



## **TRAINING COVID GUIDELINES FOR ALL MEMBERS OF LYMINGTON NETBALL CLUB**

**Lead Covid Officer: Berni Clayton-Smith - 07810824727**

**2<sup>nd</sup> Contact: Sue Crossen – 07888139880**

**Safeguarding Officer: Berni Clayton-Smith**

We are pleased to welcome everyone back to Lymington Netball Club. We have had to review our procedures to ensure that we are compliant with national requirements for the safe return of netball.

Please read this document carefully as it sets out how we will run the club to keep everyone safe, as well as information about invoicing, personal details and agreements which need to be completed before returning to training.

We are asking you to complete three steps before you return.

Lymington Netball Club want all members and anyone associated with club to stay safe and well.

Please assist us with this by playing your part, ensuring that you adhere to our requests and by acting responsibly. Please can you discuss the guidelines with your child so they are aware of the new protocol – we will of course be reminding them throughout the sessions.

In allowing your daughter to attend training, you are explicitly agreeing that you understand that you and your daughter will follow this protocol. We regret that any girl repeatedly not following this protocol after being reminded to do so may be asked to leave the training session.

Guidance for Match play will be made available when we are able to play competitively.

Thank you  
The committee



## **The Three Steps**

- 1. England Netball registration: You must be registered with England Netball (details set out below)**
- 2. Invoice Payments: you must pay any outstanding and new invoices as required.**
- 3. Agreements: Please read through the Covid-19 Secure Protocol set out below. If you wish clarification of any point, please come back to us before sending your child to training. We will make the assumption that you accept the terms set out unless you come back to us.**

### **1. England Netball Registration**

All participants, and at least one parent/carer if under 18, must be registered on England Netball's [ENgage website](#). You will need to pay the national membership requirement in addition to the club membership.

It is essential for the requirement of track and trace that your contact details are up to date so please check these at the same time.

### **2. Lymington Club Payment**

Once you are registered through ENgage, we will invoice you for the England Netball, club fees, and our training fee and would ask that these are paid promptly.

Membership to our governing body and payment of the training fees ensures that we have the appropriate insurance in place and we have sufficient funds to cover all of the club's costs, which as you will appreciate have increased significantly due to COVID.

Once you have paid your fees we will provide your child with a new netball, unless they have already received theirs at the preseason training, which they can use at home and also bring to training, clearly labeled.



## **Covid-19 Training Protocol**

England Netball have produced detailed requirements, agreed with Government and Public Health England, to enable modified netball training and matches to take place.

It is essential that all players, coaches and other volunteers adhere to these protocols and we ask that you read and confirm that you and your daughter will follow these.

### **Maximum Numbers at each training session**

1. There needs to be a maximum of 30 including coaches, players and volunteers at each session.
2. On arrival all girls will be allocated to a bubble of no more than 9 plus a coach.
3. They will train in a third of the court in that group until matches are being played
4. Coaches will move round teaching different skills but the bubbles will remain.
5. Social distancing should take place within the bubble of at least 4ft (1.2m)

If you are unable to attend any training sessions, please can you ensure that you inform Sue Crossen 07888139880 you will not be coming before the start of the session and as early as possible in the day, to enable careful planning.

### **Pre-arrival**

1. Arrive changed and ready to play – no changing will be permitted in the toilets.
2. Bring own named drink bottle your own ball, labelled, if you own one and don't forget any inhaler, you might need.
3. Use the toilet facilities before leaving home

You must NOT come to training if:

1. You are unwell or any of your household are unwell, with Covid symptoms.
2. You have been informed to self-isolate by test and trace
3. You have been abroad to a country that is on the quarantine list

### **Arriving at training**

1. Ensure that you park in the main car park. Do not park where the minibuses park.
2. Ideally one parent should oversee the drop off and pick up.
3. Please wait in the car with their daughter until training is due to start
4. Parents will not be permitted to enter the Hall, although they can escort your daughter to the entrance.
5. Face masks must be worn by all girls aged 11 or over in the communal areas including as they arrive and before they have their temperature check
6. At the entrance, a club member or coach will be wearing a mask and will check your daughter's temperature and hands sanitized.



