



# Stage 4 Risk Assessment Modified Training

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#RISEAGAIN

## COVID-19 RISK ASSESSMENT

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: BSNC (Bishop's Stortford Netball Club)</b>	<b>Our COVID-19 Officer is: Janis Trantum (Lead). Fleur Caldicott(Dep)</b>
<b>Name of activity: Training and matches</b>	<b>This activity takes place at : <i>Herts and Essex Sports Hall</i></b>
<b>Who is carrying out this assessment? Janis Trantum</b>	<b>We will review this risk assessment next on: March 2022</b>
<b>Date of the Risk Assessment. (Update) 27<sup>th</sup> January 2022</b>	

What are the Risks?	Who might they affect?	General controls to be put in place	Activity specific controls to be put in place	Who will be responsible to action?	When does it need to be actioned by?	Is it complete?
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<p><b>For some people, the risk of COVID-19 is higher</b></p>	<p>Players, coaches, officials, volunteers, parents</p>	<p>High risks groups are aware of the risks involved in netball and have access to the personal risk assessment</p> <p>Participants have the choice if they would like to attend sessions and 'opt in' to activity</p> <p>There is no pressure from coaches, club volunteers or other players to join Netball training sessions</p>	<p>EN docs regarding vulnerable gps/personal risk (hard copy and digital) signposted upfront to prospective new members, with Opting In form still retained atm. Docs kept on club website and updated, when applic. with notice to all thro' club main s/m Whatsapp and/or email</p> <p>Resources.. <i>EN Pers Risk Assess doc, videos, care package Club forms/website</i></p> <p>Opps provided to discuss private situations further</p> <p>No pressure policy stressed in above and subsequently as needed, so all aware and comply.</p>	<p>Lead Covid Officer supported by other meet and greet personnel eg head coach/sess leader. Website administrator</p> <p>All members to take self-responsibility for checking</p>	<p>Before sessions At sessions</p>	<p>Yes, ongoing</p> <p>Note: <a href="#">very few members now still opting out for Covid reasons.</a></p>
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<p><b>Someone returns too soon following a case of COVID-19</b></p>	<p>Players</p>	<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>	<p>Links to <i>EN Covid and Care Docs</i> kept on club website for ref.</p> <p>Regular check ins from LCO during any cases isolation period to see how member is/things are going</p> <p>Attendees confirmed before session on social media. Anyone post-Covid-19 privately approached in adv and checked re test result, timing, and if any GP guidance and advised acc. Head coach/session leaders notified to keep eye on. If someone arrives with symptoms, must leave immediately and LCO informed.</p>	<p>LCO The individual</p> <p>LCO Covid Officers</p> <p>Session leader(s)</p>	<p>Before session</p> <p>Start and during session</p>	<p>Yes, ongoing</p>
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<p><b>Risk of someone attending who is displaying symptoms of COVID-19 or living with someone displaying symptoms (and themselves not exempted)</b></p>	<p>Players, coaches, officials, volunteers, parents</p>	<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>Any individual displaying symptoms* advised to return home, self-isolate and get a test, follow govt. guidelines.</p> <p><b>High temperature</b> <b>Cough</b> <b>Loss sense taste or smell</b></p> <p><b>Note: Other symptoms increasingly being reported. (Common cold like.) In Omicron variant case, frequently mild. And many people are actually A-symptomatic hence more recent promotion of home lateral flow tests</b></p>	<p>'Official' list symptoms info kept on <b>club website</b> eg <i>See BSNC Health Screen doc. Also H &amp; E venue risk assess</i></p> <p>Expectations to pre-screen/self-assess &amp; follow govt guidelines kept on <b>Club's Training Checklist reminder</b> which is sent on club main group chat before <u>every</u> session. Prompts also by team captains in their <b>s/m pre-match briefing.</b></p> <p>Other docs incl links to govt and EN guidance also kept available on club website for reference. eg <b>EN site Care Package (latest Jan 22)</b> with its useful advice and summary of current govt policy (esp regarding close contacts with and without vaccination circumstances - and isolation ). Also signposted on club chat with the Test, Trace and Isolation section specifically copy pasted.</p> <p>Further updates reported first on the main club chat as arise. (Quickly moving situation atm)</p>	<p>Lead Covid Officer.</p> <p>LCO, supported by Headcoach/sess ldrs. Cpts</p> <p>Web administrator</p> <p>All members to take self-responsibility for complying</p>	<p>Before session</p> <p>At venue</p>	<p>Yes ongoing</p> <p><b>Note: Since subsidence of Dec 21 surge of Omicron variant and Govt plan B, EN and leagues currently still recommend taking a lateral flow test before entering 'high risk' areas or before meeting vulnerable people. PCRs if symptoms</b></p> <p>Further advice awaited netball context</p>
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<b>Transport to and from activity</b>	Players, coaches, officials, volunteers, parents	Adherence to Government guidance on travel and public transport	Rel. guidance docs on club website & updated and notified to club where applic.	LCO Web administrator  LCO  all participants self-responsibility		Yes  <i>NOTE currently no Covid related restrictions.</i>
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<p><b>Droplet transmission</b></p>	<p>Players, coaches, officials, volunteers, parents, members of public at venue</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 Protection Act 2018 and GDPR principles)</p>	<p>Names of prospective attendees requested and gathered before every session on club Whatsapp. Attendance Register kept for every training sess. New member forms at induction. Pre-session Training reminder on Whatsapp and any extra guidance/requests for mitigation forwarded</p> <p>Record of match attendees kept on team whatsapps.</p> <p>Guidance ocs on website for ref. Related general good practice at sessions, in line with EN care package eg .. Regular sanitising of hands, balls,posts, used squeezey whistle, timers Cleaning of other equip pre and post session incl bibs Minimum sharing of balls and bibs. Paperwork pens No sharing of mouth whistles, pumps hairbands water bottles Social distancing Spread bases out as much as possible avoid congestion at entrance and exit</p>	<p>LCO</p> <p>LCO Head coach/ Session ldr</p> <p>Capt</p> <p>All participants self-responsibility</p> <p>LCO Head Coach/sess ldrs Or nominated personnel</p>	<p>Pre-session,</p> <p>During sess</p>	<p>Yes, ongoing</p> <p>Note: Govt plan b scrap of face masks per above, but still rec for some places eg when entering 'crowded or enclosed spaces' and currently still advised by EN and some leagues. (Possibly league sports centres)</p>
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<p><b>Fomite transmission via surfaces in venue</b></p>	<p>Players, coaches, officials, volunteers, parents, members of public at venue</p>	<p>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)</p> <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>	<p>At intervals, check latest cleaning matrix &amp; risk assessment from venue manager/staff and liaise as necessary.</p> <p>Per venue documents above</p>	<p>LCO and possibly venue liaison ie Club Treasurer</p> <p>Eye kept on by Covid Officers, Head Coach/sess leaders and all.</p>		<p>Yes</p> <p>Yes</p>
