



Aubonne Girls Netball Association

COVID Protection Plan

Monday Evenings, 19h00 to 20h30

Salle Polyvalente Etoy



PURPOSE OF PLAN

These measures are intended to help protect players, officials and other participants involved in this activity, from the coronavirus infection. In addition to these measures, please respect the rules of the sports facility as shown, at all times.

A. NUMBER OF ATTENDEES / REGISTRATION

- This event is limited to 50 persons maximum. All attendees must be pre-registered and approved to attend the event.
- An attendance register will be taken and both a paper and electronic copy will be retained for 14 days for the purpose of identifying individuals who are suspected of being infected and upon request of the service cantonal.
- For children under the age of 16 years old, a parent's details should be provided.

B. PRE-ATTENDANCE

1. Self-Symptom Check

- All players, officials, and other participants should undergo a self-assessment for any COVID19 symptoms. No-one should leave their home to participate in a netball event if they, or someone they live with, has symptoms of COVID19 which are currently recognised as any of the following:
 - A high temperature
 - Respiratory illness symptoms (sore throat, cough (usually dry) and shortness of breath, chest pain)
 - A sudden loss of their sense of smell or taste

Other symptoms may include:

- Headache
- General weakness, feeling unwell
- Aching muscles
- Gastrointestinal symptoms (nausea, vomiting, diarrhoea, stomach ache)
- Head cold
- Skin rash

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

[Disease, symptoms, treatment \(admin.ch\)](#)

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

[Coronavirus Check \(ofsp-coronavirus.ch\)](#)

- AGNA suggests that anyone who has a self testing kit at home may wish to consider completing a test prior to the session, but this is entirely at the discretion of each individual.



- All players, officials and other participants should download and activate the SWISS COVID Tracing Application.
[Swiss COVID tracing app](#)

2. Travel to training and matches

Attendees are encouraged to follow best practice for travel including minimising use of public transport and limiting car sharing. Walk or cycle if you can.

3. Arrival at venues

- The time spent congregating at a venue before activity begins should be strictly limited. Meet-up times should reflect this.
- This includes arriving changed and ready to begin the warm up, where possible.
- Access to changing rooms will be prohibited and players should come dressed and ready to play.
- Every player, other participant and spectator must respect the direction of traffic where indicated.
- The parent/guardian must drop their player at the entrance. An official will be at the gate/door to meet the players and this will be the same for collection at the end of the event. It is advised that the same parent/guardian collect the players at the end of the event.

C. DURING ACTIVITY

1. Social distancing / hygiene measures in play

- All participants where possible should adhere to social distancing throughout warm-ups. This means adhering to a distance of at least 1.5m.
- Avoid unnecessary breaking of social distancing such as pre-game handshakes, huddles, face-to face confrontation with opponents and officials, and scoring celebrations.
- Participants should ensure that they wash their hands at regular intervals with soap and water or, if this is not possible, use alcohol gel.
- Participants should cough or sneeze into their elbow and immediately disinfect their hands after doing so.

2. Social distancing/ hygiene measures during breaks and post-activity

- All participants must wear a face mask when not on court.
- All participants should remain socially distanced during breaks in play with spaced areas including officials and substitutes, including when accessing toilets and other common areas.
- Coaching staff and substitutes, should, for example, spread out and avoid sharing a bench if social distancing cannot be observed.
- Water bottles or other refreshment containers, should in no circumstances be shared.
- Participants are advised to bring their own refreshments in a labelled or highly distinguishable container (please note, no eating is allowed inside the premises)

3. Use of kit/bib

- The sharing of equipment, including bibs, must be avoided where possible, particularly that used around the head and face.



- Where kit (bib) absolutely has to be shared or kept together, each person handling it must wash or sanitise their hands immediately after.
- Balls shall be disinfected at regular intervals.

4. Match officials, medics and coaches

- Match officials, medics and coaches are expected to observe these guidelines in the same way as participants are required to.
- These individuals should remain socially distanced from players and others, where possible.

5. Shouting

- There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly, in particular indoors and when face to face.
- If possible, players, officials and other participants should therefore avoid shouting or raising their voices before, during, and after games, especially when facing each other.

6. Injury treatment

- Injuries during play should still be treated as participant wellbeing is utmost.
- The best way to protect yourself and others is through rigorous cleaning of material and regular hand hygiene.
- Face masks are also required when undertaking treatment.
- After contact with an injured participant, all individuals involved should wash their hands thoroughly with soap and water or use alcohol hand sanitiser at the earliest opportunity.
- Physios or their equivalent, should keep a record of each participant they have come into contact with for test and trace purposes.

7. Spectators

- Spectators are not permitted.

D. POST ACTIVITY

- All persons are encouraged to leave the venue as soon as possible after the session.
- 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.

E. DESIGNATED COVID19 INDIVIDUAL

The designated individual for this event is Anne Carroll. If you have any questions please contact her directly on aubonnegirlsnetball@gmail.com or 079 274 43 53.



F. COMMUNICATION OF THE PROTECTION PLAN

AGNA publishes this protection plan 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
- Etoy Commune

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

- AGNA website

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

Appendix - data sources:

[Direction générale de l'enseignement obligatoire \(DGEO\) - VD.CH](#)

[Hotline et Informations sur le Coronavirus - VD.CH](#)

[Swiss Olympic - Dossier web Covid-19](#)

[Coronavirus \(admin.ch\)](#)

[England Netball | COVID-19 Support](#)

[General Information | SwissNetball](#)

[Page d'accueil - Fédération suisse de gymnastique - FSG \(stv-fsg.ch\)](#)

Aubonne, May 2nd 2021

Signed Committee Club AGNA

Angela Sturgess, President & COVID
responsible

Anne Carroll, Secretary & COVID
responsible