball recently announced the return of community netball and confirmation, with risk mitigation measures in place, that netball leagues and competitions can return from 26th September 2020.

This guidance document has been prepared and is only intended for clubs, teams and individuals that are members of the Bedford & District Netball League. It is the responsibility of the club/team captains and Covid-19 officers to ensure that all players, coaches, officials and volunteers are made aware of the information contained in this guidance and adhere to the regulations.

We hope that our league netball can return as soon and as safely as possible.

TEAM RESPONSIBILITIES

Each team must have:

- A Covid-19 Officer and register them on Engage
- A Risk Assessment
- A Risk Mitigation Plan
- Confirm that all team members have read & signed an 'Opt In' Statement

Each Team and its' members must Read, Understand and agree to operate in line with:

- England Netball's Restart Guidance
- Personal Liability Statement
- Rule Modifications
- Risk Mitigation Protocols
- Teams & Players responsibilities (Before, During & After the game)
- Court Guidance for courts 1-10
- Venue Rules

2. B&DNL COVID OFFICERS

Lead COVID Officer	Natascha Kelly	
	natascha.kelly77@gmail.com	07772 329898
COVID Officer	Fran Smith	
	frances.e.smith.1964@gmail.com	07936 798330
COVID Officer	Ness Girvan	
	vgirvan@btinternet.com	07990 878018
COVID Officer	Emma Sears	07532 061460
	emma_sears@live.co.uk	

3. RULE MODIFICATIONS

Check out England Netball's Introduction to Stage 4 Netball video here:

<https://www.englandnetball.co.uk/riseagain/covid-19-care-package/stage-4-covid-19-care-package/>

The following rule modifications, in conjunction with the 2020 International Rules of Netball, must now be adhered to at all community levels of the game.

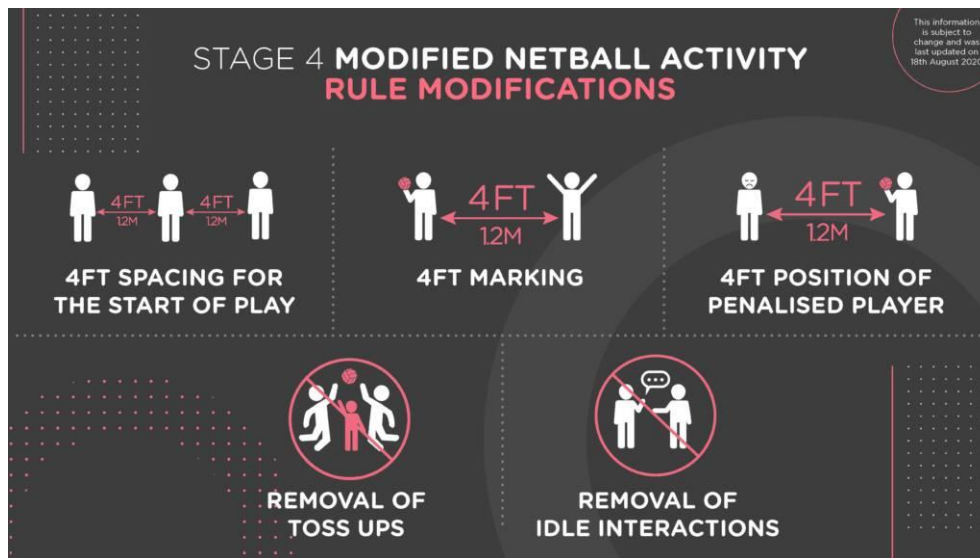
- **4ft spacing for the start of play – GS and GK are required to start inside their respective goal circles, GA, GD, WA and WD on the transverse line and the centres in the centre third. The modification requires all players to position themselves a minimum of 4ft away from their opposing players and teammates at the start of play. This will be managed by umpires at the start of play.**
- **4ft marking – the defending distance has been increased from 3ft to 4ft. Particular attention must be paid in the goal circle when defending or waiting for a rebound under the goal post. This will be blown as distance.**
- **4ft position of penalised player – penalised players for major infringements are required to position beside the player they infringed but from a distance of 4ft away. This will be managed by umpires when an infringement occurs.**
- **Removal of Toss Ups – No toss ups are permitted, the team who had the ball directly before the action that caused the toss up to be awarded will retain possession. The umpire will briefly hold time, instruct the ball to be returned to the relevant team and play will be restarted on the umpire's whistle.**
- **Removal of idle interactions – Players not engaged in play or who are stood still are required to be positioned 4ft away from another player. This frequently happens on the circle edge, on the transverse line, whilst walking back to centre pass and returning to the team bench at the end of a quarter. Whilst this shouldn't be blown as an infringement, officials will play a crucial role in managing this on court and team work between the umpires is key. Managed by umpires and supported by players and coaches.**

