



Swiss Netball: Resumption of Netball activities and exit plan from lockdown

The Swiss Federal Council still categorises the situation in Switzerland as extraordinary under the terms of the Epidemics Act, however it is beginning to gradually ease restrictions. All organisations which are subject to the relaxation of measures must present and put in place a protection plan. All concerned individuals must be able to follow the hygiene requirements and practices, including athletes and coaches.

Recreational sports activities that do not involve physical contact by individuals and in groups of up to 5 people (including coach, trainer or supervisor) are permitted from the 11th of May, this includes use of sports facilities as long as precautionary measures are in place and can be observed. Health and well-being of athletes is of primary importance and under no circumstances should any risk be taken.

To be able to resume netball activities, everyone must guarantee that the guidelines issued by the Federal Office of Public Health (l'Office fédéral de la santé publique OFSP) as well as the Federal Council and the Federal Sports Office (l'Office fédéral du sport OFSPO) are adhered to.

Social distancing rules still apply which is easy to maintain in some sports more than others. Netball is a team contact sport and we are hoping as much as you are that we can gradually take to courts in a safe and secure manner.

This protection plan shall be sent to all netball club members. Responsibility for the correct implementation rests with each netball club and the users of the sports facilities. Swiss Netball declines all responsibility in the event of possible infection.

Each club or training group must develop a set of guidelines based on this Swiss Netball protection plan and coordinate it with the corresponding protection plans of the sports facilities. Each training group must appoint a Covid 19 representative who must ensure that all requirements are met.

The following applies to netball clubs only and does not apply to school sports activities. School sports are under the supervision of the cantonal authorities.

Swiss Netball reminds all its members that all Swiss Netball events have been postponed until further notice.

Hygiene rules:

- Every athlete must carry with them a disinfectant hand-gel or be refused entry to the training session by the coach.
- All athletes and coaches must wash their hands prior to and immediately after training.

- All equipment including balls, cones, netball posts, bibs etc must be cleaned/washed with a disinfectant before and after every training session either by the athletes or by the coach.
- All athletes and coaches must endeavour to use their own means of transport to attend training sessions, e.g. walking, cycling, motorbike or their own car. The use of public transport is not recommended.
- All athletes and coaches must attend training sessions in their training kit. The use of changing rooms and showers is forbidden.
- All athletes and coaches may have their own water bottle but must not share it with anyone else.
- No handshaking or high-fives are permitted.
- Disinfectant must be available in the sports facility.
- The operator of the sports facility shall determine the maintenance and cleaning schedule for the sports facility.
- Participants must commit to strictly adhere to the cleaning requirements of the sports facilities. This includes the use of all relevant facilities, which must be defined in advance.

Social distancing rules

- No defending can take place in any training session and the 2m rule must be respected at all times.
- All athletes must have their own ball and must not exchange their ball with anyone including the coach during the entire training session. The balls must be numbered or marked in some way that all athletes and coaches know who the ball belongs to.
- Any demonstration from the coach must be at least 2m from the other players using his ball.

Structure of training sessions

- A maximum of four athletes and one coach is permitted.
- Training times must be reserved and confirmed.
- Training registration is mandatory for all athletes. Participation must be indicated in advance to the coach, so as to be recorded and archived so that any chains of infection can be traced. At the end of the training session, the list must be sent to the club secretary.
- Warm-ups are to be done individually and outdoors, if possible.
- All participants must keep a 2m distance (10m² per person).
- The training groups must remain the same. The same four athletes must train together until the Federal Council has modified the restrictions.
- Any athlete or coach who has any of the following symptoms – fever, cough, headache, aching limbs, sore throat etc. must not attend the training session, must remain at home in isolation. The person must inform their doctor and follow instructions provided by their doctor. All the other athletes and the coach must be informed immediately and placed in quarantine.
- All athletes and coaches who are in the vulnerable category, e.g. asthmatic, chronic illness or diabetes must respect l'Office federal du sport (OFSP) and l'Office federal de la santé publique (OFSP) guidelines and not attend training sessions.
- After training, the indoor sports facility must be ventilated by the coach.

Basically, the rule is the following: if any club is not able demonstrate and guarantee the correct protection for all, no sporting activity can take place in the club. The OFSP) and the OFSP will randomly attend training sessions.

Below are the guidelines issued by Swiss Olympic and the Federal Council:

Concepts de protection dans le sport associatif
après l'assouplissement des mesures

Spirit of Sport

signifie
maintenant ...



Respecter les **règles de distanciation**



Protéger particulièrement les **groupes à risque**

Eviter tout contact corporel



Respecter les règles d'hygiène
de l'OFSP



Renoncer (pour l'heure) aux **compétitions**



Minimiser les risques
dans tous les domaines



Réduire les **groupes d'entraînement**
(max. 5 pers.)



Concept de protection pour la restauration dans le **local du club**



Renoncer aux manifestations
comme les fêtes et les assemblées générales



Commencer par des **activités extérieures**



Se changer et se doucher **à domicile**



Renoncer provisoirement au **covoiturage**

swiss olympic

Valable au moins jusqu'au 7 juin 2020

New coronavirus: gradual easing of measures

From 11 May (Phase 2)

Open or permitted



Primary and lower secondary schools



Face-to-face teaching of up to 5 students (upper secondary schools, higher education and other educational institutions)



Exams at educational institutions



Retail stores and markets



Travel agencies



Museums, libraries and archives (excl. reading rooms)



Popular sport not involving physical contact (in groups of no more than 5, no matches)



Competitive sport and professional leagues (no matches)



Restaurants for groups of 4 and families with children



Sports facilities for training



More frequent public transport services

Still applicable:



Keep your distance



Observe hygiene rules



Home office if possible

Since 27 April (Phase 1)

Open or permitted

- DIY stores, garden centres and florists
- Hairdressers and beauty salons
- Self-service facilities
- Physiotherapy and massage practices
- All procedures in all health facilities

From 8 June (Phase 3)

Expected to reopen or be permitted

- Gatherings of more than five people
- Other educational institutions
- Theatres and cinemas
- Zoos and botanic gardens
- Swimming pools
- Religious services
- Mountain transport services



Schweizerische Eidgenossenschaft
Confédération suisse
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Swiss Confederation

Bundesrat
Conseil fédéral
Consiglio federale
Cussegl federal
Federal Council

Status: 4th May 2020