**Lead COVID Officer: Christina Berenger Email:** [**christina\_netballsouth@outlook.com**](mailto:christina_netballsouth@outlook.com)

All clubs are responsible for following the COVID guidelines as set out by the government and the NHS, and all clubs must have their own Lead COVID Officer.

Any netball activity must support the NHS test and trace efforts by collecting and maintaining records on those at any netball activities.  
  
To support NHS Test and Trace, all netball organisations must hold attendance records for 21 days. This reflects the incubation period for coronavirus, which can be up to 14 days and an additional 7 to allow time for testing and tracing.  
  
Anyone who has a positive test, must not attend any netball activity and should stay at home for 10 days.  
  
If a participant displays symptoms they MUST NOT participate, isolate themselves from others in attendance and make arrangements to return home immediately.

**The following is the current guidelines of the Government and the NHS:**

**When to self-isolate**  
Self-isolate straight away and get a PCR test as soon as possible if you have any of these 3 symptoms of COVID-19, even if they are mild:  
  
a high temperature  
a new, continuous cough  
a loss or change to your sense of smell or taste

You should also self-isolate straight away if:  
you've tested positive for COVID-19 – this means you have the virus  
someone you live with has symptoms or tested positive (unless you are not required to self-isolate – check below if this applies to you)  
you've been told to self-isolate by the NHS Track & Trace / App following contact with someone who tested positive   
**How long to self-isolate**  
If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you did not have symptoms) and the next 10 full days.  
You may need to self-isolate for longer if you get symptoms while self-isolating or your symptoms do not go away.  
**When you do not need to self-isolate**  
If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:  
  
you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS  
you're under 18 years, 6 months old  
you're taking part or have taken part in a COVID-19 vaccine trial  
you're not able to get vaccinated for medical reasons  
  
**PLEASE NOTE: Whilst Government guidelines above state that you may not have to self- isolate, Netball South Covid Policy states that if  a member of your household is positive with Covid, you cannot participate in our regional competition.**

All clubs are to review and update as required, their Risk Assessment and Mitigation Risk Assessment forms. You do not need to submit.

We recommend that clubs ensure their members are aware of their continued right to Opt In or Out of participation. By entering the league, you have as a club Opted Into participation.

The Home team will be responsible for completing the competition risk assessment:

[South Region COVID Competition Risk Assessment - To be completed at every match](https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIkWdsW0yxEjajBLZtrQAAAAAAAAAAAAZAAJM6JldUNzg4RDBBQ1ZRTERET0lZUVVCNDZLWTdXMi4u)

We recommend you maximise air flow around your indoor venues by opening doors and windows when appropriate.

Ensure pre-travel health screening is undertaken prior to travelling. **We strongly recommend all clubs adopt the policy of taking lateral flow tests within the 24hrs prior to attending competition in an effort to keep our netball environment covid safe**.

**Spectators**: If a venue has a balcony / gallery available to use, courtside spectators are not permitted. If there is no gallery / balcony each team can have a maximum of 6 court-side spectators.

We would like to remind you of the streaming policy which will enable additional viewing.

All clubs are to have their own COVID kit with hand sanitiser, face coverings and anti-bacterial wipes.

**Each team is to have a designated covid officer on the team bench. This can be the team manager in a dual role.**

The role of the designated COVID officer is to ensure that all COVID protocols are followed as per this guidance, and the HOME COVID officer is responsible for the completion and submission of the electronic risk assessment.

Hands and any balls used are to be sanitised every 15 minutes during the warm-up, before play starts and then at every quarter during the match.

**DO NOT ATTEND MATCHES IF:**

* You are displaying any of the COVID-19 symptoms.
* Anyone in your household is exhibiting symptoms or is Covid positive
* You have been told to self-isolate by NHS Test and Trace because of being in contact with a known COVID-19 case.

If you become unwell with COVID symptoms during the 72 hours following a South Region match you MUST inform your club Lead COVID Officer immediately and arrange for a COVID test.

The Club Lead COVID Officer will immediately inform the South Lead COVID Officer. All persons who attended the fixture will be advised to self-isolate and apply for a test online or call 119.

**FOLLOWING MATCH**

We recommend there are no match teas this side of Christmas. However we will leave this to your discretion if you believe you can safely manage this.

**Breaches to Government & England Netball Guidance**

Everyone has a responsibility to follow the guidelines and remind others when applicable.

Persistent, intentional breaches will be dealt with via the South Region disciplinary process.

If the netball activity cannot be safely managed, it will be stopped, and the result will be determined by the CTSG.

**BY OPTING INTO THE COMPETITION, YOU ARE AGREEING TO FOLLOW THIS POLICY**