Despite the changes, the modified games still looks and feels very much like the version we know and love. Contesting for the ball is very much permitted providing players are involved in the phase of play.

All match play and competition will be played to these rules until social distancing is relaxed. Two umpires are required at all times to ensure adherence.

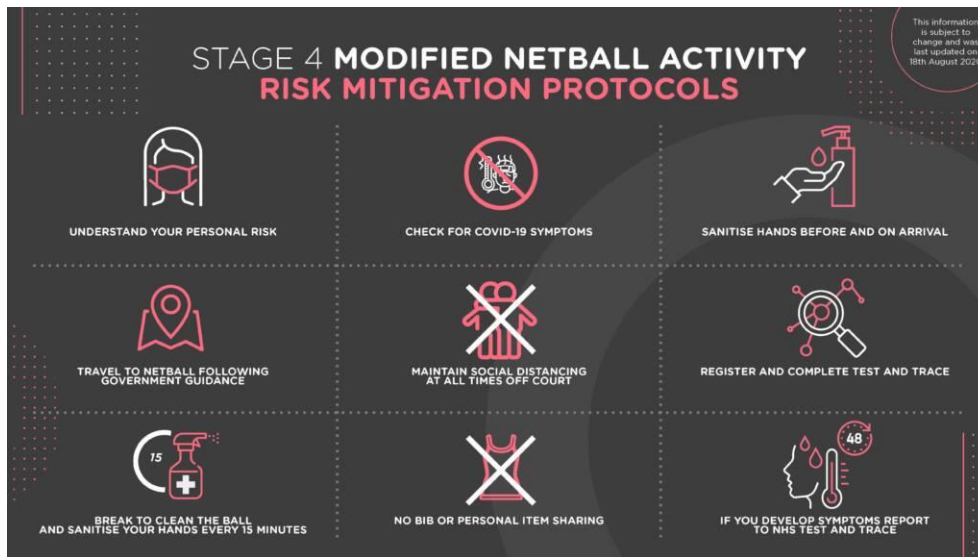
Rule modifications should be covered in a start of match briefing. It's important to consider the players that may find this more difficult to implement, particularly circle players and

juniors. Umpires should also be aware that players resort to habitual play toward the end of a quarter and particularly Q3. An awareness to reinforce the modifications at this time is advised. Be patient and use your judgement, particularly in the early season. Continue to practice game realistic scenarios in training and reinforce the modifications to support the transition of this learning into the game.



4. RISK MITIGATION PROTOCOLS

It is important that each member of your team works with your COVID-19 Officer to understand the risk mitigation protocols that are being put in place and support adherence on court.



a) Coronavirus Disease (Covid-19) - Risks in Netball

The below information has been gathered from the England Netball guidance along with Government health directives.

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.

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

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

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
- The Netball Family 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 our league members and supporters, as well as ensure that netball is not responsible for an increased transmission of COVID-19 more broadly.

How will the Bedford and District Netball League Manage the Risks?

