

EXPECTATIONS OF ATHLETES FOR MATCHES AND TRAINING SESSIONS

COVID 19 SPECIFICS

- Athletes should have received and read a personal 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 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 www.nhs.uk/conditions/coronavirus-covid19/symptoms
- Download the COVID19 app when it is up and running.
- Athletes should make themselves aware of the risks of training with COVID19. See the England Netball Risks of Covid 19 in netball sheet.
- 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. GP advice must be followed.
- Any athlete who develops COVID19 symptoms within 48 hours of a Leeds Athletic netball session must report to the Team Covid Officer who will inform the other attendees.
- Any Athlete shielding is advised not to attend training sessions or matches.

BEFORE TRAINING

- Changing facilities should be avoided at venues when possible.
- Wear clean Leeds Athletic training 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 avoided if possible.
- Wash hands thoroughly before leaving the house with anti-bacterial soap.
- Athletes using public transport should abide by the Government guidelines.
- Avoid touching other player's kit.
- Clearly label all your kit including water bottles and clothing to prevent others touching it..
- Ensure your bag is easily identifiable by you and others to avoid mistakenly touching other players belongings.

ON ARRIVAL

- On arrival if there is a queue try to stay socially distant from others.
- Observe entry and exit routes and one-way systems at all times.
- Only use the specified toilet facilities for your group.
- Observe the venue rules.
- Wear face masks in general areas if required.
- Avoid touching surfaces where possible especially doors and gates.
- Remember not to bite nails or lick fingers.
- Sanitise your hands before and after training.

DURING THE SESSION

- Sanitise hands during training every 15 minutes, between drills and on water breaks. Coaches will offer reminders, but this is also a personal responsibility.
- Never share water bottles or food, including birthday cake.
- Avoid eating until at home to prevent cross contamination.
- Excessive shouting is not permitted.
- Do not bring cash or any item to exchange with other players or the coach unless requested for match fees, bring correct change to avoid admins handling the cash.

FINALLY

- Juniors must meet their parents in the designated outside area under the guidance of a coach or nominated adult.
- Speak out if you are unhappy about safety during a session.

- Any breaches of Government guidelines or Leeds Athletic expectations will be discussed for action with the Covid 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 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