

Hygiene in Netball

The new equipment sharing rules for Netball in Wales

Welsh Netball have now progressed to Stage 3b on the Return to Play (RTP) roadmap. This means that some pieces of equipment can be shared amongst small groups of players. **Remember that stage 3b is still Outdoor Fitness related activity only.**

Please see the table below for further detail on what equipment can be shared and how:

Specific Equipment	Can it be shared?
Netballs	<p>Yes. You can now use netballs in small groups (No more than 6 players) These small groups must remain the same throughout the session and must use the same ball/balls.</p> <p>A group cannot trade their ball with another group, nor should they place their balls in close proximity with another groups.</p> <p>All balls should be cleaned with antibacterial wipes/disinfectant spray before and after each session as well as every 15 minutes during the session.</p> <p><i>Tip: Create designated ball nests for each group of 6 and nominate a ball cleaner from each small group</i></p>
Bib	<p>No. Research has shown that due to their porous surface, bibs can transmit virus molecules very quickly. Bib sharing should be avoided at all costs.</p> <p><i>Tip: If your fitness activity involves bibs then ensure they are washed before and after the session. Give each player a bib to be worn by only them during a session</i></p>
Cones/Markers	<p>Yes. The coach should be the only person that needs to touch these. However, if you are planning a fitness activity that involves the touching of cones/markers by players this should again be done in the groups of 6 with each group having their own set of markers</p> <p><i>Tip: Create separate equipment bags for each small group and include antibacterial wipes and hand sanitizer in each bag</i></p>
Whistle/Coaching Equipment	No. These should only be used by the coach.
Water bottle/ Towel	<p>No. Both these items should be used by their owner alone and not shared under any circumstance</p> <p><i>Tip: Ensure bottles and towels are clearly marked with the players name and that players are social distancing within their small groups at drinks breaks</i></p>

Hurdles/Ladders/Fitness Equipment	Yes. These can be shared so long as social distancing (2m) is always adhered to. The coach should be responsible for positioning them and retrieving them
Netball Posts	If your fitness session does incorporate a shooting element, then ensure that: -The coach is the only one to position the post -The post is wiped before and after use (and if touched) -Players are always 2m apart when using the post

Why does good hygiene matter?

Good hygiene practice, by leagues, clubs, workforce and players, will be essential in stopping the spread of coronavirus and will allow us to enjoy the sport we love.

Failure to follow good hygiene practice may lead to an increase in the number of people contracting coronavirus, which in turn could result in a return to a more restrictive lockdown, preventing people taking part in many forms of physical activity.

- Players and coaches should take regular breaks to sanitise their hands and the equipment
- Bins should be used for the quick disposal of cleaning wipes and substances
- Players should bring their own hand sanitiser and wipes (to clean hands before sanitising)

I don't have access to cleaning fluids when I am coaching outdoors, should I use a towel to clean equipment such as a ball?

No. A towel or cloth repeatedly used to wipe clean a surface, such as a ball is not advised. Bacteria from the ball or other item of shared equipment will only lead to the spread of disease. Disposable paper towels and cleaning spray should be used and disposed of after a single use.

Can we stop for a snack during training?

Eating encourages us to touch our faces and this should be avoided where possible. If you need to snack during training, it is important that you clean and sanitise your hands first and again once you have finished eating.