**TBNL  
Youth and Junior League**

**COVID 19**

**CLUB COMPETITION COVID PACK**

**INTRODUCTION**

As you know the UK Government have given England Netball permission to re start Netball again but this MUST be carefully managed so that the coronavirus does not spread as a result of netball activity.

This guidance document has been prepared for all those participating in this competition. It is important that each club and all appointed Covid-19 officer ensure that all players, coaches, officials and volunteers are made aware of the information contained in this guidance and adhere to the regulations.

Thank you for your enthusiasm in taking part and we hope (covid permitting) that we will be able to commit to all the fixtures

Enjoy the matches!

**Return to Community Netball**

England Netball on March 29th permitted Community Netball to restart.

Please visit the following link on the England Netball website if you require further guidance -  [EN-Restart-Guidance-March.pdf (d2cx26qpfwuhvu.cloudfront.net)](https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/09/24091416/EN-Restart-Guidance-March.pdf)



**RULE MODIFICATIONS**

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.

* 1. 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.
  2. 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.
  3. 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.
  4. 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.
  5. 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 teamwork between the umpires is key. Managed by umpires and supported by players and coaches.
* Despite the changes, the modified games still look 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.



**RISK MITIGATION PROTOCOLS**

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



1. **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;

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

* Thinking about netball specifically:

1. It is a game that can be fairly static in nature.
2. You have 3 seconds to pass the ball
3. We defend face to face at a 3-foot (0.9m) distance
4. A netball is passed by hand continuously around multiple people .
5. 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 COIVD-19 more broadly.

**TBNL Will Manage the Risks?**

* We are following the directive from England Netball to ensure that we are creating as safe an environment as possible for all the clubs Specifically, we have:

1. Created a Covid-19 risk assessment for Youth and Junior league
2. Produced a Covid-19 risk management plan

* TBNL will be operating on the basis of an “opt-in” approach.

1. All participating clubs will be responsible for their own “opt in” protocols and their own personal health assessment.

b) All officials, players and volunteers will be required to complete an “opt in “ form and a personal health assessment, ensuring they are aware of the risks involved, are able to conduct a personal risk assessment and are then accepting the requirements laid out by TBNL are able to conduct a personal assessment if they wish to be involved and follow the instructions.

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

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* In line with England Netball requirements all individuals are required to conduct health screening when participating in a TBNL fixture.
* It is the club’s responsibility to ensure that their players, coaches, and volunteers complete the health screening checks prior to every match
* Screening should consist of 3 parts:

1. Personal Health check and risk assessment– must be completed by individuals before each match
2. Visual Health Check - the club’s 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. Each club is responsible for their personal risk assessment.

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| **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? |  |  |

**Travel Guidance**

All participants are to 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>

**Test and Trace**

All adults are to use the Bedford Academy QR code. All clubs are to hold a record of their team sheet/score card for 21 days, this must also include the umpires and mentors at the match.

Please note :

* All information will 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.
* If a participant is displaying symptoms or have been informed to isolate by their school they MUST not participate and stay at 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/

**CLUB RESPONSIBILITIES**

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| Each club must:   1. Have a Covid-19 Officer and register them on Engage 2. Have a Risk Assessment 3. Have a Risk Mitigation Plan 4. Ensured all club/team members have read & signed an ‘Opt In’ Statement and undertaken their personal risk assessment. 5. Each club to print out their own result card and email through post match. All umpires to provide their own score card and report the result to the team coaches, team coaches to write the score and print umpire and mentors names on their result card before emailing a copy of the result card. |

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| Each Club and its’ members must Read, Understand and agreed to operate in line with:   1. England Netball’s Restart Guidance 2. Personal Liability Statement 3. Rule Modifications 4. Risk 5. Teams & Players responsibilities (Before, During & After the game) 6. Venue Guidelines |

**Before Netball**

**Arrival**

* All team members should be aware of any venue specific arrival protocols
* All team members should be aware of the court start times and court plans
* 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 adults 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:

1. Hand sanitiser
2. Antibacterial Wipes
3. 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.

**Kit, Sanitisation and Equipment**

* All team members should come ready for activity. Changing facilities is not available
* 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 must be worn where social distancing cant be adhered to as we are outdoors. If you need to go to the toilet facilities masks must be worn. Bedford Academy state that face masks must be worn for year 8 and above when in the school area and walking to the courts.

**During Netball**

**Sanitisation and Equipment**

* Posts will be sanitised prior to team’s arrival at the venue.
* All attendees are required to sanitise their hands prior to the match
* 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 first named team has the responsibility of providing and sanitising the match ball. Balls should be sanitised prior to the start . 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. (provided by the opposition) 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, the team bench at that end is responsible for the post sanitisation.
* Bibs must not be shared, please ensure you have enough or provide a suitable alternative as recommended by EN restart guide.
* 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.

1. Nail checks should take place from 2m
2. There should be no pre match huddle – players should remain socially distanced for any pre-match team talks.
3. No pre-match or pre quarter “hands in” and No quarter or half time huddles and No post-match hug circles or handshakes
4. No shouting or cheering and no high fiving
5. No post-match team teas

* Team selfies must be socially distanced
* Any post-match paperwork should be shared digitally via photograph/scan and email

**After Netball**

**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

**Hygiene and Sanitisation**

* Changing facilities are not available
* 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.

