



SWISS NETBALL COVID PROTECTION PLAN

PURPOSE OF PLAN/REGISTRATION

These measures are intended to help protect ALL PARTICIPANTS & SPECTATORS 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

- This event is limited to XX persons maximum, including coaches and spectators. All attendees must be pre-registered and approved to attend the event.
- 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.
- For children under the age of 16 years old, a parent's details should be provided.

B. PRE-ATTENDANCE

1. Self-Symptom Check

- All players, other participants and spectators 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
- All players, officials, volunteers and spectators **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 training and matches

Attendees 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 venues

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

- 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.
- Every player, other participant and spectator must respect the direction of traffic where indicated.
- 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

- All participants where possible should adhere to social distancing throughout warm-ups. This means adhering to a distance of at least 1.5m.
- Avoid unnecessary breaking of social distancing such as pre-game handshakes, huddles, face-to-face confrontation with opponents and officials, and scoring celebrations.
- Participants should ensure that they wash their hands at regular intervals with soap and water or, if this is not possible, use alcohol gel.
- Participants 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

- All participants should remain socially distanced during breaks in play with spaced areas including officials and substitutes, including when accessing toilets and other common areas.
- Coaching staff and substitutes, should, for example, spread out and avoid sharing a bench if social distancing cannot be observed.
- Water bottles or other refreshment containers, should in no circumstances be shared.
- Participants are advised to bring their own refreshments in a labelled or highly distinguishable container.

3. Use of kit/bib

- The sharing of equipment, including bibs, must be avoided where possible, particularly that used around the head and face.
- Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials.
- Where kit (bibs) absolutely has to be shared or kept together, each person handling it must wash or sanitise their hands immediately after.
- Balls shall be disinfected at regular intervals

4. Match officials, medics and coaches

- Match officials, medics and coaches are expected to observe these guidelines in the same way as participants are required to.
- These individuals should must remain socially distanced from players and others, where possible.

5. Shouting

- 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.
- If possible, players, other participants and spectators 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 participant 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 participant, 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 participant they have come into contact with for test and trace purposes.

7. Spectators

- Spectators are not permitted at this event unless permission has been sought and obtained from the COVID-19 Designated Person.
- Spectators should remain socially distanced of at least 1.5m from each other. Where social distancing is not possible, all spectators should wear a face-mask.
- Spectators should also observe the COVID-19 guidelines (with respect to coughing and sneezing, and washing their hands etc.) as specified above.
- Spectators should stay in the area designated for spectators and should respect the direction of travel where indicated.

D. POST ACTIVITY

- All players, other participants and spectators are encouraged to leave the venue as soon as possible after the event.

E. DESIGNATED COVID19 INDIVIDUAL

The designated individual for this event is **XXXXXXXXXX**.

If you have any questions please contact him/her directly on :

(Tel: or [email address](#))

Approved by The Swiss Netball Committee,

Geneva 4 September 2020