The league is following the directive from England Netball to ensure that we are creating as safe an environment as possible for all our members and supporters. Specifically, we have:

- Appointed a designated Covid-19 Officer and Sub Committee to lead and oversee the implementation of our plans
- Created a Covid-19 risk assessment for our planned activities
- Produced a Covid-19 risk management plan

The league will be operating on the basis of an “opt-in” approach. All players, coaches, officials and parents will be responsible for ensuring that they are aware of the risks involved, are able to conduct a personal risk assessment and are then accepting of the requirements laid out by the league before participating in the league’s competition. It will be the responsibility of the clubs and teams to ensure that the league is notified that all participating have completed their “opt-in” documentation.

Changes to Netball

To ensure that our sport could return, a number of modifications to the rules of netball have been made. These rules modifications have been created with two key principles in mind;

- To protect the netball family 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

More details on the modifications have already been set out in this guidance and can be found on the England Netball Restart Guidance document. These modifications 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. These COVID-19 rule modifications will be temporary; however, it is unknown how long they will be applied in England. Any updates will be shared with England Netball members and posted on the England Netball website.

b) Covid-19 Personal Risk Assessment

The Bedford & District Netball League is committed to adhering to England Netball and UK Government guidance. As part of the required “opt-in” policy individuals should be aware of the risk factors associated with playing netball and circumstances that may increase or affect their own personal risk associated with Covid-19.

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 to both yourself and others of returning to any Netball activity and discuss this with your Netball family prior to participation.

People at moderate risk (clinically vulnerable)

- are 70 or older
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have 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)
- have a condition that means they have a high risk of getting infections
- are taking medicine that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)

People at high risk (clinically extremely vulnerable)

- 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 treatments 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 had bone marrow or stem cell transplant in the past 6 months, or still taking immunosuppressant medicine
- have been told by 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 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 immunosuppressant medicine)
- have a serious heart condition and are pregnant

c) Health Screening Guidelines and Checklist (COVID 19 Symptom Checker)

In line with England Netball requirements all individuals are required to conduct health screening for organised sessions. It is the club or team responsibility to ensure that their players, coaches, officials and volunteers complete the health screening checks prior to every match and confirm to the League that this has been done by ticking the box on the score card (template included in this guidance)

Screening should consist of 3 parts:

1. Personal Health check and risk assessment (Guidance document included in pack) – must be completed by individuals before each match
2. Visual Health Check - the club/teams nominated registration person must screen each individual for visible signs and symptoms
3. Health Screening Checklist – individuals must confirm the answers to all questions on the checklist below are “no” on arrival.

Symptom	Yes	No
Do you have a fever?		
Do you have a new/continuous cough?		
Have you any loss or change in your sense of smell?		
Has a member of your household or someone that you have been in contact with reported any of the above symptoms in the last 14 days?		
Have you been notified by the NHS test and trace system that you are a close contact of someone with known Covid-19 infection in the last 14 days?		

d) Travel Guidance

The league ask that you adhere to the government guidelines.

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

DO NOT travel together unless from the same house hold or support bubble.

e) Test and Trace

Any netball activity must support the NHS test and trace efforts by collecting and maintaining records on those at any netball activities.

More information on the UK Government NHS test and trace guidance can be found at <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

All information must be stored for a minimum of 21 days and it should be collected/processed in accordance with Data Protection Act 2018 and in line with GDPR principles. Any data collected should only be used for the purposes of NHS test and trace. More information can be found at <https://www.englandnetball.co.uk/governance/gdpr-resources>.

It is the team's responsibility for producing and keeping the test and trace records. The league requires all teams to make use of the Engage system to facilitate the Test & Trace System. Therefore, all teams will need to be registered on Engage and appoint their Covid-19 officer to enter the league.

The teams Covid-19 Officer will keep a record of players, umpires, scorers and accompanying adults for each match together with contact details for at least 21 days.

