

16/09/2020

Dear Member

The last few months have certainly been a testing time for us all, made all the more tricky with the restrictions to take part in the sport that we all love. We were delighted to hear the announcement that England Netball had been given the green light to safely move to Stage 4b and we could start making plans to welcome our members back to our club.

As you know, the Storm Officials have been working incredibly hard to have everything in place for a safe return. We will continue to follow Government and England Netball guidelines.

In this document, we have provided all the necessary information to return to training and match play. There is a lot of information contained within these pages, so please take the time to read and digest it. You will be required to sign a declaration to say you have read and understood this document, before you can resume training. If you have any questions, please feel free to contact me. You will find my contact details at the bottom of this letter.

As a club, we acknowledge that returning to netball could be a daunting prospect. Obviously we want to welcome as many of our members back as possible, but you are under no obligation to return to the club, if you do not feel it is the right decision at this moment in time.

During training and match play, it is our aim to keep you as safe as possible, whilst ensuring that we play our part to reduce the risk of transmission of Covid-19. We have enlisted some volunteer helpers to act as Covid Officers and their role is to work alongside the Committee and Coaches to ensure we are playing in line with the current guidelines and England Netball's rules of modified training. We ask that you respect the Storm officials at all times and work with us to prevent the unnecessary spread of this virus. For the younger members of the club, we ask that parents reiterate the importance of social distancing and hygiene measures.

We have a number of Covid Officers, listed below:

Chairperson and Covid Lead	Julia Bunting
Y6,Y7 and Y8	Lorinda Levy and Lizzie Young
Y9 and Y10.	Kerry Ford
Lightning	Julie and Adam Laycock
Thunder	Mollie Laycock
Blizzard	Lauren Cooper
Cyclones	Rosa Manning and Lisa McDonald
B2N	Clare Churchill

You will **NEED** to arrive at your training session ten minutes before it is due to start.

We will be working to England Netball 'Get in, Play, Get Out' guide, which means you should arrive at training or match play at your appropriate time and leave immediately after it has finished. Failure to arrive at the specified time will result in some missed training time. Any late arrivals will have to wait until the first break to complete the health screening and Track and Trace protocols. This means that any Junior members will have to wait with their responsible adult.

### **What you need to bring to training?**

We kindly ask that you bring your personal items in a bag and keep your belongings together. Your bag should include hand sanitiser (Storm will also provide it), a small first aid kit which includes plasters, a named water bottle and a named netball (training only). Storm Officials will **NOT** be able to look after any personal items.

**You will also be required to bring the correct money to matches. Should you not bring your match fee in note form, as we will be unable to give you change.**

**If you are recovering from COVID-19.**

Providing you have adhered to the Government guidelines on self isolation, we are happy to welcome you back after an infection. As we know, some side effects can last long after the virus has passed and we ask you to consult with your GP or Consultant regarding the appropriate steps to return to exercise

**Before arrival**

1. Make yourself aware of England Netball modifications (see attached).
2. Do not attend training if you have experienced Covid-19 symptoms in the last 7 days.
3. Do not attend training if you are meant to be self isolating.
4. We request that in line with Government guidelines, that you do not car share, unless it is with people in your social bubble. Please remember to wear a face mask when travelling on public transport.
5. Use the toilet at home to keep these visits to a minimum whilst at training.
6. Wash your hands in line with Government guidelines.
7. Arrive ready to train. All changing facilities are out of action.
8. Bring enough water for your training session, as water fountains have been disconnected.

**On arrival**

1. No spectators to enter the building or netball courts under any circumstances.
2. Any members under 18 years of age must be brought to designated check-in point, whilst always maintaining social distance.
3. A responsible adult will be required to complete health screening and Track and Trace QR code sign in. Failure for a responsible adult to do this, will result in the minor being unable to train/play. Spot checks will be carried out.
4. All adult members will be required to complete Health screening and Track and Trace QR code sign in. Spot checks will be carried out.
5. Sanitise hands.
6. Your temperature will be taken with a temperature gun.
7. Upon request of your Covid Officer or Coach, make your way to the allocated court, ensuring that you maintain social distance during idle play.

**During play**

1. Should a junior member display Covid-19 symptoms during training/match play, they will be removed from the team and will wait with a Storm Officer until their parent arrives. Call 119 and obtain a Covid-19 test.
2. Anyone displaying symptoms during training/match play should leave immediately, on their own and call 119 to obtain a Covid-19 test.
3. We are aware that some of our members have not trained for many months and as a result, fitness levels may be impaired. Please let your Coach know if you have any injuries. Your Coaches have designed warm up, training and cool down plans to take account of this. Please return to training in a gentle manner.
4. We will play in line with England Netball modifications.
5. We will be breaking every 15 minutes to sanitise hands, netballs and any other equipment. We will also sanitise netball posts upon contact.
6. At **NO** point should members share drinks or whistles.
7. Again, no spectators are permitted inside the building. Spectators are welcome to watch outside but must not exceed a group of 6 and must maintain social distance at all times.

8. Should a member sustain an injury, where possible they will be asked to administer first aid on themselves (cleaning a cut, applying a plaster or cold compress). If the injury requires a First Aider, the appropriate person must put the well-being of the member ahead of social distancing but will wear disposable gloves and a disposable face covering.
9. Shouting is not permitted by players or spectators.

#### **After play**

1. We suggest that members bring an additional layer to put on after cool down, especially on cooler nights.
2. Before leaving, you must sanitise your hands and collect all your belongings.
3. Any lost property will be disposed of at the end of training.
4. We politely request that you leave the venue immediately.
5. We advise that you do not bring food along to training and wait until you can wash your hands thoroughly before eating.
6. Sanitise your belongings when you get home and wash your clothing.

#### **What if I display Covid-19 symptoms?**

Storm follows Government and England Netball guidelines for self isolating. If you experience symptoms, you must:

1. Call 119 and arrange to take a test.
2. If the test is positive, return home and follow Government guidelines, along with any other household members.
3. Make contact with Covid Lead, Julia Bunting on 07717 847106 to advise.
4. Update Engage, if you feel well enough. We can then notify any team members who are at risk.

#### **What happens if there is an increase in restrictions?**

Should we be unable to train, we will make an announcement on our social media pages and via email but we may not be given too much notice. This will also apply if Marriotts School has to temporarily close. Please check these methods of communication prior to travel.

#### **Registration Forms**

These will be sent out shortly. Within these forms is a declaration to say you have read and agree to the contents of this letter. Without this signed declaration you or your child will be unable to play.

We reserve the right to ask you to leave training or match play and not to attend future events, if behaviour does not comply with the contents of this letter or Government and England Netball guidelines.

The situation we find ourselves in is one that none of us ever envisaged. During this time we ask for your understanding, patience and co-operation. This situation is new to us too and one huge learning curve. Our goal is to return to club netball in a safe and secure way, so we can enjoy our sport once more.

Yours sincerely

*Juliabunting*

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