**Court Rules:**

**Each team can have upto:**

1. 10 players
2. 1 coach/buddy if a young buddy then an adult can be there (an adult will need to be within the court area if the young buddy needs them)
3. 1 First aider

In addition per court:

2 umpires and 2 mentors if needed

* Face coverings will be required to be worn by Individuals in the bench and scoring areas if 2 metres isn’t kept between individuals, social distancing must be observed.
* Spectators are NOT permitted.
* All participants should arrive changed and ready for activity. Please keep kit bags to be stored at courtside to a minimum.
* If a player is late arriving this player must wait until arriving participants for subsequent matches have taken to their allocated court. ONLY when it is safe to do so can that player enter their allocated court.
* The match cannot be delayed for late players and a team must take to the court if they have at least 5 players. If a team cannot start with 5 players then they must concede the game.
* Score cards MUST NOT be shared. (each club must print out their own score sheet)
* Quarter interval times will be a maximum of 3 minutes duration to allow for the required sanitisation to take place. The time allocation for each match must not be exceeded to allow for safe exit from the courts.
* If there is an injury during a match anyone administering first aid must sanitise their hands, wear an apron, non-surgical face mask and gloves prior to treating anyone. They should also sanitise their hands after and prior to returning to activity. Should an injury occur where a player has to be removed from the court all those involved will be required to follow the same procedure. See St Johns Ambulance guidance https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders. Wherever possible injuries and stoppage time will follow the International Netball Federation rules of Netball. Where an injury is more serious and more time is required for example if a player has to be removed from court, the match will be allowed to continue as long it is can to be completed and the court vacated within your matches scheduled finish time. If this is not possible then the match will have to be abandoned .
* We would expect all participants to be sensible in the case of extreme circumstances and adhere to social distancing rules to ensure safe exit from the venue.

**Match Arrangements**

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| **Fixtures**   * A fixture list (appendix 1) is attached as a separate document |
| **Warming Up**   * Available in one half of the court - opposite club “bench” |

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| **Matches**   * Matches will be 10 mins x 4 and 8 mins x 4 for years 4-6, quarter intervals will be 2,3,2 minutes * “Benches” on courts 1,2,5 and 6 will be in the end thirds of court 3 and 4, 1 team at each end, benches for courts 9 and 10 will be behind each goal post in the dug outs 1 team at each end. * 1st named team to provide the match ball * Opposition should have a match ball in case it is required * At quarter breaks posts are cleaned by the coach at their team bench end and teams responsible for their own hand and ball cleaning * Clubs print their own score sheet in advance of the match * Umpires to time the match |

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| **Court Area**   * Due to there not being a separate entrance and an exit to the courts it is essential we have staggered starting times. * The entrance is narrow so the timings need to be adhered to and all to walk on the left hand side. |

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| **Timings**  See fixture list. Please ensure that players arrive at your meeting point no more than 5 minutes prior to your court entry time. On leaving the court area, due to the age of the players coaches to escort players to the grass area opposite the courts where parents are to collect the players. Parents to arrive no sooner than the court exit time. |

**Bedford Academy Arrangements**

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| **Parking**   * ALL PARKING IS IN THE MAIN CAR PARK. * Only 1 coach per club to park adjacent to the courts. ORGANSIING VOLUNTEERS will be park next to the courts. |

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| **Toilet Facilities**   * We have use of 1 toilet in the main building. Access to the main building will be unlocked by the site agent, this may take some time dependant where on site the site agent is. In view of this please ask all involved to use toilet facilities prior to leaving home. If toilets are needed please be prepared for a wait. Social distancing is needed when accessing the toilets. * Masks are needed indoors – please ensure you adhere to this |

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| **Facilities**   * Sadly there are No refreshments available due to the covid guidance * Sadly there are No water filling facilities available due to the covid guidance |

**CANCELLATION**

* If a club is unable to fulfil a fixture due to COVID-19 related reasons the match is unlikely to be rescheduled
* Players can play twice for other teams in a club system if they are in the same division or lower, please remember that players can only play 1 match per day, this also includes training or a match in another league. If you have used all players twice then please contact Cathie or Claire for further guidance.
* In the event that Government guidelines change and sporting activity is required to stop then the competition will cease immediately.
* The decision to return Competition Entry fees will be based on a further National Lockdown

**Get In, Play Safe, Get Out:**

* GET IN – arrive changed ready to participate/coach or officiate. Do not arrive earlier than advised above
* PLAY SAFE – safety within sessions and matches **must be taken seriously by all and is the responsibility of everyone.** Players should remind one another of the COVID-19 rule modifications and protocols as much as coaches and officials do.
* GET OUT – clear the court area straight away. Do not congregate at the edge of the courts or at the venue. Shower and change when you return home.

When arriving at Bedford Academy please follow the diagram below:

Key

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|  | Parent, umpire, coach parking |
|  | Direction of travel to and from parking |
|  | Player drop off and collection point, parents to return to car after drop off |
|  | Parking for 1 coach from each club and league organisers |
|  | Player/coach travel to and from courts |
|  | Bench areas for courts |

Diagram

Description automatically generated

Collection

Arrival

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.