

## Return To Play FAQs

To help you understand what this means for netball, we have also pulled together some handy FAQs. If you can't find the answer you are looking for below please direct your query to [welshnetball@welshnetball.com](mailto:welshnetball@welshnetball.com)

### General

- **So much is unknown currently, why have you released the plan now?**

The Return To Play (RTP) 'roadmap' is aligned to and takes into consideration the latest Welsh Government and medical advice. Our plan intends to provide the netball family with information around what the return to netball could look like and is agile enough to change as and when government guidance is updated.

Our RTP provides the netball family in Wales with a framework for returning to netball that places the health & safety of everyone involved in the game as its primary focus.

- **What are the key elements behind the RTP?**

The RTP is based on 5 key principles as below:

- The health and safety of members
- The guidance aligns to Welsh Government rules and is flexible to allow for changes to be applied quickly as they become possible
- The guidance is to be applied alongside additional rules provided by venue operators
- The guidance is based on clubs, organisations and individuals complying with the requirements

- **Are Welsh Netball members covered from an insurance perspective?**

Welsh Netball members are insured to undertake activities that are defined at each Stage of the RTP roadmap.

Should any club or individual make an insurance claim (or protect themselves from liabilities) during the duration of the Coronavirus pandemic, their prospects of a successful claim would be affected on evidencing that they had complied with Welsh Government and Welsh Netball's RTP guidance.

- **What can I do now as a result of the latest Government guidance?**

We are currently in Stage 1 of our RTP roadmap, which means that netballers can now undertake netball fitness activity in an outside space. You are able to meet up with up to one other household and participate in netball fitness activity together providing teammates from different households stay a minimum of 2m apart at all times. Equipment sharing with persons outside of your household is not permitted.

The Welsh Government has not yet deemed it appropriate for close contact activity to commence so any form of netball training, small sided games, match play and competition is not yet permitted.

- **What is netball fitness activity?**

Netball fitness activity is individual activities and practices that focus on building fitness and ball handling. It can include wall work and ball familiarisation skills although sharing of equipment and netballs is not permitted and players need to be able to keep a minimum of 2m apart at all times.

- **At the end of our netball fitness session, can we enjoy any type of game?**

No, unfortunately not. We know many of the netball family have a competitive streak. For the time being competition can be introduced through trying to improve upon your time/count of some of the activities or even a team race to beat your PB in a specific exercise/activity. We're sure the Netball Family has lots of creativity in terms of bringing this to life across teams within your club or maybe against another team or club, albeit virtually.

- **Do these sessions have to be outdoors?**

Yes, if meeting with teammates from other households. Indoor netball activity of any nature is not yet permitted. Netball fitness activity should take place outdoors in line with the latest Welsh Government guidance. You should always ensure the area is safe and the venue risk assessment document should be used.

- **If I am in the clinically extremely vulnerable category, what does this new Government guidance mean for me?**

If you're clinically extremely vulnerable and at high risk of getting seriously ill from COVID-19, you're strongly advised to stay at home as much as possible and keep visits outside to a minimum (for instance once per day). If you wish to spend time outdoors (though not in other buildings, households, or enclosed spaces) you should take extra care to minimise contact with others by keeping two metres apart. If you choose to spend time outdoors, this can be with members of your own household. If you live alone, you can spend time outdoors with one person from another household (ideally the same person each time). The Welsh Government guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from coronavirus is here - <https://gov.wales/guidance-shielding-and-protecting-people-defined-medical-grounds-extremely-vulnerable-coronavirus-0>

- **What is an 'extended household'?**

The Welsh Government announced that from 6<sup>th</sup> July, two households will be able to join together to form an "extended household".

A household means a group of people living in the same home. A household can be one person living on their own, flatmates, or a family living in the same home. What's important is that it's always the same people and the same home.

In effect the people in the two households become part of a single household and enjoy the same legal freedoms a household has – they will be able to meet indoors and have physical contact. They can also stay in each other's homes.

Further guidance, including the key rules on extended households can be found here:

<https://gov.wales/guidance-extended-households-coronavirus>

- **What does the extended household mean in relation to the RTP roadmap?**

Currently up to two households can come together to participate in netball fitness activity at a socially distanced level.