Each team will be able to download a QR code from Engage and create a poster (see example). This poster can be used by all involved in the team. On match day **each individual** will need to scan the code and complete the Test & Trace information on the team's profile on Engage.

In addition, the team captain or Covid-19 office should check that ALL attending EVERY netball match are not displaying symptoms. If this has not been done the match will not take place. This should be done in advance before a player mixes with others.

If a participant is displaying symptoms they MUST not participate and return home. Instead they should follow NHS and PHE (Public Health England) guidance on self isolation. <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>



EXAMPLE TRACK AND TRACE POSTER



All individuals in attendance **MUST** register
Including parents/spectators

If you are **experiencing Covid-19 symptoms please leave this location immediately** and contact the Lead COVID-19 Officer.

If you experience COVID-19 symptoms in the next 48 hours and report to NHS Test & Trace please contact the Lead COVID-19 Officer if your test is positive.

Lead COVID-19 Officer

Name

Contact Details

Privacy Statement

The organisation delivering the netball activity and England Netball are data controllers in respect of data inputted by you (or on your behalf of for example by your parent or carer or by an administrator) and each of these entities will have specific data protection privacy notices in place which will explain in more details how they process your personal data. Further information on how England Netball uses your personal data is available in the England Netball Privacy Policy (englandnetball.co.uk/privacy-policy). If you would like further information on how the organisation delivering this netball activity uses your personal data you should contact them directly

5. TEAMS & PLAYERS RESPONSIBILITIES

a) Before Netball

Arrival

All team members should be aware of any venue specific arrival protocols and traffic flow systems. (see Venue Rules document – section 9).

All team members should be aware of the court start times and court plans (see Court Diagrams – section 7)

Upon entering the venue, all team members should remain 2m apart at all times from those outside of their household or support bubble.

All team members will need to register, complete a health screening check for Covid-19 symptoms and complete the test & trace

When registering with your team captain/Covid-19 officer, all team members should be reminded to remain social distancing.

All teams must bring to each match a Covid-19 kit bag containing:

- Hand sanitiser
- Antibacterial Wipes
- Bin bags for disposing of wipes

Pre-Activity Health Screening

All team members should check themselves or anyone in their household for Covid-19 symptoms before leaving for netball activity. If you or anyone else in your household has symptoms, you should not attend netball activity.

Covid-19 symptom checker can be found in Section 4

Kit, Sanitisation and Equipment

All team members should come ready for activity. Changing facilities should not be used. Hands and any personal equipment or items should be sanitised before leaving for netball.

Any personal items such as water bottles should be clearly marked.

Face Coverings

Face coverings may be required based on venue specific protocols when arriving and departing venue.

Travel to Venues

See Section 4d

b) During Netball

Sanitisation and Equipment

Posts will be sanitised prior to team's arrival at the venue. The league recommends that the home team sanitises the posts prior to the match.

All attendees are required to sanitise their hands prior to the match and every 15 minutes during activity. They must also sanitise their hands before each quarter starts and immediately after returning to their team bench at the end of the quarter.

The home team has the responsibility of providing and sanitising the match ball. Balls should be sanitised prior to the start and then every 15 minutes during activity. The ball must also be sanitised at each quarter break.

The centre from the team who has the centre pass at the beginning of each new quarter will be responsible for bringing the ball on to court.

During play, if the ball is touched by anyone other than the on-court players the umpire will hold time and replace the match ball with a second clean ball. When play continues the relevant team coach or bench player should ensure the previous match ball is sanitised ready for use if required.

If a player makes contact with the post, it must be sanitised prior to play resuming.

It is advised that each team has at least two sets of bibs to allow for positional changes.

Water bottles and whistles must not be shared.

Social Distancing

Wherever possible, social distancing will be incorporated in warm up activities and small sided games. The following common netball behaviours must not take place during any training sessions or netball matches.

