



# FENTON MANOR NETBALL CLUB – RETURN TO JUNIOR TRAINING



## COVID-19 JUNIOR MANAGEMENT PLAN

### WELCOME BACK

Thanks to the hard work of everyone involved we are now able to restart netball activities, initially for under 18's albeit in a modified manner. In light of COVID-19, FMNC has had to adapt and implement guidelines from England Netball, the Government and our venue provider to ensure a safe environment for all involved.

Fenton Manor Netball Club are committed to ensuring the health and safety of all players and their families, especially during the Covid 19 pandemic. The recommendations below have been put in place to support the safe return to netball following England Netball guidelines.

Please note that there is no expectation for you or your child to take part in modified netball activity if you do not feel safe or comfortable to do so. You are also within your right to change your mind at any time.

Everyone has a responsibility to familiarise themselves with the game rule modifications, maintaining social distancing off court and for complying with the enhanced risk mitigation protocols that have been put in place both by the club and the venue.

Please read the relevant Care Package for your role on the England Netball Website (link below) i.e all players should read the Player Care Package. There is also information for parents, coaches and volunteers.

[https://www.Englandnetball.co.uk/riseagain/covid-19-care-package/stage-4-covid-19-care-package/?utm\\_campaign=1507385 Stage%20Launch&utm\\_medium=email&utm\\_source=All%20England%20Netball%20Association%20Limited&dm\\_i=4NYO,WB3T,3H5NT1,3ZH79,1](https://www.Englandnetball.co.uk/riseagain/covid-19-care-package/stage-4-covid-19-care-package/?utm_campaign=1507385 Stage%20Launch&utm_medium=email&utm_source=All%20England%20Netball%20Association%20Limited&dm_i=4NYO,WB3T,3H5NT1,3ZH79,1)

*The Fenton Manor Netball Club risk assessment for junior netball, and risk mitigation plan for junior netball are attached as separate documents for you to read and understand. They will also be available in the future by request from the COVID officer, Tracy Jackson – [fentonmanornetballclub@gmail.com](mailto:fentonmanornetballclub@gmail.com)*

*Junior netball is defined for the purpose of COVID modifications as those under 18 years of age.*

### THE COVID COMMITTEE

<u>NAME</u>	<u>POSITION</u>	<u>CONTACT</u>
LEE-ANN BOARDMAN	CHAIRPERSON	fentonmanornetballclub@gmail.com
JILL ALLBUTT	SECRETARY	fentonmanornetballclub@gmail.com
AMY MOUNTFORD	PERFORMANCE LEAD	fentonmanornetballclub@gmail.com
SARA WOOD-EMERY	SAFEGUARDING OFFICER	sarawoodemery@hotmail.co.uk
JULIE DUDLEY	TREASURER	fentonmanornetballclub@gmail.com
TRACY JACKSON	LEAD COVID OFFICER	fentonmanornetballclub@gmail.com
DARREN JACKSON	COVID OFFICER	fentonmanornetballclub@gmail.com

## COVID-19 AWARENESS AND ASSOCIATED RISK

Covid-19 is a respiratory illness that affects your lungs and airways. It is caused by a virus called Coronavirus. Individuals can display a range of symptoms from mild to severe illness. The main signs and symptoms are detailed on the NHS website and you should use the link below to familiarise yourselves with this information <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Should anyone due to attend a planned session display any of these symptoms, they are advised NOT to travel to the venue, but to follow the guidance on the NHS website.

Affected people can also be entirely asymptomatic. Transmission is by respiratory droplets and direct contact with an infected person or surfaces i.e. fomites.

Whilst comprehensive measures have been put in place to reduce the risk of transmission, there is an increased risk associated with taking part in netball.

**It is important that everyone, parents and players, watch the video “Understanding the Risks” included in the Care Package and available on the England Netball link below.** This will help you understand the risks associated with Covid-19 particularly when participating in netball activity. You will also be required to sign to say you have watched and understood the details it delivers before returning to netball activity provided by the club.

