

COVID-19 Personal Risk Assessment Guidance

Ashtead All Stars (AAS) is committed to adhering to England Netball and UK Government guidance. As part of the required active “opt-in” policy to recommencing organised training, individuals should be aware of the risk factors associated with playing netball (which can be found on the AAS website) and circumstances that may increase or affect their own personal risk associated with Covid-19.

This information sheet aims to inform you, your family and any other household contacts you might have of underlying medical conditions which could put you at higher risk of contracting Covid-19. We recommend you consider the risk to both yourself and the others when returning to netball and discuss any concerns with your health care provider in the first instance as well as the Club Chair jane.bluecedar@hotmail.co.uk or the Covid-19 Officer matt@timblin.co.uk

PEOPLE AT MODERATE RISK (CLINICALLY VULNERABLE)

- Are 70 or older
- Have a lung condition that is not classed as severe (this includes asthma, COPD, emphysema or bronchitis)
- Have a heart disease
- Have diabetes
- Have chronic kidney disease
- Have a liver disease
- Have a condition affecting the brain or nerves (such as Parkinson’s, motor neurone disease, MS or cerebral palsy)
- Have a condition that means they have a high risk of getting infections.
- Are taking medicine that can affect the immune system (such as low doses of steroids)
- Are very obese (a BMI of 40 or above)

PEOPLE AT HIGH RISK (CLINICALLY EXTREMELY VULNERABLE)

- Have had an organ transplant
- Are having chemotherapy or antibody treatment for cancer
- Are having an intense course of radiotherapy for lung cancer
- Are having targeted cancer treatments that can affect the immune system
- Have a blood or bone marrow cancer
- Have been told by a doctor that they have a severe lung conditions such as CF, severe asthma or severe COPD.
- Have a condition that means they have a very high risk of getting infections such as SCID or sickle cell.
- Are taking medicine that makes them much more likely to get infections such as high dose steroids or immunosuppressants.
- Have a serious heart condition and are pregnant.