

To help you understand what this means for netball, we have also pulled together some handy FAQs. If you can't find the answer you are looking for below please direct your query to welshnetball@welshnetball.com

- **What are the key elements behind the RTP?**

The RTP is based on 5 key principles as below:

- The health and safety of members
- The guidance aligns to Welsh Government rules and is flexible to allow for changes to be applied quickly as they become possible
- The guidance is to be applied alongside additional rules provided by venue operators
- The guidance is based on clubs, organisations and individuals complying with the requirements

- **What can I do now as a result of the latest Government guidance?**

10 and Under - People aged 10 and Under can take part in both Netball Fitness Activity (Stage 3B) or Modified Netball (Stage 4A) **Indoors** with the group size exceeding no more than 30 players (Coaches, Umpires and other Volunteer Roles do not need to be counted in this number).

11-17 years old - This age group can take part in socially distanced netball fitness activity **Indoors** (Stage 3B) and Modified Netball **Outdoors (Stage 4A)** in groups of no more than 30 players (Coaches, Umpires and other Volunteer Roles do not need to be counted in this number)

We realize this is more restrictive than the current Welsh Government guidance but we have taken the decision to cap these groups at 30 for the safety of all involved. We will revise this as and when more scientific evidence is provided

18 and Over - This age group can take part in socially distanced netball fitness activity **Indoors** (Stage 3b) in groups of no more than 15 players and Modified Netball **Outdoors (Stage 4A)** in groups of no more than 30 players (Coaches, Umpires and other Volunteer Roles do not need to be counted in either of these group numbers)

All clubs organising sessions are advised to ensure that the facility they are using has booked in appropriate time to clean the facility before and after use.

Welsh Netball are constantly monitoring the R rate and will progress each Roadmap accordingly.

You should always ensure the area is safe and the venue risk assessment document should be used.

- **Are Welsh Netball members covered from an insurance perspective?**

Participants with a valid Individual Membership for the current Season are covered by Welsh Netball's programme of insurance for Personal Accident during their participation in all Stages of the Roadmap from Stage 1 to Stage 4a; as long as the activity is facilitated by an appropriately qualified Netball Coach. Government guidelines and Welsh Netball recommendations must also be met.

Qualification requirements are changing on the 1st December, visit www.welshnetball.com for details.

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Should any club or individual make an insurance claim (or protect themselves from liabilities) during the duration of the Coronavirus pandemic, their prospects of a successful claim would be affected on evidencing that they had complied with Welsh Government and Welsh Netball's RTP guidance.

- **As an Umpire, can I now be involved in netball fitness sessions and the modified netball rules?**

Yes, Umpires are excluded in the group size of 30 participants for outdoor activity and are allowed to umpire games according to the modified netball rules (See separate graphic in the Resources tab at <http://www.welshnetball.com/c19/>). **Umpires will only be included in the 30 if they are also a participating player.**

- **As a Coach, am I covered by Welsh Netball's programme of insurance to deliver netball fitness activities?**

Providing you are an appropriately qualified Netball Coach and an Individual Member of Welsh Netball affiliated for the current Season, you are covered to deliver netball activity through Welsh Netball's programme of insurance (which includes public liability, products liability and professional indemnity) providing both the Government guidelines and Welsh Netball recommendations are met.

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- **Can I organise two groups of 30 people to complete an outdoors activity session at the same time?**

Simultaneous gatherings of groups and individuals are allowed in a large outdoor space, where there is sufficient space to do so safely and independently. The entry and exit for individuals and groups must be managed, participants and coaches are not to swap between groups and the sessions must be organised separately.

- **Can I organise two groups of 15 people to complete an indoors netball fitness activity session at the same time?**

Simultaneous gatherings of groups and individuals are allowed in a large outdoor space, where there is sufficient space to do so safely and independently. The entry and exit for individuals and groups must be managed, participants and coaches are not to swap between groups and the sessions must be organised separately and one group per netball court.

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#NetsGetReady

- **Who requires a COVID-19 Co-ordinator?**

Every netball organisation including regions, counties, clubs and leagues require this role to be in place, this is mandated by Government. Even if you are a small team of 7 players, you are still required to fulfil all the mandatory requirements to return to court.

- **What are the consequences for not appointing a COVID-19 Co-ordinator?**

The netball organisation will be unable to progress to deliver Stage 4a Modified Netball Training under the mandated requirements that are permitted by Government.

- **Where can I find further information about the COVID-19 Co-ordinator?**

All information regarding the COVID-19 Co-ordinator Role is available at <http://www.welshnetball.com/c19/#covidperf> under the #NetsGetReady tab.

- **How do I know when my Club are #NetsGetReady?**

Your Club Secretary will have been contacted by Welsh Netball to inform them of the current Stage of certification of the Club. If you are #NetsGetReady, your COVID-19 Co-ordinator will receive the applicable documentation when you are certified.

