



CJNL COVID-19 Guidance

Cheshire Junior Netball League is committed to prioritising the Health & Safety of all of our participants, alongside avoiding the spread of Coronavirus.

The guidance from both England Netball and the Government is constantly changing however, we are slowly making progress in the re-start of CJNL fixtures.

We will continue to follow guidance from England Netball and the Government to ensure that the 2020-2021 season of the CJNL is done in the safest way possible.

Please ensure you are familiar with our normal information:

- League Handbook (all CJNL rules are the same part from the modifications)
- League Code of Conduct

Our Guidance

IT IS ESSENTIAL THAT THE GUIDANCE AND TERMS & CONDITIONS ARE READ AND THOROUGHLY UNDERSTOOD PRIOR TO PARTICIPATING IN ANY NETBALL ACTIVITY PROVIDED BY CJNL.

These guidelines are in place for our re-start of the 2020-2021 commencing 25th Oct 2020 and will be reviewed Jan 2021 or earlier if Government and EN guidance changes

The guidance and T&C's set out below is split in to the following sections:

1. COVID Officers
2. Rule Modifications, Umpires & Position at Start of Play
3. Friendly Matches Format
4. Safety & Hygiene
5. Health Screening & Personal Risk Assessment
6. First Aid
7. Track & Trace
8. Social Distancing
9. Payments
10. Get In, Play Safe, Get Out

COVID Officers



Our assigned CJNL Covid-19 Officer is Sarah Gough. All Clubs are required to provide their Club Covid Officer name and contact details

Rule Modifications, Umpires & Position at Start of Play

- 4ft spacing for start of play including on the third line
- 4ft marking
- 4ft position of penalised player
- Removal of toss ups
- Removal of idle interactions
- Umpires must ensure players are adhering to the rule modifications
- Maintain 4ft from players at all times unless in competition for the ball
- All players must not position within 4ft of any other player when the ball is not in play in their area of the court
- GA/GD/WA/WD can position as normal at any point along the transverse line but at the centre pass must maintain a distance of 4ft from each other
- GS/GK are required to start inside the Goal Circle 4ft apart
- Centres can position as normal but must maintain a distance of 4ft either at the Centre Circle or if the Centre decides to mark at the transverse line

Friendly Matches Format

- CJNL will commence with outdoor, friendly matches this season
- CJNL will commence U13 & U15 Regional qualifying matches once able to
- There will be 1 division per age group but there will be no league tables or points
- Players will arrive 5 minutes prior to the start of their friendly match – please arrive at the venues in good time if you can but wait in your cars until 5 minutes before the start of your slot
- There will be a 5-minute warm up time for players to complete their own warm up within their team
- Quarters will be 10 minutes long with a 1-minute break in between and at half time.
- Score sheets should be completed as normal, however we cannot share paperwork between team/umpires so please fully complete YOUR OWN sheet. Do not ask the opposing team to sign your sheet. Sheets should then be digitally sent to cjnresults@gmail.com with a copy to covidofficer@cjnl.co.uk

Safety & Hygiene

- Players are required to sanitise their hands at the start and end of each quarter
- Non playing persons are required to wear a face mask
- Umpires/Coordinators will sanitise the ball at the end of each quarter and the posts at half/full time
- Team talks should be undertaken with social distancing in place
- Players should, as much as possible, avoid touching the post
- Shouting is not permitted
- No sharing of water bottles
- Bibs should not be shared
- U11's will not be rotational play as bibs cannot be shared so will play senior 7s with



high five rules, size 4 ball

- No spectators will be allowed at any of the outdoor/indoor venues as we cannot guarantee there will be social distance, Clubs from different tier levels and local tier restrictions regarding gatherings.

