

#RISEAGAIN

Once you have read through the restart guidance, use this one page checklist to keep track.
For more information about each of these, visit the main Care Package page [here](#).

Timeline	Action & link	Done / review date
Before Stage 4a can restart		
	COVID-19 Officer Role description & guidance to update on Engage	
	Read the restart guidance	
	Produce a risk assessment	
	Produce and activate a risk mitigation plan	
General		
	Ensure members are aware of increased risk in netball Understanding the risk of netball video can help	
	Ensure players aware of risks associated with taking part in netball using the personal risk assessment and understand the opt-in process , Risk mitigation infographic	
	Complete Basic COVID-19 awareness training (optional)	
	Ensure all are aware of game modifications Stage 4 modifications video , Stage 4 modified explainer Rules modification infographic	
	England Netball Safeguarding Policy	
	England Netball Disciplinary Regulations	
	General government guidance and Government guidance on return of Team Sport	
Venue		
	Watch stage 4 booking venue guidance video	
	Help your venue operator understand netball	
	Government guidance on indoor sports facilities	
	COVID-19 cleaning in a non-healthcare setting	
Before Activity		
	Notified of COVID-19 Symptom checker	
	Kit, sanitisation, equipment process in place	
	Face coverings for non-playing attendees (if indoors)	
	You can access exclusive member deals on PPE and hygiene supplies with Physique here	
	Attendees following government guidance if can't travel independently	
During Activity		
Arrival	Signage to support social distancing	
Registration	COVID-19 Symptom check completed	
	Test and trace protocol	
	What might happen as a result of Test & Trace Guide	
	Engage Track and Trace guide Track & Trace template with your Engage QR code	
Sanitisation	Ensure protocol in place	
Social distancing	Ensure all are adhering to social distancing (examples in 'During Activity' drop down section on Care Package web page) Social distancing infographic	
First Aid	Ensure First Protocol in place	
After Activity		
	Social distancing adhered to	
	Hands sanitised, changing rooms not used and all depart immediately	
	Attendee symptoms develop within 48 hours, follow NHS Test and Trace	
	Review risk assessment and COVID-19 Risk Management plan and update with any changes	
Still got questions		
	Check FAQs - sit down, enjoy a large cup of tea and a biscuit!	

Thank You for helping Netball to Rise Again