



SWISS NETBALL COVID PROTECTION PLAN  
24 October 2020, U17 National Squad Trials  
CENTRE SPORTIF DU BOIS-DES-FRÈRES

## PURPOSE OF PLAN/ REGISTRATION

These measures are intended to help protect ALL TRIALISTS and the WORKFORCE involved in this Swiss Netball organized activity from the coronavirus infection.

In addition to these measures, please respect the rules of the sports facility as shown, at all times.

### A. NUMBER OF ATTENDEES / REGISTRATION

- i.* This event is limited to trialists only, no coaches or spectators are permitted. All trialists must be pre-registered and approved to attend the event.
- ii.* Every attendee will be required to fill in the Register of Attendance and provide their contact details. The personal information collected (surname, first name, address, telephone number) will be retained for 14 days before being destroyed and will only be used to identify the individuals who are suspected of being infected and upon request of the service cantonal.
- iii.* For children under the age of 16 years old, a parent's details should be provided.

### B. PRE-ATTENDANCE

#### 1. Self-Symptom Check

- i.* All trialists and workforce should undergo a self-assessment for any COVID19 symptoms. No-one should leave their home to participate in a netball event if they, or someone they live with, has symptoms of COVID19 which are currently recognised as any of the following:
  - A high temperature
  - Respiratory illness symptoms (sore throat, cough (usually dry) and shortness of breath, chest pain)
  - A sudden loss of their sense of smell or taste
- ii.* All trialists and the workforce **should** download and activate the SWISS COVID Tracing Application.

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/swisscovid-app-und-contact-tracing.html>

#### 2. Travel to the trials

Trialists and the workforce are encouraged to follow best practice for travel including minimising use of public transport and limiting car sharing. Walk or cycle if you can.

#### 3. Arrival at venue

- i.* The time spent congregating at a venue before activity begins should be strictly limited. Meet-up times should reflect this.

- ii.* This includes arriving changed and ready to begin the warm up, where possible. Access to changing rooms will be limited in accordance with social distancing rules, which must be observed at all times
- iii.* Every trialist and member of the workforce must respect the direction of traffic where indicated.
- iv.* The parent/guardian must drop their player at the entrance. An official will be at the gate/door to meet the players and this will be the same for collection at the end of the event. **It is advised that the same parent/guardian collect the players at the end of the event.**

## **C. DURING ACTIVITY**

### **1. Social distancing / hygiene measures in play**

- a.* All trialists where possible should adhere to social distancing throughout warm-ups. This means adhering to a distance of at least 1.5m.
- b.* Avoid unnecessary breaking of social distancing such as pre-game handshakes, huddles, face-to-face confrontation with opponents and officials, and scoring celebrations.
- c.* Trialists should ensure that they wash their hands at regular intervals with **soap and water** or, if this is not possible, use alcohol gel.
- d.* Trialists should cough or sneeze into their elbow and immediately disinfect their hands after doing so.

### **2. Social distancing/ hygiene measures during breaks and post-game**

- a.* All trialists should remain socially distanced during breaks in play with spaced areas including officials and substitutes, including when accessing toilets and other common areas.
- b.* Selectors and other members of the workforce, should, for example, spread out and avoid sharing a bench if social distancing cannot be observed.
- c.* Water bottles or other refreshment containers, should in no circumstances be shared.
- d.* Trialists are advised to bring their own refreshments in a labelled or highly distinguishable container.

### **3. Use of kit/bib**

- a.* The sharing of equipment, including bibs, must be avoided where possible, particularly that used around the head and face.
- b.* Where kit (bibs) absolutely has to be shared or kept together, each person handling it must wash or sanitise their hands immediately after.
- c.* Balls shall be disinfected at every break

### **4. Match officials, medics and selectors**

- i.* Match officials, medics and selectors are expected to observe these guidelines in the same way as trialists are required to.
- ii.* These individuals should remain socially distanced from players and others, where possible.

### **5. Shouting**

- i.* There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly, in particular indoors and when face to face.
- ii.* If possible, trialists should therefore avoid shouting or raising their voices before, during, and after games, especially when facing each other.

## **6. Injury treatment**

- Injuries during play should still be treated as the trialists wellbeing is utmost.
- The best way to protect yourself and others is through rigorous cleaning of material and regular hand hygiene.
- Face masks are also advisable when undertaking treatment.
- After contact with an injured trialist, all individuals involved should wash their hands thoroughly with **soap and water** or use alcohol hand sanitiser at the earliest opportunity.
- Physios or their equivalent, should keep a record of each trialist they have come into contact with for test and trace purposes.

## **7. Spectators**

- **Spectators are not permitted at this event.**

## **D. POST ACTIVITY**

- All trialists are encouraged to leave the venue as soon as possible after the event.

## **E. DESIGNATED COVID19 INDIVIDUAL**

The designated individual for this event is Emma Connolly

If you have any questions please contact her directly on :  
(Tel: 076 532 70 27 or [emma.connolly@swissnetball.ch](mailto:emma.connolly@swissnetball.ch) )

Approved by The Swiss Netball Committee,

Geneva 20 September 2020