



## EXPECTATIONS OF PARENTS FOR COVID 19 TRAINING SESSIONS

- Read and make sure your athlete understands Elite Netball Academy COVID 19 advice.
- Do not bring anyone to training who has symptoms (see symptoms checker below) or is from a household where a person has symptoms or has been isolating as a result of contact from track and trace.
- Nobody should feel under pressure to be involved in the provision of netball.
- Do not travel in the car with a person who is not from your household unless you can observe social distancing.
- Download the COVID19 government track and trace app when it is available.
- Ensure any payments are made by card so there is no cash handling.
- Check your athlete has clearly named kit especially their bag is obvious to themselves and to others, a luggage label, bright ribbon, big key ring etc..
- Ask if your athlete has plenty of water and that all containers are clearly labelled.
- Leave plenty of time for your athlete to prepare for training, shower, put on clean kit, go to the toilet and wash hands before leaving.
- Be prepared to take your child home if they do not pass the temperature test or symptoms check.
- Do not stay to watch the session unless you have been advised by the coach that this is acceptable. Only Covid Officers and Admins will be allowed to stay on site, and only then if numbers permit.
- When you collect your child from a session remain 2m from people who are not from your household.
- Any breaches of Government guidelines or Elite Netball Academy expectations will be discussed for action with the Covid Team.
- 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.

**The activity must cease if it 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
- .....
- .....

### **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