

## **CULNC COVID-19 Code of Conduct**

### **Player**

- i. 'Opt-in' to every session you intend to attend, by signing up on the provided spreadsheet prior to attending.
- ii. Register upon arrival at a session.
- iii. Travel individually to training sessions – no car shares. Avoid public transport.
- iv. Arrive no more than 5 minutes before the session is due to begin and leave as soon as the session is over. Come ready to play, you are not allowed to use the changing rooms.
- v. Match play/related activity will follow all EN rule modifications, which are:
  - a. At the start of play position yourself 4ft from any other player. (GS/GK must start inside the Goal Circle).
  - b. 3ft marking distance increased to 4ft.
  - c. Penalised player to position themselves 4ft away from a player taking a penalty.
  - d. No toss ups.
  - e. Any team talks will be socially distant circles on the court to avoid congesting the bench area.
  - f. Idle interactions including handshakes, goal celebrations, high 5's etc are not allowed. Shouting is also not allowed
  - g. Sanitise your hands at the start and end of every quarter. A freshly sanitised ball will be used for each quarter with a spare clean ball kept in reserve. Post protectors will also be sanitised, so avoid touching these.
- vi. Do not share personal items i.e. water bottles, which should be clearly marked. Bibs also won't be shared and will be collected and washed after every session.
- vii. Maintain 2 metre social distancing at all times outside of match play i.e. when arriving/leaving, during fitness activities, or on the bench/in team talks.
- viii. Sanitise your hands upon arrival and departure.
- ix. If traveling to an away match:
  - a. Wear a face mask throughout the journey
  - b. Open windows to increase ventilation
  - c. Sit facing away from other people.
  - d. Sit in a way that maximises your distance from other people.
- x. Check yourself and anyone else in your household, for COVID-19 symptoms before you leave for netball activity. If you, or anyone in your household has symptoms, do not attend. If you have been told to self-isolate by NHS Test and Trace as a result of being in contact with a known COVID-19 case, do not attend any netball activity and remain at home.
- xi. Safety within sessions or matches must be taken seriously by all and is the responsibility of everyone. Encourage and remind one another of the COVID-19 rule modifications and protocols.
- xii. Any initial concerns relating to the enforcement of these rules should be reported to the CULNC COVID-19 Officer (Club Captain – Ciara Agnew), Club Safeguarding Officer (Vice-Captain – Jemima Currie) or another appropriate committee member. Any formal complaint regarding continuous or intentional breaches should be reported in line with EN guidance:  
[www.EnglandNetball.co.uk/governance/enjoy-ensure-entrust/enjoy-codes-of-conduct-disciplinary-regulations](http://www.EnglandNetball.co.uk/governance/enjoy-ensure-entrust/enjoy-codes-of-conduct-disciplinary-regulations)