

NEWCASTLE VIKINGS HANDBALL CLUB, COVID-19 RULES AND REGULATIONS SEASON 2020-2021

Regulations for players, coaches, volunteers, parents and carers

Please familiar yourself with all of the below rules which we expect you to follow in all of our club training sessions and events. You are attending our handball sessions and events at your own risk. If you breach the rules you will have to leave the session. The rules will be assessed on a regular basis.

1. Anyone with symptoms of Covid-19 which includes a high temperature, a new continuous cough, or a loss of or a change to their sense of smell or taste should not attend training and should follow government guidance on testing and isolation.
2. You should not attend training if you live with someone who has symptoms of Covid-19.
3. Face masks are compulsory on arrival and on departure of the sports centre. This also applies when you have to leave the sports hall to use the toilet facilities. For children under the age of 11 it's optional to wear a face mask.
4. Benfield: On arrival please use the main doors and please sanitise your hands (dispenser can be found on the righthand side just inside the first set of doors).
5. Temple Park: Arrival procedure tbc.
6. Social distancing of 1m should be observed at all times, unless from the same household.
7. No one can enter the sports hall until let in by a coach. This will be at our session start time or as soon as the previous group have left the hall.
8. If you arrive early, we do ask you to wait outdoors or in your car.
9. No seniors can enter the sports hall until the mini's and juniors' sessions are finished and they all have left the hall.
10. Wear freshly washed training kit on arrival and only the changing of shoes to be done in the sports hall. No changing rooms will be available to use. The seats in the hall are only for bags, no one can sit on them.
11. Water may be refilled from the water machine, but all other vending machines are closed.
12. Hands should be cleaned with alcohol gel before training and after training, a coach or COVID-officer to see that you have sanitised.
13. When sharing equipment, then hands and ball should also be cleaned every 20 minutes during training.
14. Senior goalkeepers to change gloves and training attire halfway through a session if shooting at goal keepers. For juniors' hands must be sanitised before and after goal keeping practise.
15. No physical contact, no tackling or close face to face training, no match play.
16. Sharing of equipment is to be kept to a minimum, however passing of balls is permitted.
17. If a mini or junior player are not in a possession of a handball, we will lend them a specific ball.
18. Seniors to bring their own ball and clean them before and after training.
19. To attend, you have to sign up to each individual training session in advance through our Spond app.
20. No spectators in the sports hall at any time, except parents of mini players. Other parents/carers to wait outdoors or in your car (a new spectator area under construction).
21. All sessions to finish 5-10 min prior end time to give our self enough time to pack up and be out before next group is due in.
22. Benfield: On departure please use emergency exit on the far end of the first court, follow signs. Parents/carers to collect children just outside the emergency exit (please see attached photo).
23. Temple Park: Departure procedure tbc
24. A record of attendance of all participants and spectators will be kept for 21 days in case needed for NHS Track and Trace.
25. Equipment should be cleaned after training.
26. Self and clothes should be washed immediately, once home after training.
27. No cash payment accepted (please pay by bacs or use our card reader which has a 10p fee on top of the training fee).

In addition, responsibilities of coaches and Youth Coordinators:

1. Facemasks are compulsory for all coaches and volunteers during sessions.
2. Club will provide you with a facemask, hand sanitiser and wipes.
3. Provide hand sanitiser and a method to clean shared equipment if applicable.
4. Keep a register of attendees and spectators (Spond app).
5. Ensure social distancing is maintained and all other rules are followed.
6. Clean all equipment prior and after sessions.
7. First person to enter and last person to leave sports hall.
8. If any problem or concern, please contact our welfare officer.

BENFIELD:

Please pick your children up from the red cross marked on the photo below. Walk around the side of the sport centre following the path to the first set of emergency exit doors. This is where all players and coaches/volunteers will depart when leaving our training sessions.

