

GNC’s Covid Guidance is a practical guide of what to do and what to expect when engaging in netball activity at GNC. This guidance is based on GNC’s Covid Risk Assessment and GNC’s Risk Mitigation Plan (which can be found on GNC’s website) as well as England Netball’s policies and advice. This guidance is for ANY individual engaging with GNC in the 2020/21 season including opposition clubs, GNC club members, officials and volunteers.  
  
If you have any questions or queries please contact GNC’s Covid Officer, Lydia Reeves on [lydiareevesgnc@gmail.com](mailto:lydiareevesgnc@gmail.com) or 07960984047.

1. **Symptoms –** You are reminded not to attend if you display any Covid symptoms or are required to isolate. If symptoms develop during training or a match, then you will be required to self isolate in the dedicated GNC Covid Holding Area which will be signposted and communicated to you on arrival. Symptoms include:

* a high temperature
* a new, continuous cough
* a loss or change to your sense of smell and taste

1. **Parking** – We will be staggering training and match times so there should be adequate parking. Please be mindful to socially distance from others when arriving or leaving.
2. **Travel and Car Sharing –** As per government guidelines we recommend that you try not to share a vehicle with those outside of your household or support bubble, however if you need to please:

* share the transport with the same people each times
* keep to small groups of up to 6 people at any one time
* open windows for ventilation
* face away from each other
* clean your car between journeys
* ask the driver and passengers to wear a face covering

1. **Entrance/Exit Procedures** – Entry will be according to a one-way system via the single court (4) where you will be registered. You will be verbally health screened at this point and asked to confirm that you are symptom free and fit to play. You will exit the court area via a one-way system that will be clearly signposted.
2. **Test and Trace** – Anyone visiting or interacting with GNC is required to submit to the NHS Test and Trace system by scanning a GNC QR code, located around the venue.
3. **Changing Rooms** – These will remain shut and locked. You must arrive changed and ready to play.
4. **Toilets –** The upstairs toilets in the clubhouse will be open with a ‘4 person maximum’ system in place.
5. **Kit** **and Equipment** – The only kit allowed onto the courts is your own personal water bottle, hand sanitiser, car keys and phone. NO BAGS OR KIT BAGS ARE ALLOWED. GNC will provide sanitiser for all equipment. If you notice that any sanitisation equipment is running low, please contact GNC’s Kit Manager Vic Nation on [galmingtonnckit@gmail.com](mailto:galmingtonnckit@gmail.com). All kit and equipment will be sanitised regularly in line with England Netball’s (EN) guidelines.
6. **Hand Sanitisation** – You are required to bring your own small bottle of hand sanitiser to every session. We will be following EN guidelines and will be asking you to sanitise your hands every 15 minutes.
7. **Refreshments –** There will be no teas provided on match days. An outdoor tap offering drinking water is located next to the hockey pitch. The nearest shop for purchasing food can be found at the garage at the end of the Gipsy Lane. Players are required to bring their own food and drink.
8. **Spectators –** At this point in time we are operating a ‘no spectators’ procedure.
9. **Inclement Weather -** In the result of delays due to rain, players can return to their cars in order to shelter. It may also be a good idea to bring along an umbrella!
10. **Safeguarding** – If you have any safeguarding concerns please contact GNC’s Safeguarding Officer, Sarah Sherring on [GNCSafeguarding@gmail.com](mailto:GNCSafeguarding@gmail.com).
11. **Play** – We will be abiding by EN’s modified netball rules which include:

* 4ft spacing for the start of play
* 4ft marking and position of penalised player
* removal of toss ups
* removal of idle interactions
* no shouting on court or from the side lines

1. **Conduct** – We ask all players and visitors to respect and adhere to the above guidance. If you do not comply with our guidance, you may be asked to leave the club on the day.   
     
   If a GNC club member is found to be regularly and deliberately in breach of the Covid rules, then this could result in a formal written and verbal warning from the GNC Covid Officer and Chairperson, immediate suspension from all GNC activity and a report submitted to Netball South West’s Disciplinary Secretary.