[https://www.englandnetball.co.uk/riseagain/covid-19-care-package/stage-4-covid-19-care-package/?utm\\_campaign=1507385\\_Stage%204%20Launch&utm\\_medium=email&utm\\_source=All%20England%20Netball%20Association%20Limited&dm\\_i=4NYO,WB3T,3H5SZH,3ZH79,1](https://www.englandnetball.co.uk/riseagain/covid-19-care-package/stage-4-covid-19-care-package/?utm_campaign=1507385_Stage%204%20Launch&utm_medium=email&utm_source=All%20England%20Netball%20Association%20Limited&dm_i=4NYO,WB3T,3H5SZH,3ZH79,1)

### What Is Your Personal Risk?

If you, your child, or anyone in your household has underlying health conditions and are considered clinically extremely vulnerable or moderately vulnerable, there is increased risk in taking part in netball activity. For the purpose of junior netball this may be those players that have underlying health conditions and/ or identify from a Black, Asian or minority ethnic background.

England Netball have provided the following **Personal Risk Assessment** information sheet to inform you, your family and any other members of your household or support bubble of the medical conditions which could put you or them at higher risk from Covid-19. You should consider the risk to both yourself and others of returning to any netball activity and discuss this with us prior to participation. If you have any specific needs related to your return to netball please discuss these with the clubs Performance Lead Amy Mountford.

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/08/17154330/Ref-13.-Personal-risk-assessment-final.pdf>

### Recovering from Covid-19

If you, your child, or anyone in your household are recovering from COVID-19 you may still be coming to terms with the impact the virus has had on both your body and your mind. This will get better in time, but individual recovery will vary. <https://www.yourcovidrecovery.nhs.uk> is a NHS webpage that offers help and assistance. As a Club member if you If you, your child, or anyone in your household feel ready to return to netball, we recommend that you consult your GP or consultant and take their advice before discussing your needs with your Coach.

## RULE MODIFICATIONS – Stage 4

The following **rule modifications** 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. Managed by umpires and supported by players and coaches.

Circle players must take particular care in adhering to the modifications in the circle and will be continually prompted to do so.

England Netball have also produced the video and infographic (below) to explain these **rule modifications**.

All members (players) are asked to **watch this video before attending any netball sessions**.

Questions will be asked to check understanding and regular reminders will be given by coaches and adult volunteers.

[https://youtu.be/PWehcDeTh\\_A](https://youtu.be/PWehcDeTh_A)

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/09/01164402/Rule-Modifications.pdf>

## YOUR RETURN TO TRAINING

Remember the tag line "**Get In, Play Safe, Get Out!**" as this is how we are advised to operate. A safe and enjoyable return to training will only occur if you all follow the instructions below. It is **EVERYONES** responsibility to keep each other safe.

We have reduced the session times and staggered the start and finish times to avoid large numbers crossing over.

It is important that you take note of the session time you have been given and arrive promptly.

We ask all parents to ensure they are also on time to collect their child at the end of the session again to allow for reduced risk of large groups gathering.

## YOUR PREPARATION

- Renew and have an active EN membership subscription. This can be done via the link sent by EN or by logging into your Engage account and selecting EN membership and purchasing it through the checkout.

- New club members should visit <https://www.englandnetball.co.uk/membership/become-a-member/u18-membership-checklist/> to set up an account and pay their membership.
- Watch the “Understanding the Risks” and “Rule Modifications” videos. Read the England Netball Player Care Package.
- Use the Personal Risk Assessment information provided (link on Page 2) to consider the level of risk to you and your family and friends of your return to netball before deciding whether to ‘Opt in.’
- Complete and return the EN ‘opt-in’ form to Amy Mountford at your first session in order to be able to participate if you feel safe and comfortable to do so. These will be kept by our COVID officer Tracy Jackson.

## BEFORE A SESSION

If you are unable to attend training for any reason please inform your coach as soon as possible.

*\*NO ATHLETE PLAYER SHOULD ATTEND TRAINING IF THEY ARE EXPERIENCING ANY SYMPTOMS ASSOCIATED WITH CORONAVIRUS, OR ANYONE IN THEIR HOUSEHOLD HAS SYMPTOMS OR HAS TESTED POSITIVE FOR CORONAVIRUS AND HAVE BEEN ADVISED THEY ARE REQUIRED TO SELF ISOLATE\**

Please check your symptoms on the EN Health Screening PRIOR TO LEAVING Home.

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/08/18124048/Ref-5a-Health-screening-updated.pdf>

Should you, your child (player) or anyone in your household have any of the symptoms listed you **MUST NOT ATTEND** and are advised to immediately self-isolate and book a Covid-19 test online with the NHS or call 111 if you are unable to use the internet. Similarly, if you are quarantining having returned from a Government listed country within the last 14 days **or are in a household where someone has been sent home from school to self-isolate due to the presence of a positive Covid-19 case, please do not attend any netball activity until you have completed your isolation period or have been advised you can return.**

Arrive changed ready for training (including short nails, no jewellery etc). Players should **NOT ARRIVE** in sliders etc but instead be ready to immediately take to the court.

