

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



Division	Time	Court	Week 1 - 8th October		
1	19:00	1	Pythons	v	Vipers
1	20:00	1	Goal Getters	v	Cobras

Division	Time	Court	Week 3 - 22nd October		
1	19:00	1	Goal Getters	v	Pythons
1	20:00	1	Cobras	v	Vipers

Division	Time	Court	Week 5 - 3rd December		
1	19:00	1	Cobras	v	Pythons
1	20:00	1	Goal Getters	v	Vipers

Division	Time	Court	Week 7 - 17th December		
1	19:00	1	Pythons	v	Vipers
1	20:00	1	Goal Getters	v	Cobras

Division	Time	Court	Week 9 - 14th January		
1	19:00	1	Goal Getters	v	Pythons
1	20:00	1	Cobras	v	Vipers

Division	Time	Court	Week 9 - 28th January		
1	19:00	1	Cobras	v	Pythons
1	20:00	1	Goal Getters	v	Vipers

Info		11th 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			

Division	Time	Court	Week 2 - 15th October		
1	19:00	1	Goal Getters	v	Vipers
1	20:00	1	Cobras	v	Pythons

Division	Time	Court	Week 4 - 29th October		
1	19:00	1	Goal Getters	v	Cobras
1	20:00	1	Pythons	v	Vipers

Division	Time	Court	Week 6 - 10th December		
1	19:00	1	Cobras	v	Vipers
1	20:00	1	Goal Getters	v	Pythons

Division	Time	Court	Week 8 - 7th January		
1	19:00	1	Goal Getters	v	Vipers
1	20:00	1	Cobras	v	Pythons

Info		Week 10 - 21st January			
1	19:00	1	Goal Getters	v	Cobras
1	20:00	1	Pythons	v	Vipers

Info		4th February			
Rescheduled Matches		Any matches that cannot be rescheduled during the season, will be played on this date where possible.			