- Nail checks should take place from 2m
- There should be no pre match huddle – players should remain socially distanced for any pre-match team talks.
- No pre-match or pre quarter “hands in”
- No shouting or cheering
- No quarter or half time huddles
- No high fiving
- No post-match hug circles or handshakes
- No post-match team teas
- Team selfies must be socially distanced
- Any post-match paperwork should be shared digitally (photograph or email to Chris Short, Match Secretary)

c) After Netball

Payment of Officials

England netball strongly advise that all payments should be made electronically and not in cash. If however this is not possible the team and relevant official can agree a COVID safe alternative.

Social Distancing

At the end of activity all players should leave the court straight away and leave the venue promptly. All players should follow any venue specific departure protocols and traffic flow systems. If attendees are U18, a safe collection procedure and point should be pre organised.

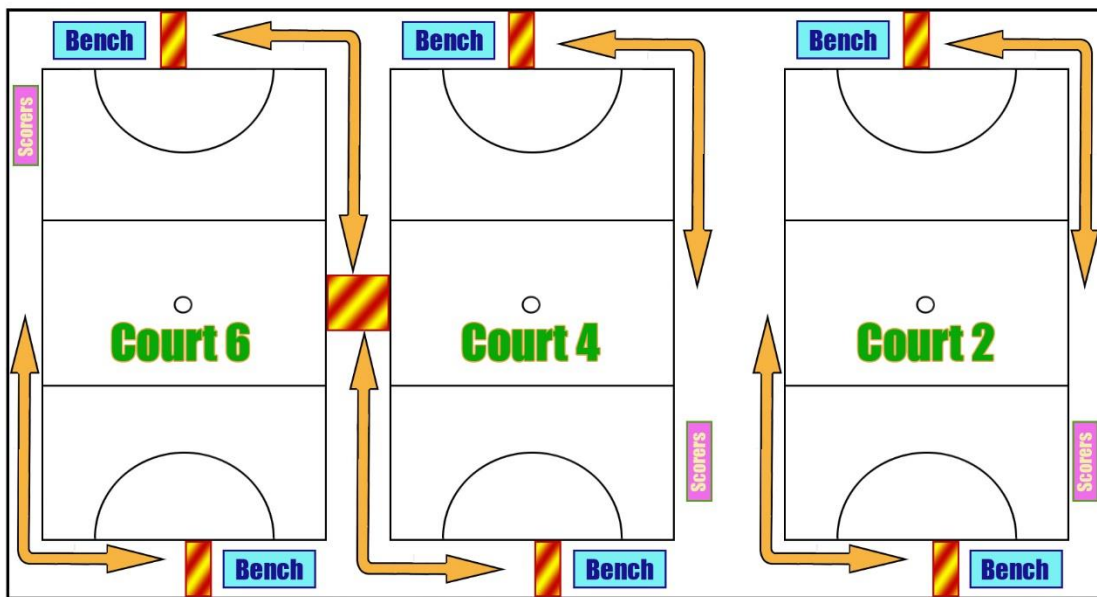
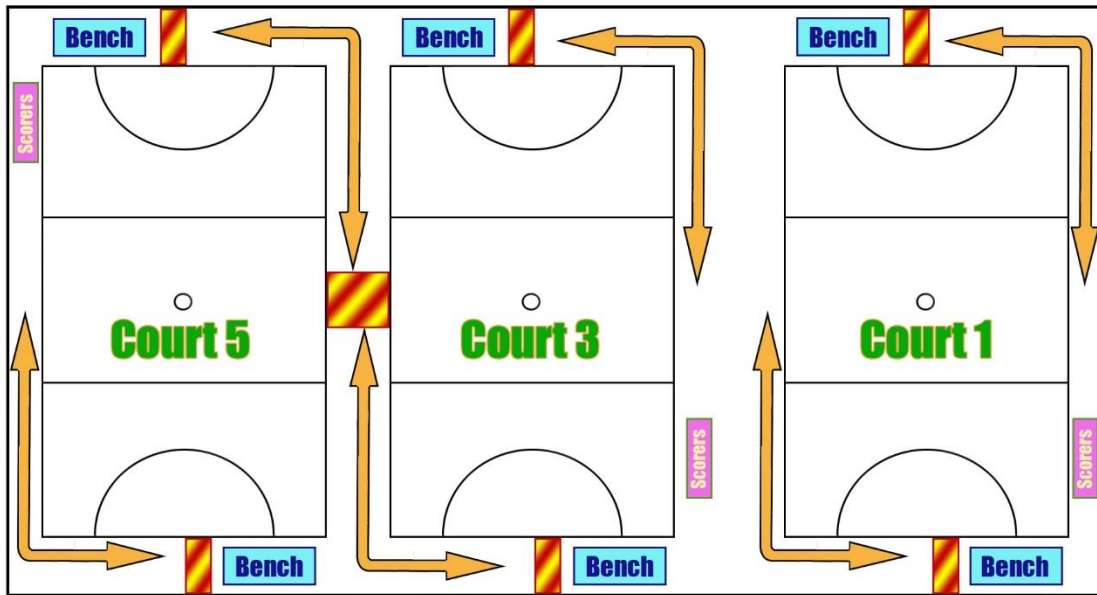
Hygiene and Sanitisation