Health Screening & Personal Risk Assessment

Prior to attending any of the venue locations, for a friendly match, each player, umpire & coordinator should assess themselves based on the Health Screening & Personal Risk Assessment shown below

By participating in any of CJNL friendlies as a player, umpire or coordinator you agree that you have not developed or had any of the following symptoms (listed below in the Health Screening section) on the day of, or within the last 7 days of, the friendly match

Health Screening

- Fever
- A new, continuous cough
- Any loss or change of your sense of taste or smell
- Any member of your household or someone that you have been in contact with reported any of the above symptoms in the last 14 days
- Any member of your household or someone that you have been in contact with tested positive for COVID-19 in the last 14 days
- Have been notified by the NHS Test & Trace system that you are a close contact of someone with known COVID-19 infection in the last 14 days.

The response to these questions should be stored by each Club/CJNL for a minimum of 21 days

Personal Risk Assessment

The information below aims to inform you if you are of a higher risk of contracting COVID-19.

We strongly recommend you consider the risk to both yourself and others by returning to any netball activity.

Should you wish to discuss further please email Sarah Gough covidofficer@cjnl.co.uk prior to any attendance.

People at moderate risk:

- are 70 or older
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis 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:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they have a severe lung condition (such as cystic fibrosis, 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 doses of steroids or immunosuppressant medicine)
- have a serious heart condition and are pregnant

First Aid

1. Either the injured player or a team member should call for 'time' if there is an injury. In some circumstances, the umpires will stop the game, however the severity of an injury may not be immediately apparent to an umpire, so please shout clearly to stop the game.
2. In the event of an injury, please be aware that the Umpires will not administer first aid. The game will be stopped and England Netball Rules will be applied at the discretion of the Umpire. Basic First Aid equipment should be provided by Club Primary Carer who is competent in first aid and COVID-19 guidance followed e.g. wearing of gloves and masks. The Umpires will always use common sense when deciding whether to continue or abandon the game.
3. CJNL cannot be held responsible for any injury/injuries sustained throughout the duration of the League, so please ensure that you as a Club and all players are affiliated to England Netball.

Test & Trace

- Any participants (including coaches, officials, volunteers and others) who have been told to self-isolate by NHS Track and Trace as a result of being in contact with a known COVID-19 case, must not attend any netball activity and they should remain at home.
- We will follow the protocol in line with the NHS Scheme.
- The team coach/team manager will be responsible for completing their Score Sheet prior to the start of their match



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- Teams will not be allowed to take the court without this being complete.
- IT IS IMPERATIVE FOR TEST & TRACE THAT THE SCORE SHEET IS FULLY COMPLETED PRIOR TO THE MATCH

Social Distancing

Social distancing within any of our friendly matches; before, during and after needs to be adhered to

Please see below some changes to the "norm" you may be used to:

- Nail & Jewellery checks will take place at a distance of 2m or more so where possible get your players to check before they arrive
- No pre match, post-match or after quarters huddles
- No "hands in", "high fiving" or handshakes
- No spectators, all parents must remain in their vehicles
- When you arrive at the venue please adhere to the signage that states the one way system that is in place
- Toilet facilities will be available but there will be reduced number of cubicles and at certain venues there will be a 'one in one out' system

Payments

CJNL have decided for the 2020-2021 season not to have a team registration fee Games will be invoiced per Club per team at the end of the month with payment to be made via BACS at the beginning of the month

Any cancelations due to Covid, local restrictions or total lock down will not be billed Invoices will be sent to the Club Treasurers 30th of the month with payment to made by the 6th of the month

For more information regarding payments please contact cjnlfinance@gmail.com

Get In, Play Safe, Get Out

This is a concept that England Netball have introduced.

Get In – arrive changed, ready to participate/coach or officiate. Arriving considerably earlier than the session or match time should be avoided. Stay in your car until your allotted time.

Play Safe – safety within sessions or matches must be taken seriously by all and is the responsibility of everyone. Players should encourage and remind one another of the COVID-19 rule modifications and protocols as much as coaches and officials do.

Get out – At the end of any activity all players, coaches, officials and others should clear the court/area straight away and should not congregate at the edge of courts at the venue and should shower/change back home.