There are **no changing rooms available** so it may be best to have warm outer clothing and another drink in the car for the trip home.

Hygiene and Sanitisation – Please bring your own sanitiser and wash your hands thoroughly i.e. soap and water for 20 seconds just before leaving the house. Access to toilets is limited so please do this before leaving home. A link to the England Netball Sanitisation Protocol is below. Remember to bring your own netball!

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/08/18094345/Ref-14.-Sanitisation-protocol-1.pdf>

## Travelling to Training

Where possible it is advised that households do not car share to and from netball activity.

Where this is required to happen please ensure you are following the up to date government advice on what this looks like <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

Please note that the adult responsible for bringing the club members whether from the same household or not, are responsible for liaising with the parents of those children prior to the session completing the health screening check list at registration and completing the QR code screening for all players under their care.

If any adult is responsible for children of another household, they must confirm with the parent that no one in their household is suffering from any Covid symptoms or been asked to self-isolate.

This is an arrangement between the parents and not the club.

## DURING A SESSION

### Arrival

- All players will be allocated an arrival slot and court number for their pre session checks and all sessions will be a maximum of one hour duration.
- Please be prompt and if early remain in your cars until your allocated registration time.
- Parents should scan the NHS QR code on arrival at the venue only if they are staying on site. Please remember there are no viewing facilities.
- The venue has a one way system, all players should enter through the EVENTS ENTRANCE and NOT the main entrance. This is clearly signposted.
- All players and coaches will have their temperature checked and be allocated a court and 'safe spot' where they should go straight to and remain until told otherwise.
- Please ensure that you have your phone camera ready to scan the Fenton Manor Netball QR code and complete the registration and wait for your child to have their temperature checked before leaving.
- Please enter the players name and enter the **court number** under the **"group size"**. This is so that we can identify the players who will have come into contact with the individual if one of them contracts Covid 19. There will be several courts in play.
- Any player that spikes a temperature will be asked to leave and should then follow the NHS guidance as above.
- Please remember all persons should wear a face mask within the venue unless on the netball court or outside the building.

### Traffic System and Social Distancing

The venue has its own one way traffic system in place and therefore parents should collect their child from the EVENTS ENTRANCE where they entered and should be there NO MORE than 5 mins prior to the end of the session.

Please note there will be NO viewing galleries open at this time as per the venue risk assessment and parents are not permitted in the court space. The café in the main entrance is open where parents can wait, or alternatively they can wait in their cars. If parents are waiting in the venue they will need to scan the venues QR code for track and trace but NOT the clubs one.

England Netball have produced further guidance to reduce the risks further and club members and parents are asked to familiarise themselves with these. Please use the link below.

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/09/01164356/Social-distancing.pdf>

## Spectators

- As per the venue risk assessment there are currently no spectators allowed in the venue.
- Should you need to be court side with your child due to a medical reason, ~~then~~ this should be discussed with the Lead Covid Officer and Performance Lead prior to the session to see if this can be accommodated whilst still adhering to social distancing.
- If it cannot, ~~then~~ for the safety of all members, the player may not be able to attend until further restrictions are lifted.

## When on Court - “Get in, Play Safe, Get Out”

**\*\*IMPORTANT - Use the hand sanitiser provided on entering and exiting the courts. This will be located outside of all of the main arenas where netball activity takes place. It is also located at the entrance and exits of the venue\*\***

**FACE MASKS** – these should be worn in all areas of the venue when players are not on the netball court. Age and medical exceptions as per the government are permitted. Should any player, member or parent be unable to wear a mask, please can you inform the COVID Officer prior to arrival so that we can be made aware of this and field any queries.

**FIRST AID** – First Aid provision will be available from the venue staff as per the venue major injury protocol. However, players are asked to bring their own plasters etc to apply themselves in cases of minor injury. All club first aiders have been referred to the St Johns Ambulance guide <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders> and EN First Aid Guidance <https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/08/17154339/Ref-15.-First-Aid-Protocol.pdf>

**SESSIONS** - have staggered start and finish times to allow for social distancing and will be 60 mins in length. Sessions will include, return to fitness, ball handling and netball specific skills at a gradual increment to avoid injury. Game modifications will be recapped each session as required but players and parents should familiarise themselves as per the pre session guidance.