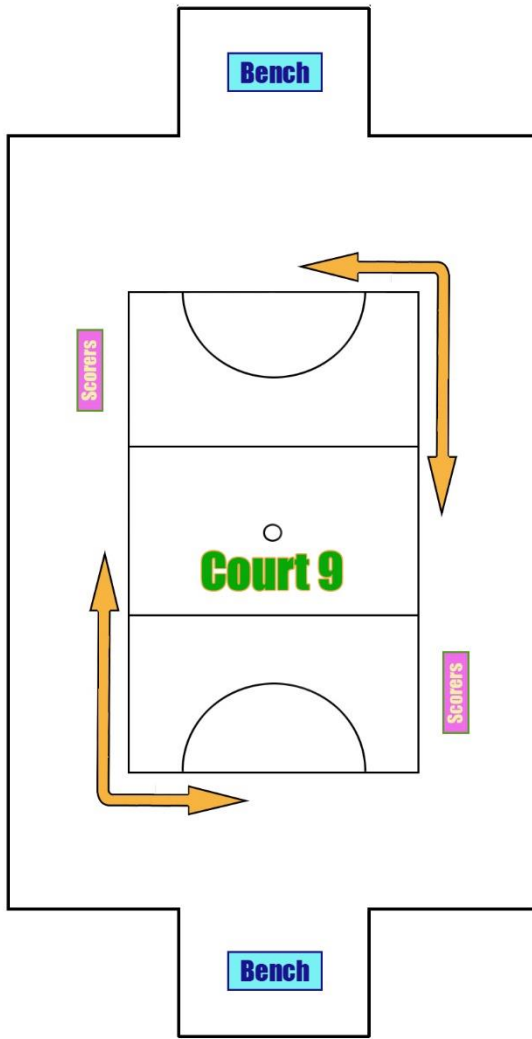
Changing facilities should not be used and will not be available for attendees wishing to shower. All attendees should be advised to sanitise their hands on leaving the venue and sanitise any personal equipment after every activity.

