



# Stage 4 Risk Assessment Modified Training

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## TEMPLATE COVID-19 RISK ASSESSMENT – STAGE 4 RETURN TO COMMUNITY NETBALL

*Further risk assessment templates will be made available for future stages of the Return to Community Netball Roadmap. This template cover training only; if participating in or organising a league or other competition, the Stage 4a (Competition using modified rules) must be used.*

What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that affects your lungs and airways. It is caused by a virus called Coronavirus and affected individuals can display a range of symptoms from mild to severe illness and death for confirmed cases. Affected people can also be entirely asymptomatic. Transmission is by respiratory droplets and direct contact. This Risk Assessment template must be considered alongside current Government guidance as well as guidance from England Netball. Netball Organisations should also consider their existing Health & Safety documents alongside this and this should be kept under continual review. The COVID-19 Officer for your club, league, county or region will need to ensure that this risk assessment remains up to date and in line with both latest Government guidance as well as England Netball's latest guidance.

<b>Our club name: Hinckley Ladies Netball Club</b>	<b>Our COVID-19 Officer is: Emma Draycott</b>
<b>Name of activity: Fitness sessions</b>	<b>This activity takes place at : Leicester Road Sports Ground</b>
<b>Who is carrying out this assessment? Emma Draycott/Lucy Masser</b>	<b>We will review this risk assessment next on: 26.09.2020</b>
<b>Date of the Risk Assessment: 31.07.2020</b>	

<b>What are the Risks?</b>	<b>Who might they affect?</b>	<b>General controls to be put in place</b>	<b>Activity specific controls to be put in place</b>	<b>Who will be responsible to action?</b>	<b>When does it need to be actioned by?</b>	<b>Is it complete?</b>
<b>For some people, the risk of COVID-19 is higher</b>	Players, coaches, officials, volunteers, parents	High risks groups are aware of the risks involved in netball and have access to the personal risk assessment  Participants have the choice if they would like to attend sessions and 'opt in' to activity	Share with the club the Netball Risks (via England netball video)	Emma Draycott	21.08.2020	Yes

		There is no pressure from coaches, club volunteers or other players to join Netball training sessions				
<b>Someone returns too soon following a case of COVID-19</b>	Players	<p>Players are aware of the risks of exercising post a case of COVID-19.</p> <p>Players advised to follow the advice of their GP or Consultant</p>	No player should return prior to the advised time	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser – Chair</p>	Prior to return to training	
<b>Risk of someone attending who is displaying symptoms of COVID-19 or living with someone displaying symptoms</b>	Players, coaches, officials, volunteers, parents	<p>Provide clear information to all members of potential COVID-19 symptoms</p> <p>Ensure pre-travel health screening is undertaken prior to travelling to activity</p> <p>Undertaken a further health screening before entry into session</p> <p>Any individual displaying symptoms advised to return home, self-isolate and apply for a test online or call 119</p>	<p>Track and trace in place with checks about symptoms.</p> <p>Thermometer available to check temperatures.</p>	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser – Chair</p>	<p>Reminder prior to training session.</p> <p>At the start of training session</p>	
<b>Transport to and from activity</b>	Players, coaches, officials, volunteers, parents	<p>Car sharing outside of household is not permitted</p> <p>Adherence to Government guidance on travel and public transport</p>		<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser – Chair</p>		

				Fitness leader		
				Individual Participants		
<b>Droplet transmission</b>	Players, coaches, officials, volunteers, parents, members of public at venue	<p>Gaps scheduled between groups</p> <p>Maximum of 30 people per netball court (inc players and coaches/volunteers/officials)</p> <p>If a full size netball court (30.5m x 15.25m) is not available, adjustments may need to be made to maximum number per court</p> <p>Reminders to maintain social distancing on arrival at venue</p> <p>Congregating before or after netball training session is not permitted.</p> <p>One way systems in place to manage entry and exit onto court</p> <p>Signage and floor marking in place.</p> <p>Name &amp; contact detail of anyone in attendance collected/processed for Test and Trace purposes (stored for minimum 21 days in line with Data</p>	HLNC safety video and information shared	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser – Chair</p> <p>Fitness leader</p>	Prior, during and after session	

		<p>Protection Act 2018 and GDPR principles)</p> <p>All netball activity uses COVID-19 rule modifications</p> <p>Beginner players continuously reminded of modifications</p> <p>Circle players reminded more regularly</p> <p>Match officials, team bench and scorers positioned at least 2m apart or 1m+ where this is not possible.</p> <p>Parents and spectators remain socially distanced and gather in groups of no more than six</p> <p>Shouting is not permitted.</p>				
<b>Fomite transmission via surfaces in venue</b>	Players, coaches, officials, volunteers, parents, members of public at venue	Confirm with venue operator the procedures for the movement of and cleaning of any equipment such as netball posts (and any other large equipment items used at the facility such as tennis post and football goals)	HLNC safety video and information shared	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser – Chair</p> <p>Fitness leader</p>	Prior, during and after session	

