**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

**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 3b of our RTP roadmap, which means that netballers can now undertake netball fitness activity in an outside space in a larger group. You are able to meet up in groups of up to 30 and participate in organised, coach led netball fitness activity together; providing teammates from different households stay a minimum of 2m apart at all times. Limited equipment sharing with persons outside of your household is now permitted within smaller sub-groups of up to 6 participants.

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 within groups of 6 and players must be able to keep a minimum of 2m apart at all times. For guidance on the hygiene of equipment and equipment use in netball, please see our Resources section on our website.

* **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 6th 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>

**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. 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 a Coach was holding one-to-one Coaching sessions with a Junior, we recommend that there are at least two adults present to ensure the Safeguarding of all involved. The Coach running the session and a parent of the Junior must remain present for the entirety of the session. This will provide the parent with reassurance of their child's safety and they are able to monitor the level of coaching provided and the progress of the Junior at the sessions

We know for coaches, this is unlike any coaching you’ve done before.

*UKCC Level 2 Coach – this is currently under review by Welsh Netball and will be updated as soon as possible.*

* **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 remain socially distanced from the participants and others to not be deemed part of the activity.

*UKCC Level 2 Coach – this is currently under review by Welsh Netball and will be updated as soon as possible.*

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

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

* + 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

*UKCC Level 2 Coach – this is currently under review by Welsh Netball and will be updated as soon as possible.*

* **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.

*UKCC Level 2 Coach – this is currently under review by Welsh Netball and will be updated as soon as possible.*

* **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.

*UKCC Level 2 Coach – this is currently under review by Welsh Netball and will be updated as soon as possible.*

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

Yes, 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.

* **Can I organise two groups of 30 people to complete an activity session at the same time?**

No, no more than 30 people can attend a netball fitness activity session.

Simultaneous gatherings of individuals and groups up to 30 people are allowed within a large space, as long as the space allows for physical distancing, with groups and individuals separated and managed safely. This should only be considered where space is sufficient to allow 100sqft per person, as set out in UK Active Guidance, where entry and exit for individuals and groups can be managed, and where the space can be partitioned so individuals and groups do not interact, without limiting the ability to allow appropriate ventilation and control environmental factors such as humidity in each space.

**#NetsGetReady**

* **Who requires a COVID-19 Co-ordinator?**

Every netball organisation including regions, counties, clubs and leagues require this role to be in place, this is mandated by Government. Even if you are a small team of 7 players, you are still required to fulfil all the mandatory requirements to return to court.

* **Where can I find further information about the COVID-19 Co-ordinator?**

All information regarding the COVID-19 Co-ordinator Role is available at <http://www.welshnetball.com/c19/#covidperf> under the #NetsGetReady tab.

* **Where do I access COVID-19 Co-ordinator training?**

Welsh Netball have completed four training sessions to date and there are currently no further sessions planned.

We are reviewing the delivery of the course to members that have not yet attended and we will email those Clubs directly.

* **If I have attended COVID-19 training elsewhere, do I need to attend netball specific training?**

Yes, there will still be netball specific content within the #NetsGetReady Guidance that you are required to understand in order for your organisation to return to netball fitness activity.

* **Can we have more than one COVID-19 Co-ordinator?**

All netball organisations require a COVID-19 Co-ordinator. For larger organisations, you may consider having multiple volunteers undertaking this role. They must be identified on your #NetsGetReady online registration form. Welsh Netball recommend no more than 2 people undertake this role, to ensure your organisation identifies a lead Co-ordinator responsible for completing a register and risk assessment.

* **Does a COVID-19 Co-ordinator need to be a member?**

Yes, your nominated COVID-19 Co-ordinator must be an affiliated member for the current Season.

* **What are the consequences for not appointing a COVID-19 Co-ordinator?**

The netball organisation will be unable to progress to deliver Stage 4 Modified Netball Training under the mandated requirements that are permitted by Government.

* **How often does a COVID-19 Co-ordinator need to attend training sessions?**

Best practice for a club COVID-19 Co-ordinator would be to attend the first few sessions of a clubs training, once they have restarted, to ensure the below are being handled according to advice given in the training.

If a club has returned to training and completed a few sessions, the COVID-19 Co-ordinator should ensure the below are being dealt with correctly (this can be done via their attendance at the session or a telephone call with the coach/other responsible volunteers in charge):

-Completing a Risk Assessment

-Taking register (for track and trace)

-Participants agreeing to symptom statement

-Ensuring social distancing

-Ensuring equipment sharing and hygiene guidelines are being adhered too

We realize for large clubs it is unfair and unrealistic to ask one individual to be at every session. The COVID-19 Co-ordinator for the club needs to be confident that whoever is administrating the session in their absence is following correct protocol.