**PAYMENT** – in order to reduce congestion at reception, we will be using a pre paid system via an app. Details of this will follow prior to the commencement of training. Please note there will be limited slots within each session and sessions will be filled on a first come, first served basis. Once the sessions are full we will not be permitting any other players to attend. Please DO NOT just turn up if you have not pre paid for your session. We will be checking with the venue who has paid via their electronic record.

**NO SHOUTING, SINGING OR CHEERING** - etc is allowed by anyone, including coaches, so players will need to listen carefully and follow any necessary instruction.

**SANITISATION BREAKS** - have to be taken every 15 minutes maximum. Players will remain socially distanced during breaks and return to their predetermined ‘safe spot’ to sanitise their hands and ball as well as to take a drink. Netball posts will be sanitised with Anti-Bacterial wipes if touched during play. An I PAD will be placed at the court side with a count down clock to ensure this is adhered to and be rest on the recommencement of activity between breaks.

**TOILETS** - facilities will be limited therefore we would advise all players to use their own at home before coming to training. Should players require the toilet during a session then they will need to sanitise their hands on leaving the court, wash their hands thoroughly, and sanitise before re entering the courts. A facemask should be worn at all times when leaving the netball arena.

**EQUIPMENT** - all players should bring their own netball (Yr 6 and below size 4, Yr 7 and above, size 5). These should be sanitised between each session. Equipment sharing will be kept to a minimum ~~as able~~ and any shared equipment will be sanitised between activities. We request that the players name is put onto the ball.

## **AFTER TRAINING**

Wash your hands as soon as possible. Everyone must shower and change at home including coaches and other officials. It is also advisable to wash any clothing that has been worn at the session straight away.

Coaches, Covid Officer and other Adult Volunteers will be responsible for washing bibs and sanitising other Club equipment used in the session.

In the event of developing symptoms of Covid-19 you must self-isolate and contact the NHS to arrange a test. In the event of a positive test result **you must follow** the guide provided in the link below and contact Fenton Manor Netball Club's Lead Covid Officer ~~is~~ Tracy Jackson on [fentonmanornetballclub@gmail.com](mailto:fentonmanornetballclub@gmail.com)

<https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2020/09/01161030/Ref-11a-what-might-happen-with-test-trace.pdf>

## **BREACHES IN GUIDANCE**

Breaches of the rules and guidance will be taken extremely seriously and could lead to the use of the Club's Disciplinary process and possible expulsion from training and ultimately the Club.

1. Whilst on court, junior players will be regularly reminded by all volunteers and coaches of the need to socially distance and to abide by the rule modifications.
2. Should a player consistently fail to abide by the required rules and regulations they will be verbally warned that the next step is removal from the training session and their parents will be informed. In this case the Club Lead Covid Officer and Club Safeguarding Officer will also be informed.
3. Persistent or intentional breaches of the rules will require the suspension of the player from netball activity whilst their case is investigated by the Lead Covid Officer in accordance with the Club's Disciplinary Process.

## **CANCELLATIONS**

The reasons a session may be cancelled include:

- Two players or more within the Junior Section test positive for Covid-19 within a 14 day period.
- If Government regulations change, if Stoke-on-Trent is placed under local lockdown measures that prevent participation or England Netball are forced to suspend netball activity at the current stage 4a possibly due to a rise in infections attributable to the return of netball activity.
- Absence of sufficient Level 2 Coaches.
- Restrictions at the venue.
- Persistent breaches of COVID procedures.

In the event that any of the above occur, every attempt will be made to inform everyone as soon as practicable.

## REVIEW AND FEEDBACK

The Club's Junior Risk Assessment and Mitigation Plan will be reviewed regularly by the Covid Officers and the committee. This will initially take place 2 weeks following the first session then monthly thereafter. Should you wish to provide feedback as part of this process, please do so by emailing Lee-Ann Boardman – Club Chairperson [fentonmanornetballclub@gmail.com](mailto:fentonmanornetballclub@gmail.com)

If any parent or player has any concern regarding a breach in our Covid 19 procedures or policies they can contact any of the Covid Officers or a member of the committee. This will be treated in a confidential manner.

**REMEMBER....GET IN, PLAY SAFE, GET OUT!**

Kind Regards,

FENTON MANOR NETBALL CLUB