7. If your daughter shows a temperature at 37.8 or above, we will ask her, and anyone she has travelled with or in her bubble, to stand to one side and we will repeat the check a couple of minutes later. If her temperature still records high she, and those she has travelled with, will not be permitted to enter training. Please ensure that you wait until this procedure has been completed. The club cannot be responsible for anyone until they are allowed in to training.
8. Your daughter will then be asked to sanitise their hands (provided). She can then enter the Sports hall
9. Everyone must follow the one way system - enter via the front sports hall entrance and exit by the fire exit at the side of the hall.
10. If any girl is not able to use hand santiser then they will need to wash their hands with soap and water in the toilet before entering the hall.
11. On entering the hall, the girls must put their belongings in one location at least 1m and preferably 2m from the next set. They must wait at that point until training starts and listen carefully to directions.

#### **During training**

1. Every member is expected to listen and do as asked during the session so that all members stay safe.
2. Coaches and other members are required to remain 4 ft apart during training, except in fleeting passes.
3. During training there will be minimal sharing of equipment, where possible training will take place outside and we will maximize ventilation indoors.
4. During match play players and coaches will keep 4 feet apart whilst in idle play and will not be allowed to stand and talk to other players face to face. Coaches will explain as you go along
5. Match play and training will be in maximum of 15 minute slots. After a maximum of 15 minutes the following routine must be strictly adhered to and the coaches will direct them:
  - sanitise hands,
  - take a drink
  - sanitise hands again ready to go back on court.
  - The last player in possession of the ball will take the ball to the sanitising station and clean the ball with a disinfectant wipe, which will be provided.
  - Posts will be wiped, if they have been touched.
6. Those girls not playing will sit on the benches a minimum of 2m apart facing forwards until it is their time to play.
7. NO bibs will be shared - the club will provide enough bibs for each child to have their own for the whole of their session.
8. At the end of the session, the used bibs will be put into the basket provided and will not be used again until they have been washed.
9. NO drinks can be shared
10. NO handshaking or celebrating by touching



11. If it is necessary to use the toilets at the venues then only one child at a time should go to the toilet – hands should be washed thoroughly and then hand sanitiser must be used on the return to the venue.
12. An open bin will be provided for wipes.

#### FOLLOWING TRAINING SESSION

1. All players to collect their possessions and leave immediately via the correct exit.
2. Juniors MUST be collected from the exit door by one parent.
3. Parents are asked to comply to social distancing and ensure that they collect their daughter on time, so that the Coaches are able to ensure that the venue is cleaned and they are able to start the next session promptly.
4. Lost Property will be collected, bagged and left untouched for 72 hours. It will be available for collection at the next training session
5. Club staff, under the direction of the Covid Officer will clean equipment used with wipes and spray that will be provided by club. They will identify any hard surface that has been touched and clean in preparation for the next session
6. We would strongly recommend that the kit worn by your child at training is washed immediately after each session.

#### Track and trace:

If you become unwell with COVID symptoms during the 72 hours following training you MUST inform the Club's COVID-19 Officer immediately and follow Government guidance around self-isolating and testing. If that guidance suggests a test should be taken, the results of the test should be shared with the Club's COVID-19 Officer as soon as they are known. If a positive test is confirmed, all participants of the training session the player with the positive test attended will be notified and should again follow Government guidance.

#### INJURIES AND FIRST AID

1. If a player is injured the first assessment will be for the player to self-manage any injury
2. NO player will be left that needs attention.
3. Primary Carer will wear Mask, Gloves, Apron before attending any injury. The Parent will be called and asked to meet their daughter at the exit and take them home.
4. In the case of emergency treatment, no PPE is required, if parents are not happy with this, they must make this known to us before sending their child to training.