



## EXPECTATIONS OF PLAYERS FOR COVID 19 TRAINING SESSIONS

### BEFORE TRAINING

- Athletes should have received and read a personal risk assessment document from Elite Netball Academy.
- Nobody should feel under pressure to be involved in the provision of netball.
- Do not come to training if you are unwell, if you or any member of your household has COVID 19 symptoms (see checklist below), or you have been told to isolate through track and trace
- Download the Government track and trace COVID19 app when it is up and running.
- Athletes must know and understand the stage 4 netball rules.
- Athletes should make themselves aware of the risks of training during COVID19.
- Athletes must not train if they are in isolation, have had directives not to attend school or workplace, have had track and trace instructions and most importantly if they have contracted COVID19.
- Athletes must inform both the Coach and Team Covid Officer if they are unable to train due to COVID19 related issues.
- Team Covid Officers and Coaches must be informed before a return to training following a COVID19 related absence.
- Any athlete who develops COVID19 symptoms within 48 hours of an Elite Netball Academy session must report to track and trace and to the Team Covid Officer.
- Shower before training.
- Wear clean Elite Netball Academy training kit or plain kit.
- Take plenty of fluids from home as toilets and water facilities pose unnecessary risk, so use should be limited and facilities may be unavailable. More than one labelled water bottle could be needed for a session.
- Water fountains should not be used.
- Wash hands thoroughly before leaving the house with anti-bacterial soap.
- Do not travel in the car with a person who is not from your household unless you can observe social distancing.
- Athletes using public transport should abide by the Government guidelines.
- At no point touch other player's kit.
- Clearly label all your kit including water bottles and clothing.
- Ensure your bag is easily identifiable by you and others to avoid mistakenly touching other players belongings.

- If you are not attending a session for any reason, please contact [info@elitenetballacademy.co.uk](mailto:info@elitenetballacademy.co.uk) to inform us including the reason so we can monitor absences.

## ARRIVAL

- On arrival if there is a queue stay socially distant from others.
- Observe entry and exit routes at all times.
- Only use the specified toilet facilities for your group.
- Observe the venue rules.
- Throughout the session stay socially distant from your teammates and coach.
- Avoid touching surfaces where possible especially doors and gates.
- Before starting the session allow the nominated adult to take your temperature and check if you have COVID19 related symptoms.
- Sanitise your hands before and after training.
- Sanitise hands during training every 15 minutes, between drills and on water breaks. Coaches will offer reminders, but this is also a personal responsibility.
- Place your bag in the area designated by the coach 2m from anyone else and keep your belongings only in this place unless directed by the coach.
- Never share water bottles or food.
- Avoid eating until at home to prevent cross contamination.
- Water fountains should not be used.
- Excessive shouting is not permitted.
- Athletes should adhere to stage 4 rules during match play.
- If athletes come into contact with the post it must be sanitised.
- Avoid taking photos which involve being too close to other people.
- Do not bring cash or any item to exchange with other players or the coach.
- Speak out if you are unhappy about safety during a session, it is your responsibility to remind each other of the rules.
- Go straight home to wash after training.
- Any breaches of Government guidelines or Elite Netball Academy expectations will be discussed for action with the Covid Team.

**Netball sessions will cease if they cannot be managed safely.**

## **Covid-19 Athlete Checklist**

### **Main symptoms**

- A high temperature
  - A new, continuous cough
  - A loss or change to your sense of smell or taste
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### Other known symptoms

- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Abdominal Pain
- Diarrhoea

