

England Netball's response to latest Government guidance FAQs

3rd June 2020

On Monday 1st June, further Government guidance on social distancing and the return of outdoor sports came into effect, click [here](#) to read more. To help you understand what this means for netball, we have pulled together some handy FAQs.

What can I do now as a result of the latest Government guidance?

Up to six netballers from different households can now meet and take part in netball fitness activity together in outdoor spaces, providing teammates from different households stay a minimum of two metres apart at all times. The Government has not yet deemed it appropriate for close contact activity to commence so any form of netball training, small sided games, match play and competition is not yet permitted.

What is netball fitness activity?

Netball fitness activity is individual activities and practices that focus on building fitness and ball handling. It can include wall work and ball familiarisation skills although sharing of equipment and netballs should be minimised and players need to be able to keep a minimum of two metres apart.

There are some great examples of this kind of activity on the Virtual Netball Club (VNC) and over the coming weeks you'll start to see more ideas for individual ball activities. Check out your member email every Monday for ideas and inspiration.

At the end of our netball fitness session, can we enjoy any type of game?

No, unfortunately not. We know many of the netball family have a competitive streak; for the time being competition can be introduced through trying to improve upon your time/count of some of the activities or even a team race to beat your PB in a specific exercise/activity. We're sure the netball family has lots of creativity in terms of bringing this to life across teams within your club or maybe against another team or club.

Do these sessions have to be outdoors?

Yes, if meeting with teammates from other households. Netball fitness activity should take place outdoors in line with the latest Government guidance.

COACHES

What does this mean for coaches?

Netball fitness activity can now be led by qualified UKCC Level 2 (or above) netball coaches or official Walking Netball Hosts. Sessions must take place in outdoor spaces. Up to six people can meet including the coach, and social distancing must be maintained at all times. For England Netball's programme of insurance to be valid, those leading netball fitness coaching sessions must comply with the following requirements:

- A [risk assessment](#) of the space must be completed before activity commences
- The coach must have an in-date DBS

- There should be a first aid kit on hand at any Coach or Host led activity. Guidance on delivering first aid during the Coronavirus pandemic is available on the St John Ambulance website: <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>
- If running junior sessions, two adults should be present and parents should remain on site whilst maintaining social distancing. 1-2-1 coaching is not permitted.

We know for coaches, this is unlike any coaching you've done before. Over the coming weeks, coaches will be able to access hints and tips for running great netball fitness activities via the Virtual Netball Club.

Is the coach included in the six?

Yes, any coaches and assistant coaches must be included in the overall group size i.e. one coach, five participants.

Can I run netball fitness activities for juniors?

Yes, if you are a qualified UKCC Level 2 Netball Coach with membership to England Netball and an in date (no less than three years old) DBS certificate.

If parents wish to stay, they may remain in the vicinity but must maintain a reasonable distance to not be deemed part of the six.

As a Coach or Host, am I covered by England Netball's programme of insurance to deliver netball fitness activities?

Providing you are a qualified UKCC Level 2 (or above) Netball Coach or Walking Netball Host and a Personal Member of England Netball, you are covered to deliver netball fitness activity through England Netball's programme of insurance (which includes public liability, products liability and professional indemnity) providing both the Government guidelines and England Netball recommendations are met.

Are participants covered by England Netball's programme of insurance during netball fitness activities?

Participants with an active Personal Membership are covered by England Netball's programme of insurance for Personal Accident during their participation in netball fitness activities, as long as the activity is facilitated by an affiliated UKCC Level 2 (or above) Netball Coach or a Walking Netball Host. Government guidelines and England Netball recommendations must also be met.

LINKS TO USEFUL GUIDANCE AND SUPPORT

[Guidance for the public on the phased return of outdoor sport and recreation in England](#)

[Government guidance on Staying alert and safe \(Social Distancing\)](#)

[Government guidance on Staying safe outside your home](#)

[Hand hygiene](#)

[England Netball Risk Assessment template](#)