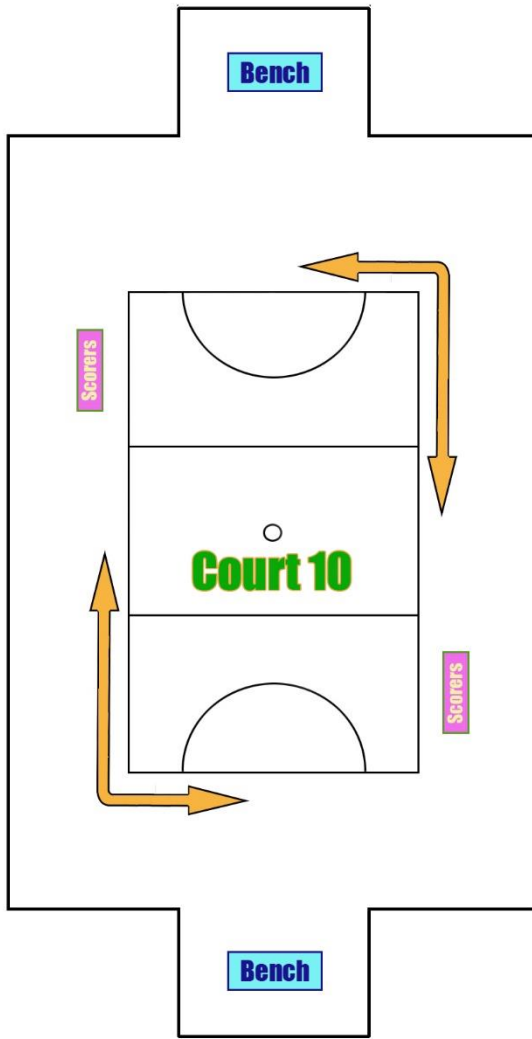
Test and Trace

Any attendee who develops Covid-19 symptoms up to 48 hours after netball activity must report to NHS Test and Trace and notify the team and the leagues Covid officer if the test is positive.

6. B&DNL COURT DIAGRAMS







Court Rules:

Only players and umpires will be allowed in the court area. We are limiting each team to a maximum of 10 players per team. For reserves on the bench social distancing must be observed. Face coverings are not required but are strongly encouraged where possible and practical.

Spectators are not permitted.

If an adult has to accompany a young team or umpire, they must ensure they self distance from players, umpires and scorers.

Start Times:

In an attempt to reduce the number of people arriving at the Academy at the same time and avoid crowding the league have introduced staggered start times for the courts. It will be a necessity to check your court allocation on the B&DNL Facebook page each week as this will dictate the start time of your match.

Night of the Week	Courts 1 & 2	Courts 3 & 4	Courts 5 & 6	Court 9	Court 10
Monday	19.15	19.25	19.35	19.45	19.45
Tuesday Session 1	18.45	18.50	18.55	19.00	19.00
Tuesday Session 2	20.15	20.20	20.25	20.30	20.30
Wednesday	19.15	19.25	19.35	19.45	19.45
Thursday	19.15	19.25	19.35	19.45	19.45

Night of the Week	Monday	Tuesday	Wednesday	Thursday
Contactable Covid-19 officer	Fran Smith 07936 798330	Natascha Kelly 07772 329898	Ness Girvan 07990 878018	Emma Sears 07532 061460

7. BEDFORD ACADEMY GUIDELINES

The Academy have been working with us to ensure that the return of netball is safe and carefully managed.

A major part of this is making sure the courts and equipment are in the best condition for our return. The courts have already been treated several times for moss and the court area weeded. They are endeavouring to get the lines on all courts remarked by October. The lights have all been tested and are all working. New nets are to be put on posts where needed and posts fixed so they do not swivel round which should reduce the need to touch the posts during the game and stoppage time to re-sanitise.

Health screening reminders and advice posters are to be placed on all courts together and hand sanitiser will also be provided but this does not negate the need for each team to provide their own.

The Academy have issued the following information to hirers.

FACILITY HIRE – BEDFORD ACADAEMY



RE-OPENING PLANS

26th August 2020

General:

- All hirers to stringently follow the most up-to-date guidance on returning to safe activity as stipulated by their relevant sporting body.
- 2m social distancing to be maintained wherever possible.
- Group bubbles created and maximum group size numbers adhered to, as per sporting body recommendations.
- Those not exercising should wear a face covering where social distancing isn't possible.
- All hirers to provided Bedford Academy with a copy of their risk assessment and any updates as required.
- Each hirer to take a register of all attendees and their contact details for each session and retain this list for 21 days for Test & Trace purposes.
- No-one should attend the facility if they or a member of their family are displaying Covid-19 symptoms.
- Should an attendee test positive for Covid-19, the hirer must inform Aarti Khanna, Facilities Hire Manager as soon as possible with the details.

