

Ashtead All Stars Netball Club

Beginning of Season 2020-2021 IMPORTANT New Procedures



Dear all,

As promised in my Welcome Letter, here are the procedures we have put in place to ensure that all our members are as safe as possible when they return to Ashtead All Stars for the start of the new season. Please read the procedures very carefully and ensure that you discuss them with your daughter.

We are currently at Stage 4a of England Netball's Return to Netball Roadmap. This means we are allowed to do group skills, share equipment, and play modified matches, but we have to socially distance where possible, and sanitise hands and equipment regularly and frequently.

Most importantly you need to be aware that there is no obligation or pressure to return to training. Everyone will have their own personal situation which might make them nervous about returning, possibly involving shielding, or looking after relatives, or possibly just nervous about returning to normality after being at home for so long. For this reason all members need to "opt-in" before they are allowed to train. "Opting in" means you are aware of the risks and agree to follow the Club's safety procedures to protect yourself and others. You will find the "opt-in" Guidance and Statement on our website, but you will hear more from your year group admin about this. Even after "opting-in", please speak to your coach or anyone on the committee if your circumstances change, or you are returning to netball after having covid-19, or any other covid-related issue. We will work with you to ensure a happy, safe and gradual return.

We have added lots of covid-19 related information to our website, under Club Information, which you should familiarise with

1. Covid-19 and netball risks
2. Opt-In Guidance and Statement
3. Health Screening Checklist
4. Personal Risk Assessment
5. England Netball Restarting
6. England Netball Players' Guidance
7. England Netball Coaches' Guidance

As ever, the safety and well-being of all our club members remains our top priority and the club will continue to comply with all guidance and requirements laid out by both England Netball and the UK Government in progressing through the stages of return. Please help support our return and the work that has been done by the club by ensuring we all stick to the rules. We are very fortunate to have access to training facilities - many of our peer clubs are not so lucky - so we need to keep acting diligently and responsibly to maintain our access.

Entrance and Exit

Access to the school site will be via the green gates next to the Administration/Reception building for ALL training at ALL times, for the foreseeable future. This is the same one we used during Summer Holiday netball, and ensures that we keep separated from any other hirers such as footballs and swimmers.

We will be using this gate as both an entrance and an exit, but we will have a separation barrier, and we will be staggering times, to ensure it isn't too crowded.

On Arrival

On arrival a committee member will be positioned at the entrance to take a register, and to conduct a brief health check, monitoring girls for visible signs/symptoms of covid-19. Players will be asked to sanitise their hands at the gate and will be told to go directly to their court. This may be a little slow at first so cones will be positioned 2m apart to ensure players are distanced whilst waiting.

Once registered, players should then go straight to their court where they will be expected to stay socially distanced until the session starts. There will be cones laid out along the edges of the court. Please select a cone - this will be your home base where you can put your water bottle, your bag if you have one, and any clothes you need to take off during training.

Your Session

Your coach will ensure your session is delivered according to England Netball safety guidelines. For example, bibs are not to be swapped, balls are sanitised every 15 minutes, and all drills should be socially distanced where possible.

According to England Netball, our Governing Body, netball has been given the go ahead on the basis that close contact is "minimised" but not stopped, as apparently the longer you are exposed to the virus the more likely you are to catch it. Therefore we are allowed to play matches, but they are modified matches to reduce contact time. Warm ups, drills etc. all have to be carefully considered to minimise contact and minimise close proximity of players. Therefore to allow a full and valuable training session, players must ensure they arrive socially distanced, and they must be socially distanced when chatting, warming up, and leaving. Please help us keep everyone safe.

Departure

Players will be asked to sanitise their hands as they leave the courts, and then leave the premises as quickly as possible, to allow for the next group to arrive. Sadly we cannot allow girls to stand around and chat as much as we would love this to happen!

