

NOTTINGHAMSHIRE COUNTY NETBALL ASSOCIATION

League Restart Guidance – Hints and Tips



Last updated: 11th April 2021

Hygiene and safety measures

- Everyone entering the building or courts must sanitise their hands when entering.
- 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 each interval).
- Spare 'clean' ball to be kept in reserve.
- Match Officials and Scorers will now be required to be at least 2m from activity where possible.
- Those on team benches will be 2m or 1m+ apart wearing masks.
- 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.
- Players are actively discouraged from touching the post.
- The post protector at each goal end should be sanitised prior to the start of the match, if touched during the game and at the end of the game. The umpire will call time for this to be done.
- One person on each bench designated to do this – sanitising wipes available.
- 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. Bibs must not be shared during netball activity. (Exchanged bibs may be a different colour if position is correct)
- Multiple sets of bibs are an ideal solution if available as bibs must not be shared.
- Use of bibs inside out if positions are changed with stickers to mark position.
- Dig out the sets of bibs that you've lost the odd position of and use as spares.
- Use of large stickers that can be attached to playing kit and are disposed of once finished or move position (similar to those that are used during trials).

- If patch bibs are used consider homemade disposable patches, by attaching sticky Velcro to paper or card squares that can be disposed of.
- If none of the above options are available use face paint or washable, non-toxic pen with position marked on arm or thigh. Parental permission should be sought for this, and all players and parents of junior players should check for any allergies to the product used.
- Any person giving or receiving treatment for an injury must wear a mask.
- In the event that CPR is required, it is strongly advised that you do not perform rescue breaths or mouth to mouth ventilation; perform chest compressions only.
- Any participants (including coaches, officials, volunteers and others) who have been told to self-isolate by NHS Test and Trace as a result of being in contact with a known COVID-19 case, must not attend any netball activity and they should remain at home. This must be explained to members in advance of activity commencing.
- Teams should still leave the courts immediately after the game.
- Players should arrive ready changed, with only a small bag – or none at all. The changing rooms will be closed.
- Players may only play in one match per day.
- Umpires may play in one game and umpire the game before or after.

Social distancing during netball activity

Social distancing within a game should be maintained wherever possible. The modified rules of the game ensure social distancing is kept to a minimum. The following must be observed:

- Nail checks should take place at a distance of 2m or more.
- There should be no pre match huddle – players should remain socially distanced for any pre match team talk.
- No pre match or pre quarter hands in.
- No shouting or cheering.
- No quarter or half time huddles.
- No high fiving.
- No post-match hug circles or handshakes.
- Any post-match paperwork should be shared digitally (this could be emails or photographs).

- No post-match team teas or sharing of snacks and confectionery.
- Follow any signage provided.
- Changing rooms and showers cannot be used during matches.
- Toilet facilities are available and the process for increased cleaning should be understood.
- Toilets should not however be used for the purpose of changing.
- If there is insufficient run off (below 1.5m to the side of the court) the team bench should be positioned behind the goal line, on the opposite side to the line the umpire will run along/round.
- Teams are advised to carry out their own health check prior to entering the building or courts. Simple thermometer guns are commercially available from multiple outlets.
- **Absolutely no litter must be left when teams vacate their bench.**

Track & Trace

Teams must submit the names of ALL attending members of the squad on the day including the team bench, umpire and scorer/timekeeper. The club must have contact details of every attendee.

Travel

- Travel is permitted for sport and physical activity but people are advised to 'stay local'.
- **Car sharing is not permitted outside of household group/support bubble.**
- Car sharing information from Government: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#private-cars-and-other-vehicles>
- Plan your route, including any breaks, before setting out. Routes may be different as local areas make changes to enable social distancing.
- Check that your vehicle is safe and roadworthy if you haven't used it for several weeks.