

## 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 - 1st October		
19:00	1	1	Mambas	v	Eagles
19:00	2	1	Lions	v	Barracudas
20:00	1	1	Zodiacs	v	Raiders
20:00	2	1	Roade Rebelles	v	Lightning

Time	Court	Division	Week 3 - 15th October		
19:00	1	1	Mambas	v	Raiders
19:00	2	1	Zodiacs	v	Lions
20:00	1	1	Barracudas	v	Lightning
20:00	2	1	Eagles	v	Roade Rebelles

Time	Court	Division	Week 5 - 29th October		
19:00	1	1	Lions	v	Lightning
19:00	2	1	Zodiacs	v	Mambas
20:00	1	1	Barracudas	v	Eagles
20:00	2	1	Raiders	v	Roade Rebelles

Time	Court	Division	Week 7 - 10th December		
19:00	1	1	Zodiacs	v	Lightning
19:00	2	1	Raiders	v	Barracudas
20:00	1	1	Lions	v	Eagles
20:00	2	1	Mambas	v	Roade Rebelles

Time	Court	Division	Week 9 - 7th January		
19:00	1	1	Eagles	v	Lightning
19:00	2	1	Mambas	v	Barracudas
20:00	1	1	Lions	v	Raiders
20:00	2	1	Zodiacs	v	Roade Rebelles

Time	Court	Division	Week 11 - 21st January		
19:00	1	1	Raiders	v	Lightning
19:00	2	1	Zodiacs	v	Eagles
20:00	1	1	Mambas	v	Lions
20:00	2	1	Barracudas	v	Roade Rebelles

Time	Court	Division	Week 13 - 5th February		
19:00	1	1	Raiders	v	Eagles
19:00	2	1	Zodiacs	v	Barracudas
20:00	1	1	Mambas	v	Lightning
20:00	2	1	Lions	v	Roade Rebelles

Info		19th 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 - 8th October		
19:00	1	1	Eagles	v	Lightning
19:00	2	1	Mambas	v	Barracudas
20:00	1	1	Lions	v	Raiders
20:00	2	1	Zodiacs	v	Roade Rebelles

Time	Court	Division	Week 4 - 22nd October		
19:00	1	1	Raiders	v	Lightning
19:00	2	1	Zodiacs	v	Eagles
20:00	1	1	Mambas	v	Lions
20:00	2	1	Barracudas	v	Roade Rebelles

Time	Court	Division	Week 6 - 3rd December		
19:00	1	1	Raiders	v	Eagles
19:00	2	1	Zodiacs	v	Barracudas
20:00	1	1	Mambas	v	Lightning
20:00	2	1	Lions	v	Roade Rebelles

Time	Court	Division	Week 8 - 17th December		
19:00	1	1	Mambas	v	Eagles
19:00	2	1	Lions	v	Barracudas
20:00	1	1	Zodiacs	v	Raiders
20:00	2	1	Roade Rebelles	v	Lightning

Time	Court	Division	Week 10 - 14th January		
19:00	1	1	Mambas	v	Raiders
19:00	2	1	Zodiacs	v	Lions
20:00	1	1	Barracudas	v	Lightning
20:00	2	1	Eagles	v	Roade Rebelles

Time	Court	Division	Week 12 - 28th January		
19:00	1	1	Lions	v	Lightning
19:00	2	1	Zodiacs	v	Mambas
20:00	1	1	Barracudas	v	Eagles
20:00	2	1	Raiders	v	Roade Rebelles

Time	Court	Division	Week 14 - 12th February		
19:00	1	1	Zodiacs	v	Lightning
19:00	2	1	Raiders	v	Barracudas
20:00	1	1	Lions	v	Eagles
20:00	2	1	Mambas	v	Roade Rebelles

Info		26th 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			