

## Welsh Netball ‘Return to Play’ Roadmap: STAGE 2: Information and Guidance for Clubs

Throughout the COVID-19 pandemic, all netball activity in Wales has been suspended. This has been in line with Welsh Government regulations and this difficult decision was made in order to safeguard the health and safe of Wales’ netball community.

Recently, Welsh Netball published its ‘Return to Play’ roadmap, which provides our members with an overview of what our return to netball could look like as COVID-19 restrictions begin to be eased. The roadmap allows for the safe return of netball activity based on progressive stages of increased activity depending on the extent of government restrictions **and** Welsh Netball’s understanding of the medical, scientific and risk factors involved in netball activity.

Following the Welsh Government’s review of COVID-19 restrictions on Friday 10 July and our own consideration of these changes, we are pleased to announce that as of Thursday 16 July, we will move from Stage 1 to Stage 2 of our ‘Return to Play’ journey.

The move from Stage 1 to Stage 2 means a number of changes that involve an increased level of netball training activity for individuals and clubs. The changes between Stage 1 and Stage 2 are illustrated below:

Feature	Stage 1	Stage 2
Participants	Only those from your own household and/or those from <b>one</b> other household	Organised groups of up to <b>15</b> people from any households
Effective from	Friday 3 July	Thursday 16 July
Setting	Outdoors <b>only</b>	Outdoors <b>only</b>
Equipment	<b>No</b> equipment sharing	<b>No</b> equipment sharing
Matchplay	<b>No</b> matchplay or small sided games allowed	<b>No</b> matchplay or small sided games allowed
Coaching	One to one sessions only in line with the rules around only training outdoors with one other household	Coaching of small groups permitted and coaches to be included in maximum group size
Contact	<b>No</b> physical contact permitted	<b>No</b> physical contact permitted

A return to training will be a welcome development for clubs, netballers and coaches across the country. However, there will be a number of areas for consideration in how clubs organise training sessions under Stage 2 of the ‘Return to Play’ roadmap. These considerations will help minimise risk and keep all participants, as well as the wider community, safe.

The first thing to consider will be where you train. The points below should be considered in advance of organising a return to group training:

- You should not seek to train indoors at all. This is in line with our 'Return to Play' roadmap and is in line with Welsh Government regulations.
- Outdoor spaces are not always public, so you should ensure that you are permitted to train there. Many leisure centres and schools are closed and their outdoor facilities are not open at the moment.
- Please ensure that you are complying with the rules and regulations of any outdoor facility you may use.
- You should conduct a risk assessment of the venue where you train, especially if it is one that you are new to or unfamiliar with.

Another area for consideration is the type of netball activity you wish to host and take part in. Things to consider in advance include:

- All netball fitness activities should be safe to participate in with a 2-meter distance between participants. The 2-meter distance does not apply to those from the same household.
- Training sessions can consist of a group of up to 15 people, including the coach.
- No equipment sharing should take place.
- Clubs are encouraged to continue hosting online training sessions, which can be a useful supplement to the small group physical training sessions that are now permitted.

Finally, clubs need to consider the health, safety and welfare of members ahead of a return to organised training:

- Communication is key. Coaches should check-in with players ahead of the return to organised training. Some people may be anxious about going out in public and meeting up in groups again. Participants may also have underlying health conditions, which mean that they are not ready to return to group training.
- Communication is also important with parents of junior netballers. Children will not have participated in organised sporting activity for some months and they will need help understanding the new rules and what they can and cannot do.
- Participants must be made aware that they are not to attend any training if they are unwell. If they are showing any of the three main symptoms of COVID-19 (a high temperature, persistent dry cough, or loss of sense of smell) then they should self-isolate and make arrangements to access a COVID-19 test.
- Contact information may have changed since you last met as a group so please ensure that the information that you hold is up to date.
- All safeguarding processes and policies remain in place and coaches must hold an up to date DBS check.

- As ever, groups should have a nominated First Aider. First Aiders should seek to familiarise themselves with the latest practice for administering First Aid in the current context.
- You should keep records of who has attended training sessions. This will help NHS Track and Trace in the event a participant tests positive for COVID-19.

As ever, Welsh Netball is grateful for the patience and understanding of our members in how we move carefully towards the resumption of netball activity. We will be carefully monitoring these changes as they are implemented and will be considering future government announcements for how we can further progress along the 'Return to Play' journey. As ever, the health and safety of the netball community is our number one concern.

If you have any questions regarding the move from Stage 1 to Stage 2, then please get in contact with Welsh Netball via e-mail: [WelshNetball@welshnetball.com](mailto:WelshNetball@welshnetball.com)

Further updates and information will be made available via the Welsh Netball website and will be featured on our social media channels and our mailing list.