Netball NI has developed the following guidelines to provide minimum standards for how netball activity should resume in a cautious and methodical manner.

These guidelines are based on the best available evidence and advice to optimise participant and community safety and should be used in conjunction with the directives and guidelines of the NI Executive.

The priority must always be the safety of our members and their families and the preservation of public health minimising the risk of community transmission. All netball participants (this includes players, parents/guardians, coaches, officials, volunteers, administrators, spectators, and netball clubs) must play a role in helping to slow the spread of COVID-19.

Areas to consider

**Before you Play**

**You must:**

* Check with your Doctor prior to playing if you are in a high-risk health category.
* Ensure your club has conducted a risk assessment and check what protocols they have in place.
* Ensure your club has up-to-date contact details for you.

**You must stay at home if you:**

* Are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue, shortness of breath or loss of taste and smell.
* Do not attend netball training or competition if in the last 10 days you have been unwell or been advised to isolate due to being a close contact with a known or suspected case of COVID-19.
* Any participant who is unwell should see a doctor in accordance with Public Health Authority guidelines.
* Participants should gradually return to training and competition to reduce the risk of injury.
* Consider vulnerable participants as they may be at increased risk.
* Apply a ‘Get in, train/play and get out’ philosophy.

**Attending Netball Activities**

* Pre-arrange your court time with your venue so you know exactly what time you will be on-court.
* Clubs should provide members with exact timings for training to ensure members are aware what time to enter and exit the venue.
* Arrive and leave as close as possible to when you are due on court.
* On entering, leaving and moving around a playing facility, it is recommended to wear a face covering

**Social Distancing Behaviours and Playing Practices**

* Players must refrain from handshakes and high fives.
* Social distancing is still encouraged when on court.
* Wash your hands frequently with soap and water or hand-sanitiser when available, before and after eating, after going to the toilet, sneezing, and coughing.
* Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you.
* Avoid touching your face and if coughing, do so into the crease of your elbow.
* Try not to touch any surfaces, but if you do, sanitise your hands as soon as possible
* Do not share food, water bottles, or any personal equipment.
* Players/umpires should bring their own whistles

* Players not involved in on court activities (ie on the bench) are encouraged to wear a face covering
* All players should ensure their club has their up-to-date contact details (phone and email).
* All players participating on the night should be recorded in a log, have completed a self assessment questionnaire and had their temperature recorded by the club Covid-19 Officer.
* Players should arrive at the court entrance no more than 5 minutes prior to the reserved playing time and are encouraged not to gather in groups.
* Players should sanitise their hands and practice caution with the handling of netballs.
* If a player becomes unwell during training, please advise the Covid Officer and move away from all other people present. The Covid Office will support you in making arrangements to get home and can contact a family member/friend if assistance is required. Player should contact their GP/NHS and then inform the club of the outcome.
* If a player becomes unwell after playing, they should first contact their GP/NHS and then inform their club. The club will then follow advice provided to them by the NHS on the next steps.
* First Aid may still be administered to a player by an appropriate person. This should take place away from the playing area, with recommended PPE to be worn by both the First Aider and the injured player were possible – this includes; face covering, gloves, apron. All equipment must be sanitised and disposed of appropriately.
* Members are encouraged to remind other members of the protocols, in a respectful way, if they witness poor practices. Poor practice should be reported to the COVID Officer as soon as possible.

**When Play Finishes**

* Once play has finished players should leave the facility immediately.
* Hands should be washed and sanitised as soon as possible.
* Ensure equipment is cleaned thoroughly after use.

**Netballs**

* Although there is no specific evidence that netballs can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
* Replace netball if someone suspected of having COVID 19 comes in contact with it.
* Regular rotation of netballs is encouraged.
* Netballs must be sanitised after each use following the guidelines issued by Netball NI.

**Contact tracing/positive testing**

* Players should ensure they sign into each session and where possible maintain a list of players you train with.
* If a player tests positive, they should inform any clubs or individual players they have recently trained with.
* Players who test positive or have symptoms of COVID 19 should not return to play until they have passed the incubation period.
* It is recommended that all participants download the STOPCovidNI app https://www.publichealth.hscni.net/covid-19-coronavirus/testing-and-tracing-covid-19/stopcovid-ni-contact-tracing-app

I (player name) confirm I have read and understood the guidelines and will adhere to all requirements.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club received: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_