



Covid Report 1

For those of you who don't know me, I'm Tracey one of Princes Risborough level 2 coaches, (mainly in the junior section); I'm also the manager of HWDJNL. I have been appointed the new mandatory role of Covid Officer for the club with Vicky Bennell as my assistant (Safe Guarding Officer and level 2 coach). Together we will be working to provide you with the information needed to return to the courts. This is the first time in history netball has ever stopped and living through a pandemic is certainly new for all of us, so it is important everyone takes note of the new rules and guidelines following everything carefully to keep everyone safe. The information that we will be giving you over the weeks, months ahead is in line with England Netball and Government guidance.

England Netball has been working extremely hard behind the scenes to get everyone back playing as quickly and as safely as possible. As you are all aware now of coronavirus, Covid 19, and the effects it has had on everyday life and how it can be spread, I'm sure you can appreciate the risk in our sport. COVID-19 can be transmitted in 3 ways:

- Droplet transmission when in close contact with others
- Fomite transmission by sharing of equipment like netballs and bibs
- Airborne transmission which is a risk particularly when indoors.

Unfortunately, netball falls into the category of high risk under the government guidelines. Thinking about netball specifically:

- It is a game that can be fairly static in nature
- You have 3 seconds to pass the ball,
- We defend face to face at a 3 foot (0.9m) distance
- A netball is passed by hand continuously around multiple people
- It is also a game that is often played indoors
- The Netball Family are a very friendly group and have traditions such as 3 cheers, handshakes and high fives in close circles

England Netball have produced a roadmap detailing the different stages of the progression in returning to courts, however the stages to return may differ between areas, levels and groups. The road map can be found on England netball website www.Englandnetball.co.uk along with the most up to date information.

Alongside constantly reviewing this roadmap EN have been looking at statistics watching hours of netball coverage to work out risk factors for each position right across all levels and ages. They had to submit their findings and evidence to the Government and details of the modifications that would need to be made in each stage. From 1st June 2020 the road map moved to stage 2, (6 people on a court, 1 being the coach, 2m spacing and limited equipment sharing) our club committee decided that it was very limited what could be achieved from this and have waited for a later stage of the roadmap to be reached.

On 18th August 2020 EN announced the move to stage 4a and currently we still sit here. This allows 30 people on a court and new rules being brought into place. The new rules which are now in place temporarily (whilst the pandemic continues and until government lifts restrictions) for all training and matches are

- 4ft spacing for the start of play
- 4ft marking
- 4ft position of penalised player
- Removal of toss ups
- Removal of idle interactions

There are strict guide lines to follow whilst on court also:

- All players must not position within 4ft (1.2m) of any other player
- GA/GD/WA/WD can position as normal at any point along the transverse line but must maintain a distance of 4ft (1.2m) from each other
- GS/GK are required to start inside the Goal Circle 4ft/1.2m apart
- Centres can position as normal but must maintain a distance of 4ft (1.2m) either at the Centre Circle or if the Centre decides to mark at the transverse line

Alongside the rule and court changes there will be health and safety measures to follow at all times.

- Players are required to sanitise their hands at the start and end of each quarter
- A freshly cleaned/sanitised ball should be used for each quarter (same ball can be used but must be cleaned at quarter times)
- Spare 'clean' ball to be kept in reserve if the match ball enters a spectator area
- Match Officials and Scorers will now be required to be at least 2m from activity where possible, with 2m distance between chairs.
- Those sitting on team benches will be 2m or 1m+ apart with risk mitigation in place where 2m is not possible.
- Team talks should be conducted in socially distant circles on the court to avoid congesting the bench area
- Social norms including handshaking, goal celebrations, high 5's etc are not permitted
- The post protector at each goal end should be sanitised prior to the start of the match
- Players are actively discouraged from touching the post
- Shouting is not permitted
- No sharing of water bottles and these should be clearly marked
- A clean set of bibs should be used with no sharing.
- No spectators permitted within the court area.

As you can see from above there are quite a lot of changes that are happening for us to be able to return to court. I have and will be carrying on working with the club committee, coaches and Safe Guarding Officer to ensure everyone follows changes to keep us all safe and well. As of yet there is no definite date for junior league to return but the adult league is hoping to commence week beginning 5 October. I will be updating you all again with the latest information when we are ready to return to training.

If you have any questions about the return please don't hesitate to contact me, this is obviously a very unsettling changing time and together we will work through it.

See you on court very soon.

Tracey.