Year 5 and above will be allowed to leave the premises on their own and parents are expected to organise with their daughters the best place to meet. Obviously it will be extremely busy at Downsend, and we would encourage you to arrange a meeting point at a safe place away from the main entrance. Ideally please walk or park nearby and help reduce the number of cars at Downsend. Please remember there is likely to be football and swimming at Downsend at the same time.

For minis, we will bring the girls to the gate to meet their parents. Minis will not be allowed to leave on their own.

Travelling to and from netball

We cannot be responsible for players travelling to and from netball, but we trust that people will keep to Government guidelines and socially distance where possible, including when walking to their cars or walking to meet their parents.

Toilets and Changing Facilities

Please arrive changed and ready to play. We have ONE toilet for exclusive use by AAS. This is to reduce the footprint made by AAS on Downsend facilities, and to reduce the amount of cleaning that is necessary, so please try and go the toilet before you turn up to training.

Shelter

We will not have any shelter at training, so please bring as little with you as possible, in a waterproof bag.

Water

Players MUST bring their own water bottles as the drinking fountains at Downsend are NOT in use.

Bibs

We are currently not allowed to share a bib with another player so we will be getting through multiple sets of bibs. As they have to be washed after each use, please expect your daughter to come home with a set of bibs to be washed and returned before the next session. We will do this on a rota basis. Please use a gentle wash and do not use a tumble dryer. If the bibs need mending and you are good with a sewing machine, please feel free !! Thank you.

First Aid

We will not be administering any First Aid. First Aid equipment will be available at the side of the courts for girls to use should they need to. We will be calling parents to collect their daughter if anyone needs more than a plaster.

Revised Training Times

Usual training time	Arrival time	New training time	Off site by ...
Monday 6 - 7pm	5.45 - 5.55pm	6 - 6.55pm	7pm
Monday 7 - 8pm	7 - 7.10pm	7.15 - 8.10pm	8.15pm
Tuesday 8.30 - 9.30pm	8.15 - 8.25pm	8.30 - 9.30pm	9.35pm
Wednesday 6 - 7pm	5.45 - 5.55pm	6 - 6.55pm	7pm
Wednesday 7 - 8pm	7 - 7.10pm	7.15 - 8.10pm	8.15pm
Wednesday 8 - 9pm	8.15 - 8.25pm	8.30 - 9.30pm	9.35pm
Wednesday 8 - 9.30pm	8.15 - 8.25pm	8.30 - 9.45pm	9.50pm
Saturday 2 - 3pm	1.45 - 1.55pm	U8 2 - 2.55pm	3pm
		U9 2 - 3pm	3.05pm

Access to the Sports Hall

We will not be allowed to use the Sports Hall at the moment. When Downsend give us the go ahead, we expect that access will be from the childrens' play area straight into the Sports Hall. This means there is no need to go into the sports corridor at all and there should be no need to come into contact with any footballers or swimmers. If the toilet is needed, players must go the one toilet we have near our reception entrance. The side doors will be opened to improve ventilation of the Sports Hall.

Illness

Before players and coaches leave home, they must all undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate if they, or someone they live with, has symptoms of COVID -19 currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Should anyone show any signs of illness at training, we will immediately phone parents so that the player can be picked up and taken home.

Track and Trace

A register will be taken at each session so we know who has attended on which day and this information will be held by the club for 21 days. In the event that a player tests positive for Covid-19, they should follow government guidance, and they must ensure that Jane Arnett (Club Chair) is notified. While respecting relevant medical confidentiality requirements, the Club Chair person will inform the parents of members of that year group that “someone” has tested positive. In the event that this is the case, players within that year group will not be permitted to return to sessions for a period of 14 days following the potential exposure.

Questions

Please contact Jane Arnett on jane.bluecedar@hotmail.co.uk if you have any questions or concerns.

We look forward to welcoming everyone back to netball.

Kind regards,

Jane Arnett
AAS Chairperson and Head Coach
Ashtead All Stars Netball Club
www.ashteadallstars.com