

## **Birmingham City Netball Club**

### **Do's and don'ts to support the BCNC Covid-19 Risk Assessment Stage 4B**

#### **Do:**

- Read the Risk Assessment and complete an Opt-in form if you are comfortable to do so. Both forms are available online at our Documents page
- Make sure that players have a current paid membership of England Netball.
- Be aware of Covid symptoms in yourself and your household and follow Government guidance.
- Ensure nails are cut (so that they are invisible from the palm side) before leaving home.
- Make sure you go to the toilet before you leave home. (some venues have no toilets, or they are closed)
- Check yourself and your daughter for symptoms shortly before arriving at events.
- Use separate entrances and exits where these are provided. Obey signage.
- Observe 2 metre social distancing. Parents to be good role models in this.
- Sanitise hands on arrival at an event. (materials are provided)
- Use a netball (taken from the 'clean' bag) and share with no more than 15 people (i.e. two teams). Put used netballs in the 'dirty' bag after use.
- Sanitise hands at the end of a session
- On return home, wash hands and kit.

#### **Don't**

- Attend any netball event if you or a household member has symptoms or tests positive for Covid-19
- Take part in more than one netball match in any one day as player or umpire.
- Remain less than 2 metres away from another player even when defending. (This does not apply to passing another player at speed; however physical contact must be avoided.)
- Stay to watch any netball event after dropping your daughter off.
- Car-share with other households to bring girls to netball.
- Players not to wear any jewellery.
- Players not to bring mobile phones. (Coaches all have phones)
- Put on a bib from another player. The coach will provide one in the event of substitution etc.
- Touch any ball that is in use by another group. Kick it out of the way if necessary.
- Shout (includes no 'Three Cheers' at the end of a game)
- Engage in social chit-chat with opponents
- Share food or drink.
- Have physical contact e.g. shaking hands, going into a huddle