		<p>Confirm with venue operator rigorous and regular cleaning processes are in place.</p> <p>Confirm with venue operator rigorous cleaning procedures for high contact touch points are in place</p> <p>Regular disinfection of such heavily used areas</p> <p>Ensure that venue adheres to PHE Guidance COVID-19 Cleaning in a non-healthcare setting in the instance of a confirmed case of COVID-19 from a user of the facility.</p>				
<b>Fomite transmission via equipment</b>	Players, coaches, officials, volunteers and parents	<p>Hand hygiene protocols in place prior to attendance and upon arrival</p> <p>Encourage players to bring their own ball if possible</p> <p>Hand sanitiser and wipes to be available during sessions</p> <p>All equipment including posts to be sanitised before and after each training sessions</p>	HLNC safety video and information shared	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser – Chair</p> <p>Fitness leader</p>	Prior, during and after session	

		<p>Bibs washed prior to each sessions and not shared if possible</p> <p>Inclusion of hand hygiene and ball sanitisation breaks every 15 minutes</p> <p>Sanitise post if players touches before play resumes</p> <p>Water bottles and whistles must not be shared and any left at end of session should be disposed of</p> <p>Suitable waste facilities available to dispose wipes and sanitisation materials</p>				
<b>Airborne transmission</b>	<p>Players, coaches, officials, volunteers and parents</p>	<p>Where possible, netball activity should be conducted outdoors, providing there are acceptable facilities available and weather conditions allow.</p> <p>If indoor facilities are the only available option, the following must be in place;</p> <p>Adequate ventilation - a target ventilation rate of 20l/s/p is achieved.</p>	<p>HLNC outdoor courts only being used</p>	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser – Chair</p> <p>Fitness leader</p>	<p>Prior, during and after session</p>	

		<p>Ventilation systems to provide 100% fresh air, not re-circulated air from space to space.</p> <p>Non-surgical face coverings must be worn in indoor venues by coaches and non-active attendees e.g. first aider</p> <p>Where possible open windows and doors. Doors may need to be propped open unless they are fire doors which remain closed</p>				
<b>Activity and common netball behaviours</b>	<p>Players, coaches, officials, volunteers and parents</p>	<p>Sessions are planned with Stage 4 rule modifications including warm ups and small sided games</p> <p>At all times during match play (in training and competition), two umpires are required to ensure adherence to the modified rules</p> <p>Modifications and non permitted common netball behaviours are communicated prior to activity commencing</p> <p>Players are briefed again at the beginning of sessions</p>	<p>England netball rules change video and information shared</p>	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser – Chair</p> <p>Fitness leader</p>	<p>Prior and during session</p>	



		<p>Beginner players and circle players are prompted more frequently</p> <p>Activity is planned appropriately after a substantial break from the game to reduce risk of injury</p>				
<b>Junior players and vulnerable adults</b>	<p>Junior players, vulnerable adults, parents of junior players and/or vulnerable adults</p>	<p>Clear and regular reminders of rule modifications during session</p> <p>Increase regularity of social distancing and rule modifications reminders for the youngest players (U11's)</p> <p>Practices and coaching aids to demonstrate required distances</p> <p>Use of assistant coaches and other adults to remind junior players</p>	<p>England netball rules change video and information shared</p> <p>HLNC safety video and information shared</p>	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser/Holly Hemsley – Chair</p> <p>Fitness leader</p>	Prior and during session	
<b>Toilets and changing rooms</b>	<p>Players, coaches, officials, volunteers and parents</p>	<p>Work with venue operator to ensure rigorous cleaning of toilet facilities and other communal areas are in place regularly</p> <p>Players arrive ready to play, use of changing room is not permitted</p> <p>Thorough hand washing after use of toilet facilities is encouraged</p>	<p>Rugby club and HLNC to ensure toilets are cleaned prior to session</p> <p>Ensure hand wash, hand gel, paper towels and antibac spray are available in toilets.</p>	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser/Holly Hemsley – Chair</p>	Prior and during session	

		Hand sanitiser to be available on courts so use of toilets is not needed for hand washing				
<b>An injury is sustained whilst social distancing is in place</b>	Players, coaches, officials, first aider	<p>Hands to be sanitised before and after</p> <p>First aid to be administered with non-surgical face mask and gloves</p> <p>Follow guidance as per St Johns Ambulance</p> <p>Complete accident form</p> <p>Ensure any waste is disposed of safely</p>	Ensure all safety equipment is available and all players know where to find these items.	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser/Holly Hemsley – Chair</p> <p>First aiders</p>	Prior, during and after session	
<b>Breaches to Government and England Netball guidance</b>	Players, coaches, officials, volunteers and parents	<p>Information shared in advance to avoid unintentional breaches</p> <p>Player reminders in place</p> <p>Persistent, intentional breaches dealt with via club disciplinary process</p> <p>Review activities after each session to identify any further adaptations that are required</p> <p>If activity cannot be safely managed, cease activity</p>	Ensure all players have seen England Netball and HLNC rules and guidance	<p>Emma Draycott – Covid Officer</p> <p>Lucy Masser/Holly Hemsley – Chair</p>	Prior and during session	