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<p><b>Fomite transmission via equipment</b></p>	<p>Players, coaches, officials, volunteers and parents</p>	<p>Hand hygiene protocols in place <b>prior to attendance</b> , during <i>(and also when leaving)</i></p> <p>Hand sanitiser and wipes/anti bacterial spray to be available during sessions</p> <p><b>All equipment including posts to be sanitised before and after each training sessions</b></p> <p><b>Bibs washed prior to each sessions and not shared if possible</b></p> <p><b>Inclusion of hand hygiene and ball sanitisation breaks every 15 minutes</b></p> <p><b>Sanitise post if players touches before play resumes</b></p> <p><b>Water bottles and whistles must not be shared and any left at end of session should be disposed of</b></p> <p>Suitable waste facilities available to dispose wipes and sanitisation materials.</p>	<p><i>See also measures under Droplet Transmission above.</i></p> <p><b>All club Kit bags</b> includes restocked sanitising and cleaning products for use. Players also reminded to bring own hand san. water bottles – and mouth whistles if relevant. <b>Sep holdalls x 2 for balls</b></p> <p>All bibs washed after sessions</p> <p>Planned timed breaks for sanitising. Verbal reminders of protocols as needed</p> <p>Limited paper handling -sep clipboards and pens new mbrs Plastic wallets for any cash training (but promote cashless/bank transfer wherever poss)</p> <p>Clear areas for club equipment, incl sanitizer.</p> <p>Note: Small plastic bags in club first aid kit made available for wrapping waste. Stocks wound spray as altern. to sachets of medi wipes</p>	<p>LCO with Head Coach/ Session ldrs</p> <p>All players to take self-responsibility for hygiene</p> <p>Volunteers. Team capts</p> <p>LCO. Hd coach/Sess ldr (and/or other person(s) designated by them eg Covid Officers, umpires, vols/ off court players</p> <p>Venue.</p>	<p>before, during, after</p> <p>During</p>	<p>Yes</p>
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<p><b>Airborne transmission</b></p>	<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>Ventilation systems to provide 100% fresh air, not re-circulated air from space to space.</p> <p>Non-surgical face coverings <del>must be</del> 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>	<p>Matches are currently both outdoors and indoors (in spacious, purpose-built and run halls) managed by accountable venues. Training is currently indoors per above</p> <p>Training venue risk assessment checked by club users for compliance</p> <p>Advisory currently (Further EN and league guidance awaited)</p> <p>Venue managed</p>	<p>LCO with Head Coach/ Session ldr</p>		<p>Yes</p> <p>ngoing</p>
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<p><b>Activity and common netball behaviours</b></p>	<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), <b>two umpires</b> 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>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>	<p>(Modified rules no longer mandatory and not used at training currently) However , as general good practise, ..we continue to have 2 umpires per training match as much as possible Trainee umpires also involved where needing to practise.</p> <p>General good practice followed</p>	<p>LCO Head Coach/sess ldr Umpires.</p> <p>Head Coach and Session leader(s) in co-ord with LCO Umpires</p> <p>Players to help and take self-responsibility in play</p>	<p>At session</p> <p>After and before sessions</p>	<p>Yes</p> <p>Yes</p>
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<p><b>Junior players and vulnerable adults</b></p>	<p>Junior players, vulnerable adults, parents of junior players and/or vulnerable adults</p>	<p><del>Clear and regular reminders of rule modifications during session</del></p> <p><del>Increase regularity of social distancing and rule modifications reminders for the youngest players (U11's)</del></p> <p><del>Practices and coaching aids to demonstrate required distances</del></p> <p><del>Use of assistant coaches and other adults to remind junior players</del></p>	<p>n/a See above</p> <p>Under 11s not applic to BSNC in any case. - we are predominantly O18s</p>			
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<p><b>Toilets and changing rooms</b></p>	<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><del>Players arrive ready to play, use of changing room is not permitted</del></p> <p>Thorough hand washing after use of toilet facilities is encouraged*</p> <p>Hand sanitiser to be available on courts <del>so use of toilets is not needed for hand washing</del></p>	<p>At intervals, obtain &amp; check latest cleaning matrix &amp; risk assessment from venue manager/staff and liaise as necessary.</p> <p>(No longer issue but club hand gel still avail per above)</p>	<p>LCO and possibly venue liaison eg Club Treasurer</p> <p>All</p>	<p>Pre-session</p> <p>At session</p>	<p>Yes</p>
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<p><b>An injury is sustained whilst social distancing is in place</b></p>	<p>Players, coaches, officials, first aider</p>	<p><b>Hands to be sanitised before and after</b></p> <p><b>Any first aid administered by another to use with non-surgical face mask and gloves</b></p> <p><b>Follow guidance as per St Johns Ambulance</b></p> <p><b>Complete accident form*</b></p> <p><b>Ensure any waste is disposed of safely</b></p> <p><i>Note: Soc. Distancing only advisory atm (further EN guidance awaited)</i></p>	<p>EN rel documents – eg <i>Covid safe First Aid (Protocol guidance plus link to St John’s )</i> on club website also a hard copy in all club first aid kits and updated with notice where applic.</p> <p>Updates to first aiders</p> <p>Players administer own first aid wherever possible. Informed where kit is.</p> <p>Check sanitiser and gloves, masks notebooks* waste bags topped up as part first aid kits and order more as necessary. Protocol added as aide-mem.</p>	<p>LCO Web administrator</p> <p>All administering first aid</p> <p>LCO. Capts</p> <p>LCO or person designated by them</p> <p>Venue (bins)</p>	<p>Pre-session</p> <p>During</p> <p>After/at intervals</p>	<p>Yes</p> <p>Note Training and league venues have own first aid policies and risk assess. Will help in an emergency.</p>
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<p><b>Breaches to Government and England Netball guidance</b></p>	<p>Players, coaches, officials, volunteers and parents</p>	<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>	<p>Updated docs and guidance circulated to all on main group chat and /or email; also kept on website for reference.</p> <p>Always pre-session reminders of expectations on club's main group and club team groups pre event.</p> <p>Prompts at training venue. Leagues and officials</p> <p>LCO first point of contact for reports to be considered/responded to. Taken on by LCO to club committee where applic.</p>	<p>LCO</p> <p>LCO Capts</p> <p>LCO, Hd Coach/Session leaders ,umpires (lge officials)</p> <p>Per above and other key personnel as appropriate</p> <p>Club committee</p>	<p>Before</p> <p>Before, during</p> <p>After</p>	<p>Yes</p> <p>Yes</p>
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## BSNC

