

Return to Play

Frequently Asked Questions

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To help you understand what 'Return to Play' means for netball, we have also pulled together some FAQs. If you can't find the answer you are looking for below please direct your query to welshnetball@welshnetball.com

This document has been updated to support the 'Return to Play Key Dates' Graphic published on Tuesday 18th May 2021.

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

This document has been updated to support the 'Return to Play Key Dates' document which shows exactly what activity is allowed for each age group (Under 18s and Adults) at each key date on the journey.

U18 is determined as any individual who was under the age of 18 on 31st August 2020.

Clubs must have completed NetsGetReady in order to run modified netball training and fixtures. This is to ensure safety for all involved and to minimise the spread of the virus.

All clubs organising sessions are advised to ensure that the facility they are using has booked in appropriate time to clean the facility before and after use.

You should always ensure the area is safe and the venue risk assessment document should be used.

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

Participants with a valid Individual Membership for the current Season are covered by Welsh Netball's programme of insurance for Personal Accident during their participation in all Stages of the return to play document as long as the activity is facilitated by an appropriately qualified Netball Coach. Government guidelines and Welsh Netball recommendations must also be met.

Qualification requirements changed on the 1st December 2020, visit www.welshnetball.com for details.

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.

- **As an Umpire, can I now be involved in the modified netball sessions?**

Yes, Umpires are allowed to umpire games during training sessions according to the modified netball rules (See separate graphic in the Resources tab at <http://www.welshnetball.com/c19/>). Please pay attention to group sizes to ensure you are not causing a training group to exceed maximum size (particularly with adult groups).

- **Can I organise two groups of 30 (indoors) or 50 (outdoors) people to take part in an activity session at the same time?**

Simultaneous gatherings of groups and individuals are allowed in large spaces, where there is sufficient space to do so safely and independently. The entry and exit for individuals and groups must be managed, participants and coaches are not to swap between groups and the sessions must be organised separately.

Where there are two Netball courts side by side, separate groups can occupy each court, but every effort must be made for them to remain completely separate throughout the session and entry/exit times to court must be staggered.

Stand down time between activities.

After consultation with our Chief Medical Officer, we have introduced a 24-hour standdown period between activities. What this means is that a player cannot undertake 2 separate group activities (e.g., Netball Training and then a Netball fixture against another team) within 24 hours of each other. This period will provide a short window for any potential symptoms to develop, thus protecting the individual and their teammates.

The exemption to the 24 hour rule is that if the individual is able to take a lateral flow test (Available to order free [here](#)) after one activity and gets a negative result they can then join another activity immediately.

It is the individual's responsibility to undertake a lateral flow test and await the result before joining another session, not that of the coach, umpire or covid co-ordinator.

This guidance only applies to players, not the workforce. A coach, umpire or other member of the workforce will have observed social distancing so can participate in sessions one after another, provided they thoroughly sanitise their hands in between delivery.

Please note that this guidance is set by Welsh Netball and may vary across other sports or countries.

Indoor Specific Info

- Anyone not physically participating in the activity must wear a mask, unless they are exempt, or unless it interferes with the health and safety of the person. This includes players arriving and leaving the session.

- Airflow is required:
 - Open doors and windows where possible – ensure you check with the venue if you only have access to a fire door.
 - Air con should be turned off – you should request this with the facility upon booking.

Outdoor Specific Info

- Outdoor Gatherings are now allowed under Welsh Government guidance issued on the 4th June
- Outdoor Gatherings involving over 100 people needs to be approved by Welsh Netball at least 3 weeks before
- For larger gatherings (Over 250 but varies across Local Authority) consultation has to happen with the Local Authority Safety Advisory Groups who will consider, amongst other things, the wider impact of the gathering. Numbers (10,000 Seated and 4,000 standing) are the maximum based on there being adequate space. All gatherings have to utilise track and trace.

#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.

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

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

- **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.

- **How do I know when my Club are #NetsGetReady?**

Your Club Secretary will have been contacted by Welsh Netball to inform them of the current Stage of certification of the Club. If you are #NetsGetReady, your COVID-19 Co-ordinator will receive the applicable documentation when you are certified.

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

Please email welshnetball@welshnetball.com and request training for your nominated COVID-19 Co-ordinator and include your Club name if applicable.

- **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.

- **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.

General

- **Should clubs temperature check players on arrival?**

No, this is not essential. A high temperature is not necessarily an indicator that someone has COVID-19. An individual can have a high temperature for a number of reasons, some of these reasons might be sensitive and personal to the individual therefore temperature checking is not deemed necessary.

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

If you are clinically extremely vulnerable and at high risk of getting seriously ill from COVID-19, you're advised to follow the same rules as the rest of the population in Wales, as these are designed to minimise the spread of the virus, but also take extra precautions.

If you wish to re-join your club, please seek advice from your Doctor first.

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>

- **Can I run netball 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 regarding 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 always wear appropriate clothing

Qualification requirements are changing on the 1st December, visit www.welshnetball.com for details.

- **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 and 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 and will advise you on next steps.

- **Are NHS and healthcare workers able to participate in netball 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, **are** 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.

Safeguarding and First Aid

Please note that none of the measures to control the spread of Covid-19 should ever interfere with or put at risk people's health and safety.

In the event of any type of emergency, be it a fire, an accident, an injury, at no time should a concern for any rule or law cause any delay in the response to an emergency or the treatment of any casualty. Delaying first aid treatment due to a concern about proximity to another person may result in unnecessary suffering or a poorer outcome, even a fatality.

First aid and emergency response staff should keep their knowledge up to date. First aid kits should be stocked with a good level of PPE such as masks, gloves, and face shields. These items will reduce any risk to those administering first aid.

The additional work involved in covid security must not reduce the effectiveness and implementation of safeguarding procedures. Never be tempted to take short cuts with safeguarding procedures. The current pandemic and pressure on facilities and staff may provide opportunities for those that would seek to harm children and others at risk to gain access to them.

Hygiene in Netball – Updated 9/6/2021

Equipment sharing rules for Netball in Wales

Welsh Netball have now released their Key Date document for Return to Play; this means that some pieces of equipment can now be shared amongst groups of players.

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

Specific Equipment	Can it be shared?
Netballs	Yes. You can now use netballs in larger groups (up to 30) All balls should be cleaned with antibacterial wipes/disinfectant spray before and after each session as well as every 15 minutes during the session.
Bib	Not advised. If you must share bibs amongst small groups of players because there is no other solution available, please ensure the bib is disinfected with a suitable spray before it is given to another player. Due to their porous nature bibs can transmit virus particles very easily.
Cones/Markers	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 small groups of 6 with each group having their own set of markers
Whistle/Coaching Equipment	No. These should only be used by the coach.
Water bottle/ Towel	No. Both these items should be used by their owner alone and not shared under any circumstance. <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>
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	Yes, but the following is best practice: -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 do not 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.

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>

END.