* **If a participant catches COVID-19 after they have attended a training session, can I inform all other participants to self-isolate?**

No, it would be the job of the TTPS to inform other people to isolate. You should NOT inform anyone yourselves as you will not be able to arrange tests or risk giving incorrect advice. TTPS staff are trained to give support to people who will understandably be potentially upset and distressed.

* **What happens if you are a confirmed contact?**

If you are identified as a confirmed contact, you are at an increased risk of catching the disease and passing it on to others. The contact tracer will get in touch and ask you to self-isolate for 14 days.

Members of your family are not required to self-isolate, but they should follow the general social distancing guidance and avoid contact with you whilst you are isolating at home.

* **Are NHS and healthcare workers able to participate in netball fitness activity or are they classed as high risk?**

All NHS and healthcare workers who may have contact with COVID-19 patients as part of their work, **should be** permitted to engage in group sporting activities.  The advice we have received on this, is that if they were wearing recommended PPE (as is required) they will not be classed as contacts for the purpose of self-declaration.

**Local Lockdowns**

As Local Lockdowns are being implemented across the entirety of South Wales, we are recommending you view the Welsh Government FAQs on the topics for each County: <https://gov.wales/local-lockdown>

Following Friday 16th October’s announcement from Welsh Government with regards activities for children and crossing the lockdown boundaries, please see below information.

* **Can sport, leisure and recreation facilities remain open?**

Yes, the operators of these facilities must take all necessary measures to manage risk and maintain social distancing, and a gathering of people to exercise or play sport, both indoors and outdoors, must not exceed 30 people.

* **I have mobility problems and need to drive to exercise – can I do that?**

Yes, people with specific health or mobility issues may need to travel by car from their home to exercise, including possibly outside the County Borough Council area if there is a good reason for this. For example, some wheelchair users or users of mobility scooters may not be able to exercise immediately outside their homes for practical reasons. In such circumstances the journey should be to the nearest convenient accessible location.

**Adults (Age 18+)**

All sport and physical activity must be carried out within the home county, unless there are specific health care reasons why this cannot be done.

* **Who can I complete netball fitness activity with?**

You can only complete netball fitness sessions with others from within the local authority area, providing you maintain social distancing, and comply with the steps in the current stage of the Roadmap.

* **Can I drive somewhere to exercise or play sport?**

Yes, providing you remain within the County Borough Council area. **You should not travel to areas outside the county to participate in organised netball fitness activity.**

* **My Club are due to train this month, are we still able to do so?**

Yes, your Club are still able to complete organised sessions, providing the below is observed:

- all participants at the training sessions must be from the County Borough only, there are no exceptions to this

- participants outside of the Borough will need to be informed they are unable to attend the training session

- participants being ask not to attend due to local lockdown must be noted on your risk assessment by your Covid Co-ordinator

- the leader of the session (Coach) must be comfortable running the session and confident that those attending are situated within the borough

- Covid Co-ordinator must ensure the register is completed and stored safely and correctly

- if there are any further Welsh Government announcements that alter the guidance for the local lockdown, these must be adhered to.

**Children (Age 17 and under)**

* **Who can I complete netball fitness activity with?**

You can complete netball fitness sessions with your Club, providing you maintain social distancing, and comply with the steps in the current stage of the Roadmap.

* **Can I drive somewhere to exercise or play sport?**

Yes, you can travel to another local authority, even if they are in a lockdown, providing you are accompanied by one responsible member of your household over the age of 18.

* **Can the responsible member of my household stay to observe the netball fitness session?**

No, they are not allowed to remain at the training to observe the session.

* **My Club are due to train this month, are we still able to do so?**

Yes, your Club are still able to complete organised sessions, providing the below is observed:

- your Club must be fully compliant with the current stage on the Return to Play Roadmap

- Coaches that are over 18 running the session are not able to travel into another area if the local authority is in lockdown

- if there are any further Welsh Government announcements that alter the guidance for the local lockdown, these must be adhered to.

**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>

**Welsh Government FAQs Local Lockdown -** <https://gov.wales/local-lockdown>

*These FAQ’s relate to Version 3b of Welsh Netball’s ‘Return to Play’ roadmap published on 10/9/2020*