



## Wakefield Wildcats Netball Club COVID-19 POLICY FOR ATHLETES

**Any attendee who develops Covid-19 symptoms up to 48 hours after any netball activity must report to NHS Test and Trace and notify the Wakefield Wildcats Covid-19 Officer if the test is positive. Wakefield Wildcats Covid-19 Officer is Emma Porter [erporter14@gmail.com](mailto:erporter14@gmail.com). Or Tess Halliday [tessahalliday@hotmail.co.uk](mailto:tessahalliday@hotmail.co.uk). Please also copy Diane Guy [diane@guyshopfittersltd.co.uk](mailto:diane@guyshopfittersltd.co.uk).**

### EXPECTATIONS OF ATHLETES FOR COVID-19 TRAINING SESSION

- Athletes should have received and read a person risk assessment document from the club.
- All athletes must have returned an opt in form.
- Nobody should feel under pressure to be involved in the provision of netball.
- Do not attend training if unwell or if you or any member of your household has COVID-19 symptoms, or you have been told to isolate through track and trace.  
[www.nhs/conditions/coronavirus-covid19/symptoms](http://www.nhs/conditions/coronavirus-covid19/symptoms).
- Download the NHS Covid-19 app.
- 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 contacted Covid-19.
- Athletes must inform both the Coach and Club Covid-19 Officer if they are unable to train due to Covid-19 related issues.
- Any athlete shielding is advised not to attend training sessions or matches.
- All athletes must know and understand the stage 4 netball modified rules.

### BEFORE TRAINING

- Shower before training at home as changing facilities are not available at venues.
- Wear clean Wakefield Wildcats training kit.
- Take plenty of fluids from home as toilets and water facilities post unnecessary risk, so use should be limited, and facilities may be unavailable. More than one labelled water bottle could be used for a session.
- Water fountains should not be used.
- Wash hands thoroughly before leaving your house with anti-bacterial soap and have hand sanitiser in your kit bag.
- 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 kit bag is easily identifiable by you and others to avoid mistakenly touching other players belongings.
- Sanitise your own netball before each session and bring it to training in your bag to keep it clean. Identify your own netball with your initials.

#### **ON ARRIVAL**

- On arrival if there is a queue stay socially distant from others.
- Observe entry and exit routes and one-way systems at all times.
- Observe the venue rules.
- Enter your details for track and trace using the Club QR code.
- Wear masks in general areas at the Outwood Academy Freeston, Normanton.
- Before starting the session allow the nominated adult to take your temperature and check if you have Covid-19 related symptoms by reading the Health and Safety Declaration.
- Avoid touching surfaces where possible especially doors and gates.
- Sanitise your hands before and after training.

#### **DURING THE TRAINING SESSION**

- Sanitise hands during training every 15 minutes, between drills and on water breaks. The coach will offer reminders, but this is also a personal responsibility.
- Throughout the session stay socially distant from your teammates and coach.
- 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.
- Do not share water bottles or food, including birthday cake.
- Avoid eating until at home to prevent cross contamination.
- Excess shouting is not permitted.
- Athletes should adhere to stage 4 modified rules during match play.
- If any athlete come into contact with the goal 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.

#### **FINALLY**

- Juniors must meet their parents in the designated outside area under the guidance of a coach or nominated adult.
- Go straight home to shower after training.
- Speak out if you are unhappy about safety during a session, it is your responsibility to remind each other of the rules.
- Any breaches of Government guidelines or Wakefield Wildcats expectations will be discussed for action with the Covid-19 team. Serious breaches will be taken to the Committee.

**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 and 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