### Additional page of further club Covid mitigation related to league/competition activity ..BSDNL; Harlow; Herts, friendlies

- LCO to be one of the club contacts for all leagues BSNC participates in. And/or deputy on all club team whatsapps.
- **All** team personnel ie players and officials (umpires, scorers primary carers coaches) to sign/complete any league forms mandated, with access to relevant league documentation/guidance and all related updates/additional requests arising thereafter.  
*LCO with support of team captains. May be through the team group or main club social media. \**
- **Team Capts** briefed as players' point of contact and responsible for communication and team Covid mitigation compliance each fixture, reporting back to club Lead Covid Officer and committee. (Compliance includes: any covid specific health screening on the day; masks where mandatory; sanitising of hands, balls and cleaning of other match equipment at required intervals, an arrangement for bib washing each game; any distancing measures eg entrances & exits, home/away bench areas; whatever is mandated around scoring, primary care. ) - */LCO/delegated committee members and captains*
- **Defined meeting/collection points for any** U18s and clearly communicated to them, their parents/guardians
- *LCO and Team capts*
- Club to provide & replenish team kit bags with the necessary **equipment** (multiple sets bibs as needed; balls; stocked first aid kit etc) and appropriate **cleaning materials** for (sprays, wipes, hand sanitiser, waste bags etc). Capts to monitor and advise when stocks are low.  
*LCO or delegated committee member and captains*
- League fees and payment of officials expenses will be predominantly by bank transfer and likely collected in instalments to avoid the handling of cash. Where an umpire does requests cash, treasurer will provide in advance to team captain in a named envelope. *Treasurer team capts.*

