

Risk Mitigation Plan

<p>Joining the League Procedures</p>	
<p>All clubs, players, umpires and spectators</p>	<p>To play in the WNL / KWJL each player Must;</p> <ul style="list-style-type: none"> ☐ Be a member of EN netball. ☐ Know who their Teams Covid-19 Officer is. ☐ Have read the #RISE AGAIN Covid-19 guidance to Re-start Netball activity. https://www.englandnetball.co.uk/riseagain/covid-19-care-package/stage-4-covid-19-care-package/?fbclid=IwAR0F_cNli7oVZd9F-Ov_WDjl_BraPxc_fpG_xTXlpdlocPm46Yere2WK7A ☐ Have read the WNL / KWJL Risk Mitigation Plan. ☐ Complete a health screening (verbal) before entering the courts. ☐ Ensure their contact details are up to date for Test and Trace within their club. ☐ Familiarise themselves with all facility processes and guidance. ☐ Play to the modified rules. Appendix 1 ☐ Have a club/team Risk Assessment, which should be available upon request. <p>Opt in Form https://webservices11.wufoo.com/forms/watford-netball-league-opt-in-form</p>
<p>Arrival Procedures</p>	<p>By attending the courts, you are confirming to the best of your knowledge that you don't have symptoms.</p>
<p>Social distancing of players, coaches, umpires and spectators during arrival and departure times.</p>	<p>Parking: be mindful of other drivers when getting out and then back into your car. Social distances measures need to be maintained. Games will have a short window for arrival. Please do not arrive on site before that time and please do not be late. We respectfully request that where possible people follow signs to arrive and leave the site safely. Please stay socially distanced at all times.</p> <p>Appendix 2- Colour coded map to show entry and exit points for each court.</p> <p>As a team you must meet outside the court area. Each team must complete their own 'Pre- match' check- Health Screening. Appendix- 3- COVID-19 HEALTH DECLARATION – MODIFIED NETBALL ACTIVITY</p> <p>No one should attend the court if they have had contact with anyone with a confirmed case of Coronavirus within the last 14 days.</p> <p>When your complete team is ready (no one left to arrive on their own) the team Captain is to confirm with the League 'check in' desk; Team name and Confirmation of a successful team Health Screening.</p>

	<p>Hand sanitising before you then enter the courts, you must fill in from the back, each team will be given the opportunity to warm up on a half court. Posts are to be wiped clean before and after the warm up session. Bins are provided between each court.</p>
<p>Contact with players, umpires and league officials</p>	<p>Team captains or Covid officers are to ensure every member their team and any spectators socially distance whilst on site. Only team captains and umpires are to approach the 'check in' desk. Players can only play in 1 game. Umpires are able to umpire as many games as they choose. Playing umpires can play one game then umpire as many games as they like.</p>
<p>Movement to courts for matches.</p>	<p>Only once court 1-4 are cleared can you as a whole team move through the signed entrances to the courts. You must ensure that your team allow space for others teams to move in a 'safe' way. Where needed give way to others to reduce any chance of 'mixing'.</p>

Matches

<p>Reducing contact with umpires.</p>	<p>Score cards are to be written on by the captain or the umpire, if the umpire wishes. First name and surname of everyone is required. No signatures are required. Captains can then give the card to the umpire. Umpires are to have their own pens. At the end of the game Captains are to screen shot both sides of the card and upload, score cards are then to be thrown away.</p>
<p>Match protocols</p>	<p>Players must adhere to the rule modifications (appendix 1) Teams must limit their additional 'bench' coach/first aider. No more than 2 per term. Before the match the posts must be wiped down, bins are provided between each court. Matches will start with 12-minute quarters until further notice. During every quarter the team must hand sanitise and clean the match ball (preferable if each team has two match balls, one for each quarter). After the match the posts must be wiped clean again. All players are to exit the courts as quickly as possible and leave the site. Umpires are to exit in the same way.</p>
<p>Equipment</p>	<p>Every team must have; At least one match ball- two preferably. Spare sets of bibs if players need to sub. (cannot wear the same bib) Hand sanitiser for each quarter and end of the match. Their own pen for the captain to record names on the score cards. A first aid kit with suitable PPE should a player become unwell.</p>
<p>Toilets</p>	<p>The toilet block around towards the sports pavilion is open for the netball leagues. (NOT THE SPORTS PAVILLION) All users must follow the guidance / signs and ensure social distancing and hand hygiene.</p>