Access:

- Facilities (Activity Studio and Sports Hall) are to be accessed directly from outside – not via the Community entrance. Queues should be avoided but if they do occur then 2m social distancing must be observed.
- No spectators permitted. Parents dropping off/picking up children to sessions should not enter the premises but leave at the entrance points.
- Hirers and their group attendees to follow one-way directional flows with 2m distancing markers from car parks to entrance points.
- The use of changing rooms is strictly prohibited.
- Only one person in toilet areas at any one time. Directional flow arrows in corridor leading to toilets to be followed.
- Access to main school building other than Sports Facilities strictly prohibited

Preventing spread of infection:

- Doors to be left open in Sports Hall and Activity Studio to aid the flow of ventilation.
- Temperatures of all participants to be taken on arrival.
- Hand to be sanitised on entering and leaving the facility – hand sanitisation stations in each area.
- The sharing of equipment to be restricted as far as is practicable. Hirers to bring their own equipment, i.e. balls, rackets etc. were possible. Any equipment to be cleaned down between use by different group attendees.

- Community staff will clean down equipment supplied by the Academy such as table tennis tables, badminton posts, tables and chairs and touch points such as doors etc. at the end of each session. Facilities will be cleaned thoroughly using appropriate products and PPE. Hirers must finish on time to ensure the Community team have sufficient time to clean facilities at the end of the session.
- Toilets will be cleaned regularly by Community staff.
- First Aid to be provided by hirer and precautionary measures, such as the wearing of gloves, masks etc. followed.
- No hand shaking, slapping of hands, celebratory hugging etc.

8. B&DNL OPT IN Statement

The Bedford & District Netball League are operating an “Opt In” policy for all who participate in its competitions.

Officials will have to complete an “ Opt in Statement “and submit to the league’s committee Umpiring Lead (Fran Smith frances.e.smith.1964@gmail.com) prior to competition starting.

Teams will have to provide a statement confirming an “Opt In Statement” has been received for all team members. This should be sent to the League Secretary (Fay Legg tonyfaylegg@btinternet.com).

Failure to do this will result in you not being able to take part in the B&DNL.

All individuals should be aware of:

- The risks associated with Netball activity related to Covid-19 (information sheet included in pack)
- Those who are at higher risks of Covid-19 (information sheet included in pack)
- 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 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

Example 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 at higher risk of 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 these steps.

Signed:

Dated:


9. APPENDICES

- a) Socre Card Template *
- b) England Netball Restart Guidance *
- c) England Netball Useful Links *
- d) Coronavirus symptoms compared to colds & flu

- Attached as separate pdf documents

Appendice c)

A useful table to help recognise the coronavirus symptoms compared to colds or flu.



RECOGNISING CORONAVIRUS SYMPTOMS VS COLD AND FLU

TYPICAL SYMPTOMS	CORONAVIRUS Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Rapid onset of symptoms
Fever ($\geq 37.8^{\circ}\text{C}$)	Common	Rare	Common
Cough	Common (usually dry & continuous)	Common (mild)	Common (usually dry)
Shortness of breath	Sometimes	Rare	Rare
Headache	Sometimes	Sometimes	Common
Sore throat	Sometimes	Common	Sometimes
Runny / stuffy nose	Rare	Common	Sometimes
Sneezing	Rare	Common	Sometimes
Aches & pains	Sometimes	Sometimes	Common (often severe)
Fatigue	Sometimes	Sometimes (mild)	Common (often severe and can last 2-3 weeks)
Diarrhoea	Sometimes	No	Sometimes
Loss of smell or taste	Common	Sometimes	Sometimes