- **Where do I access COVID-19 Co-ordinator training?**

Please email welshnetball@welshnetball.com and request training for your nominated COVID-19 Co-ordinator and include your Club name if applicable.

- **If I have attended COVID-19 training elsewhere, do I need to attend netball specific training?**

Yes, there will still be netball specific content within the #NetsGetReady Guidance that you are required to understand in order for your organisation to return to netball fitness activity.

- **Can we have more than one COVID-19 Co-ordinator?**

All netball organisations require a COVID-19 Co-ordinator. For larger organisations, you may consider having multiple volunteers undertaking this role. They must be identified on your #NetsGetReady online registration form. Welsh Netball recommend no more than 2 people undertake this role, to ensure your organisation identifies a lead Co-ordinator responsible for completing a register and risk assessment.

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- **Does a COVID-19 Co-ordinator need to be a member?**

Yes, your nominated COVID-19 Co-ordinator must be an affiliated member for the current Season.

- **How often does a COVID-19 Co-ordinator need to attend training sessions?**

Best practice for a club COVID-19 Co-ordinator would be to attend the first few sessions of a clubs training, once they have restarted, to ensure the below are being handled according to advice given in the training.

If a club has returned to training and completed a few sessions, the COVID-19 Co-ordinator should ensure the below are being dealt with correctly (this can be done via their attendance at the session or a telephone call with the coach/other responsible volunteers in charge):

- Completing a Risk Assessment
- Taking register (for track and trace)
- Participants agreeing to symptom statement
- Ensuring social distancing
- Ensuring equipment sharing and hygiene guidelines are being adhered too

We realize for large clubs it is unfair and unrealistic to ask one individual to be at every session. The COVID-19 Co-ordinator for the club needs to be confident that whoever is administrating the session in their absence is following correct protocol.

General

- **If I am in the clinically extremely vulnerable category, what does this new Government guidance mean for me?**

If you're clinically extremely vulnerable and at high risk of getting seriously ill from COVID-19, you're advised to follow the same rules as the rest of the population in Wales, as these are designed to minimise the spread of the virus, but also take extra precautions.

If you wish to spend time outdoors (though not in other buildings, households, or enclosed spaces) you should take extra care to minimise contact with others by keeping two metres apart. If you choose to spend time outdoors, consider what you can do to minimise the number of people you come into contact with.

The Welsh Government guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from coronavirus is here - <https://gov.wales/guidance-shielding-and-protecting-people-defined-medical-grounds-extremely-vulnerable-coronavirus-0>

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- **Can I run netball fitness activities virtually?**

Yes, on the basis that the following criteria are met:

- The activity being suitable to be undertaken in someone's home
- The coach reminds participants to check their surroundings are clear and to keep any pets of distractions away during exercise
- The coach should specify at the start of any video that this is general guidance and anyone doing the exercise should be aware of their own capabilities and only do what they are comfortable to do or seek medical advice if in any doubt
- The coach should remind participants to stay hydrated
- The coach should be mindful regarding the use of copyrighted music/material

If there is anyone under the age of 18 or an Adult at Risk, there are additional safeguarding points that need to be considered:

- Coach to child ratios should be adhered to
- Written consent from parents should be gained and explain what the purpose of the training is, when it will be done, and on what platform it will be delivered
- Use an online-share platform – that way the coach will not necessarily need access to the children's contact details and only use it for the purpose of the training
- Coaches should not make contact with participants outside of the training unless with parental consent
- Ensure that you and the athletes always wear appropriate clothing

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- **If a participant catches COVID-19 after they have attended a training session, can I inform all other participants to self-isolate?**

No, it would be the job of the TTPS to inform other people to isolate. You should NOT inform anyone yourselves, as you will not be able to arrange tests and risk giving incorrect advice. TTPS staff are trained to give support to people who will understandably be potentially upset and distressed.

- **What happens if you are a confirmed contact?**

If you are identified as a confirmed contact, you are at an increased risk of catching the disease and passing it on to others. The contact tracer will get in touch and ask you to self-isolate for 14 days and will advise you on next steps.

- **Are NHS and healthcare workers able to participate in netball activity or are they classed as high risk?**

All NHS and healthcare workers who may have contact with COVID-19 patients as part of their work, **should be** permitted to engage in group sporting activities. The advice we have received on this, is that if they were wearing recommended PPE (as is required) they will not be classed as contacts for the purpose of self-declaration.

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LINKS TO USEFUL GUIDANCE AND SUPPORT:

Sport, recreation and leisure: guidance for a phased return - <https://gov.wales/sport-recreation-and-leisure-guidance-phased-return>

Guidance on protecting yourself and others from coronavirus - <https://gov.wales/protect-yourself-others-coronavirus>

Hand hygiene - <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Guidance on extended households - <https://gov.wales/guidance-extended-households-coronavirus>

Welsh Government FAQs Local Lockdown - <https://gov.wales/local-lockdown>

These FAQ's relate to Version 4a of Welsh Netball's 'Return to Play' roadmap published on 18/11/2020