

INFORMATION AND GUIDANCE

Please ensure you read through, familiarise and send out to all participants in your team

SYMPTOMS

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:

- 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 you 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

ARRIVAL TIMES

Please arrive, at the courts, no sooner than 5 minutes before the start of your friendly match

1 WAY SYSTEM

Please follow any signage directing players in and out of the venue. If you are playing in the second or third periods, and there is no system in place, please allow departing players priority to leave

SANITISE STATIONS

Upon arrival please ensure you sanitise your hands thoroughly. Avoid touching your face, phone or any other personal items after sanitising. If you do touch any personal items please sanitise again

SOCIAL DISTANCING

At all times, where possible, please keep 2 metres apart from others

SANITISE QUARTERLY

At the beginning and at the end of each quarter players are required to sanitise their hands

NO TOILETS

Changing facilities will not be in operation. Toilet facilities will be available in an emergency

PPE NOT REQUIRED

PPE is not required whilst playing

COMMON SENSE

When in doubt please use common sense. The safety of our participants is paramount and we ask that all players follow the guidelines to ensure the full return of Netball in the future.

MODIFIED NETBALL RULES



4ft BETWEEN:
WHEN MARKING
THE PENALISED PLAYER
PLAYERS AT THE CENTRE PASS



**REMOVAL OF
IDLE
INTERACTIONS**




**REMOVAL OF
TOSS UPS**




**GET
IN**

ARRIVE
CHANGED



**PLAY
SAFELY**

ABIDE
BY COVID
RULES



**GET
OUT**

LEAVE
PROMPTLY



Time	Court	Division	Week 1 - 22nd October		
20:00	1	1	Wing Women	v	The Griffin
20:00	2	1	RFSS	v	Rugby Rebels
20:00	3	1	Shooting Stars	v	Rugby Rascals

Time	Court	Division	Week 3 - 3rd December		
20:00	1	1	Shooting Stars	v	The Griffin
20:00	2	1	Rugby Rebels	v	Wing Women
20:00	3	1	RFSS	v	Rugby Rascals

Time	Court	Division	Week 5 - 17th December		
19:00	1	1	Shooting Stars	v	Rugby Rebels
20:00	1	1	RFSS	v	Wing Women
20:00	2	1	The Griffin	v	Rugby Rascals

Time	Court	Division	Week 7 - 14th January		
19:00	1	1	Wing Women	v	Rugby Rascals
20:00	1	1	Rugby Rebels	v	The Griffin
20:00	2	1	RFSS	v	Shooting Stars

Time	Court	Division	Week 9 - 28th January		
19:00	1	1	RFSS	v	The Griffin
20:00	1	1	Shooting Stars	v	Wing Women
20:00	2	1	Rugby Rebels	v	Rugby Rascals

Info		12th February			
Rescheduled Matches		Any matches that cannot be rescheduled during the season, will be played on this date where possible.			

Time	Court	Division	Week 2 - 29th October		
20:00	1	1	Rugby Rebels	v	The Griffin
20:00	2	1	RFSS	v	Shooting Stars
20:00	3	1	Wing Women	v	Rugby Rascals

Time	Court	Division	Week 4 - 10th December		
19:00	1	1	RFSS	v	The Griffin
20:00	1	1	Shooting Stars	v	Wing Women
20:00	2	1	Rugby Rebels	v	Rugby Rascals

Time	Court	Division	Week 6 - 7th January		
19:00	1	1	Shooting Stars	v	Rugby Rascals
20:00	1	1	Wing Women	v	The Griffin
20:00	2	1	RFSS	v	Rugby Rebels

Time	Court	Division	Week 8 - 21st January		
19:00	1	1	Rugby Rebels	v	Wing Women
20:00	1	1	Shooting Stars	v	The Griffin
20:00	2	1	RFSS	v	Rugby Rascals

Time	Court	Division	Week 10 - 5th February		
19:00	1	1	Shooting Stars	v	Rugby Rebels
20:00	1	1	RFSS	v	Wing Women
20:00	2	1	The Griffin	v	Rugby Rascals

Info		19th February			
Start of New Season		Fixtures for the start of the new season will be sent out 2 weeks before the start of the new season			