	<p>No more than two people in the toilet area, there are two stalls in each of the toilets (men's/women's) the doors will be propped open so that you have the opportunity to see if people are already in there. If needed there is also a single disability toilet that can be used.</p>
<p>Spectators</p>	<p>Spectators are not permitted to enter the courts. All courts are visible from outside the perimeter fence and spectators should watch from there. Teams must ensure no more than 3 spectators attend. Their names must also be added to your score card for the purpose of test and trace.</p>

Contingency illness measures

<p>Coronavirus</p>	<p>How NHS Test and Trace helps fight the virus The NHS Test and Trace service will help to control the rate of reproduction (R), reduce the spread of the infection and save lives. By playing your part through the actions set out below, you will directly help to contain the virus by reducing its spread. This means that, thanks to your efforts, we will be able to go as far as it is safe to go in easing lockdown measures. Playing your part:</p> <ul style="list-style-type: none"> • if you develop symptoms, you must continue to follow the rules to self-isolate with other members of your household and get a test to find out if you have coronavirus • if you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS Test and Trace service to help us alert other people who may need to self-isolate • if you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS Test and Trace service advises you to do so <p>How the NHS Test and Trace service works Part 1: for someone with symptoms of coronavirus</p> <ol style="list-style-type: none"> 1. isolate: as soon as you experience coronavirus symptoms, medical advice is clear: you must self-isolate for at least 10 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms 2. test: get a free NHS test immediately to check if you have coronavirus or call 119 if you have no internet access 3. results: if your test is positive, you must complete the remainder of your 10-day self-isolation. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms. If your test is negative, other household members no longer need to self-isolate. If you feel well and no longer have symptoms similar to coronavirus, you can stop self-isolating (unless you have
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been contacted separately by NHS Test and Trace as a contact of someone who has tested positive).

4. share contacts: if you test positive for coronavirus, the NHS Test and Trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited. It is important that you respond as soon as possible so that we can give appropriate advice to those who need it. You will be told to do this online via a secure website or you will be called by one of our contract tracers. If NHS Test and Trace contact tracers are unable to contact you for 24 hours, they may pass your case to your local authority to follow up by phone or in person.

Part 2: if you are contacted by the NHS Test and Trace service because you have been in close contact with someone who has tested positive for coronavirus

1. alert: you will be alerted by the NHS Test and Trace service if you have been in close contact with someone who has tested positive for coronavirus. The alert will usually come by text, email or phone call. You should then log on to the NHS Test and Trace website, which is normally the easiest way for you and the service to communicate with each other – but, if not, a trained call handler will talk you through what you must do. Under-18s will get a phone call and a parent or guardian will be asked to give permission for the call to continue
2. isolate: you will be told to begin self-isolation for 14 days from your last contact with the person who has tested positive. It's really important to do this even if you don't feel unwell because, if you have been infected, you could become infectious to others at any point up to 14 days. Your household doesn't need to self-isolate with you, if you do not have symptoms, but they must take extra care to follow the guidance on social distancing and handwashing and avoid contact with you at home
3. test if needed: if you develop symptoms of coronavirus, other members of your household must self-isolate immediately at home for 14 days and you must [get a test to check if you have coronavirus](#) or call 119 if you have no internet access. If your test is positive, you must continue to stay at home for at least 10 days and we will get in touch to ask about your contacts since they must self-isolate. If your test is negative, you must still complete your 14-day self-isolation period because the virus may not be detectable yet - this is crucial to avoid unknowingly spreading the virus.

