



Aubonne Girls Netball Association  
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## **Aubonne Girls Netball Association**

### **Protection concept for training from June 22, 2020**

Version : Version 3, 5th January 2021

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## Conditions established by the OFSP

As of June 6, 2020, training is once again authorized in all sports, subject to compliance with the protection concepts specific to each club. From the 22nd June, new modifications were introduced. For sports activities requiring close and constant physical contact, training must be organized in such a way that it takes place exclusively in fixed groups and with an attendance list. This concerns especially periods of close contact when people stay for a long time (more than 15 minutes), or repeatedly, at a distance of less than one and half meters from each other, without protective measures. From the 18th December 2020, further modifications were introduced - cultural and sports activities remain authorized for young people under the age of 16, with the exception of competitions.

The following five principles must be observed during training:

### 1. No symptoms during training

People with symptoms of illness are NOT allowed to attend or participate in training sessions or competitions. They must stay at home, self-isolate and contact their doctor. The list of symptoms include but are not limited to: acute respiratory disease (throat pain, cough, respiratory failure, chest pain); fever; sudden loss of smell and/or taste.

For a current list of symptoms please refer to the FOPH website:

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/krankheit-symptome-behandlung-ursprung.html#1145977831>

Use the online coronacheck to rapidly assess your risk and understand how to react accordingly:

<https://coronavirus.unisante.ch/en>

### 2. Keep your distances

On the outward journey, on arrival at the sports facility, during discussions, after training and during the return journey - in these or similar situations, you must keep a distance of one and half meters from others. "High Fives" and handshakes are not permitted. When a distance of one and half meters can not be guaranteed, it is necessary to wear a mask. Body contact is only allowed again in all sports during training itself. Training must take place in a space of at least 10 m<sup>2</sup> per person, which means that a maximum of 86 people can participate in our training sessions.

### 3. Wash your hands thoroughly

Hand washing plays a key role in hygiene. It is therefore important to wash your hands with soap, before and after training, to protect yourself and those around you.

### 4. Establish attendance lists

Upon request, close contacts from the past 14 days must be able to be reported to the health authorities. In order to simplify the tracking of people, the club must maintain attendance lists for all training sessions. The person in charge of each training session is responsible for keeping a complete and exact list of people present as well as forwarding it to the person responsible for the coronavirus



plan (see point 5). The club is free to decide the format in which it wishes to keep these lists (for example: doodle, application, Excel, etc.).

## **5. Designate a responsible person within the club**

Every organisation planning to resume training must appoint a person responsible for the coronavirus plan. This person is responsible for ensuring that all regulations are observed. In our club, it is Anne Carroll and Angela Sturgess. If you have any questions, please contact them directly (Tel. Anne - +41 79 274 43 53, Angela - +41 79 799 81 86 or [aubonnegirlsnetball@gmail.com](mailto:aubonnegirlsnetball@gmail.com)).

## **Specific conditions established by AGNA**

### **Pre training**

- AGNA requests that all players complete an online attendance and health check in advance of training, using the TeamSnap app.
- People who are unwell (with symptoms listed in principle 1 above) must not come to training. If an AGNA coach/umpire detects anyone with symptoms, they will be given a mask and will be taken to a waiting area outside. The parent/guardian will be contacted and asked to collect their child.
- Children must bring their own named netball to training sessions for use during the skills training.
- Children must bring their own water bottle to training, clearly labelled, in order to avoid cross contamination. Water bottles must not be shared.
- On arrival at LCIS, all children must wait outside at the school main entrance and will be greeted by an AGNA representative, who will complete an attendance register. Those children born in 2010 and later must wait to be escorted into the school by an AGNA representative, and will enter the gym hall via the Geneva side entrance. Those born in 2009 and earlier may then proceed directly into the gym hall via the Geneva side entrance.
- Parents are not permitted access to the school. LCIS have asked that parents do not congregate/loiter on school grounds, but those wishing to escort their child to the main entrance (or to speak with the AGNA representative), must maintain a distance of at least one and half meters from others.
- Changing facilities will not be accessible therefore children should arrive in their netball clothing, ready for training. Toilets are accessible.
- AGNA recommends use of the Swiss COVID track and trace app.



## **During training**

- Training sessions will be split into two distinct groups. U11s will train and play between 17h30 and 18h40. U13s and U15s will train between 18h50 and 20h00.
- At each training session, children will be further split into smaller groups for skills training. During this time we will strive to keep the children socially distanced. U11s are permitted to do matchplay. U13s and U15s are not permitted to do matchplay. During matchplay, children will not be socially distanced but will be encouraged to avoid physical contact with others.
- AGNA coaches/umpires must wear a mask at all times. Children in the U13 and U15 age categories must also wear a mask at all times.
- Hand sanitizer and disinfectant spray will be available at several stations within the gym hall. All children must sanitize their hands and their own netballs on arrival and departure. Netball posts and all other shared equipment will be disinfected before and after each training session. Bibs will be washed after each training session.
- At least every 20 minutes, coaches will announce a short interval for children to have a drink. During this time, children must sanitize their hands.
- Masks will be available for anyone needing one.
- Don't touch your mouth, nose and eyes.
- Sneeze or cough into the crook of your arm or a disposable tissue.
- Greet others with a sign of your head instead of getting close.

## **Post training**

- At the end of training an AGNA representative will escort children back to the main entrance to handover to parents. Children will exit the gym hall using the Lausanne side exit.
- In the event of a person becoming unwell we recommend that you stay at home, isolate and contact your doctor for further advice.
- In the event of a person testing positive for COVID, we request that you inform the AGNA COVID representative.



## Communication of the protection concept

AGNA publishes this concept of protection in writing for its members, affiliated organisations and local authorities. The main communication shall be made by email and shall include the following distribution lists:

- Members including parents, players, coaches, umpires and committee
- LCIS
- Ineos
- Swiss Netball
- Aubonne Commune

In addition, the concept shall be published on the following channels:

- AGNA website
- Facebook
- Instagram

This plan is subject to ongoing changes as federal and cantonal guidelines are updated.

### Appendix - data sources:

- <https://www.vd.ch/toutes-les-autorites/departements/departement-de-la-formation-de-la-jeunesse-et-de-la-culture-dfjc/direction-generale-de-lenseignement-obligatoire-dgeo/>
- <https://www.vd.ch/toutes-les-actualites/hotline-et-informations-sur-le-coronavirus/>
- <https://swissolympic.ch/fr/ueber-swiss-olympic/news-medien/fokus-coronavirus.html>
- <https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html>
- <https://www.EnglandNetball.co.uk/about/covid-19-support/>
- <https://www.swissnetball.ch/>
- <https://www.stv-fsg.ch/fr/index.html>

Aubonne, January 5th 2021

Signed Committee Club AGNA

Angela Sturgess, President & COVID responsible

Anne Carroll, Secretary & COVID responsible