An extended household would be considered as one household. Therefore, the extended household would be permitted to meet up with one other household to participate in netball fitness activity. Social distancing between the extended household and other household should still be applied.

## **COACHES**

- **What does this mean for coaches?**

Netball fitness activity can now be led by qualified UKCC Level 2 (or above) netball coaches. Sessions must take place in outdoor spaces. If the netball fitness activity is being coached, a Level 2 qualified coach can oversee up to one other household. Socially distancing should be enforced and no equipment sharing between households. For Welsh Netball's coaches insurance to be valid, those leading netball fitness coaching sessions must comply with the following requirements:

- A risk assessment of the space must be completed before activity commences
- If participants are under 18 years old, the coach must have an in-date (no less than three years old) DBS certificate
- There should be a first aid kit on hand at any Coach led netball fitness activity. Guidance on delivering first aid during the Coronavirus pandemic is available on the St John Ambulance website: <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>
- If running junior sessions, we recommend more than 1 adult is present. 1-to-1 coaching is not permitted.

We know for coaches, this is unlike any coaching you've done before. Over the coming weeks, coaches will be able to access hints and tips for running great netball fitness activities via our 'NET-Fit' sessions.

- **Does the coach have to be from one of the two households?**

Yes, any coaches must be from one of the two household permitted to undertake netball fitness activity together.

- **Can I run netball fitness activities for juniors?**

Yes, if you are a qualified UKCC Level 2 Netball Coach with membership to Welsh Netball and an in date (no less than three years old) DBS certificate.

Coach to child ratios should be adhered to.

If parents wish to stay, they may remain in the vicinity but must maintain a reasonable distance to not be deemed part of the activity.

- **Can I run netball fitness activities virtually?**

Yes, on the basis that the following criteria are met:

- You are a qualified UKCC Level 2 Netball Coach with membership to Welsh Netball and an in date (no less than three years old) DBS certificate
- The activity being suitable to be undertaken in someone's home
- The coach reminds participants to check their surroundings are clear and to keep any pets of distractions away during exercise
- The coach should specify at the start of any video that this is general guidance and anyone doing the exercise should be aware of their own capabilities and only do what they are comfortable to do or seek medical advice if in any doubt
- The coach should remind participants to stay hydrated
- The coach should be mindful with regard to the use of copyrighted music/material

If there is anyone under the age of 18 or an Adult at Risk, there are additional safeguarding points that need to be considered:

- Coach to child ratios should be adhered to
- Written consent from parents should be gained and explain what the purpose of the training is, when it will be done, and on what platform it will be delivered
- Use an online-share platform – that way the coach will not necessarily need access to the children's contact details and only use it for the purpose of the training
- Coaches should not make contact with participants outside of the training unless with parental consent
- Ensure that you and the athletes wear appropriate clothing at all times

- **As a Coach, am I covered by Welsh Netball's programme of insurance to deliver netball fitness activities?**

Providing you are a qualified UKCC Level 2 (or above) Netball and an Individual Member of Welsh Netball, you are covered to deliver netball fitness activity through Welsh Netball's programme of insurance (which includes public liability, products liability and professional indemnity) providing both the Government guidelines and Welsh Netball recommendations are met.

- **Are participants covered by Welsh Netball's programme of insurance during netball fitness activities?**

Participants with a valid Individual Membership are covered by Welsh Netball's programme of insurance for Personal Accident during their participation in netball fitness activities, as long as the activity is facilitated by a UKCC Level 2 (or above) Netball Coach. Government guidelines and Welsh Netball recommendations must also be met.

- **Is the Roadmap and this guidance applicable for adults and juniors?**

Yes it is, from the youngest Netball Tot to the oldest Walking Netballer; this roadmap and associated guidance is applicable. If there are any specific differences in the future, we will highlight them.

## **LINKS TO USEFUL GUIDANCE AND SUPPORT:**

**Sport, recreation and leisure: guidance for a phased return** - <https://gov.wales/sport-recreation-and-leisure-guidance-phased-return>

**Guidance on protecting yourself and others from coronavirus** - <https://gov.wales/protect-yourself-others-coronavirus>

**Hand hygiene** - <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

**Guidance on extended households** - <https://gov.wales/guidance-extended-households-coronavirus>