



# *Leeds Athletic Netball Club*

## EXPECTATIONS ON PLAYERS FOR COVID 19 TRAINING SESSIONS

- Do not come to training if you are unwell, 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.uk/conditions/coronavirus-covid19/symptoms](http://www.nhs.uk/conditions/coronavirus-covid19/symptoms)
- Download the COVID19 app when it is up and running.
- Shower before and after training.
- Wear clean Leeds Athletic training kit.
- Wash hands thoroughly before leaving your 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.
- Sanitise your own ball before each session and bring it to training in your bag to keep it clean.
- At no point touch other players netballs and kit.
- Do not share bibs.
- Clearly label all your kit including netball, water bottles and clothing.
- Ensure your bag is easily identifiable by you and others to avoid mistakenly touching other players belongings.
- On arrival if there is a queue stay 2m from others.
- Throughout the session stay 2m from your peers and coach.
- Avoid touching surfaces where possible especially doors and gates.
- Before starting the session allow the coach to take and record your temperature.
- Take hand sanitiser from the coach to rub all over your hands.
- 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.
- Plenty of fluids should be brought 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.
- Do not bring cash or any item to exchange with other players or the coach.



- Never share water bottles or food. Avoid eating until at home to prevent cross contamination.
- Avoid touching your face especially eyes, mouth and nose.
- Attend training with hair already tied and no jewellery.
- Except in emergency circumstances do not use mobile phones unless hands have been sanitised before and after use.
- Observe entry and exit routes at all times.
- Speak out if you are unhappy about safety during a session, it is your responsibility to remind each other of the 2m rule.
- Use hand sanitiser after the session provided by the coach.
- Go straight home to wash after training.



#### EXPECTATIONS ON PARENTS FOR COVID 19 TRAINING SESSIONS

- Read and make sure your athlete understands Leeds Athletic COVID 19 advise.
- Do not bring anyone to training who has symptoms, or is from a household where a person has symptoms or has been isolating as a result of contact from track and trace.
- Download the COVID19 app when it is available.
- Ensure any payments are made via BACS 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, sanitise their ball, go to the toilet and wash hands before leaving. (Many venues will not have toilet facilities in operation).
- Be prepared to take your child home if they do not pass the temperature test
- Do not stay to watch the session.
- If it is necessary to take or collect your child from the playing area remain 2m from people who are not from your household.