

# **SKA Guidance for Korfball Activities under Phase 3 of the Scottish Government COVID Route Map.**

## **Introduction**

The Scottish Korfball Association has developed these specific advice for what activities can be undertaken in Phase 3 of the COVID Route Map to guide clubs and individuals on what is safe and appropriate Korfball activity at this moment in time, to prevent the spread of COVID-19.

The latest advice from the Scottish Government and Local Authorities should always have priority over the advice by the SKA. The advice surrounding shielding and self isolation supersedes any SKA advice. People who are symptomatic must still isolate for 10 days, members of their household for 14 and anyone who should be shielding must still not participate in outdoor group activities.

This document will provide guidelines for how to safely run club training sessions, with further guidance on the differences for Youth and Adult sessions. Under the “Basic Guidelines”, participant number limits do not apply to Youth Korfball unless otherwise stated.

## **Summary of Guidance**

- Club organised training can resume
- Coaching is permitted
- Outdoor training only
- Adults
  - 2m physical distancing at all times
  - Balls should not be shared between households
- Under 18s
  - Close contact is permitted during play
  - Equipment can be shared

## **Basic Guidelines**

- No Indoor Activities.
  - All activities must take place in an open air space and cannot happen in sports hall or gyms
- Activity Space should be confirmed in advance if possible.

- Numbers of Participants
  - No more than 15 people from no more than 5 households, including coaches.
  - 15 is a maximum not a recommended figure. If space is restricted then the number of participants should be lower.
- Coaching Contact
  - Coaches must not come into contact with more than 4 other households a day, therefore this will limit the number of sessions a coach can deliver in a day.
  - This means that, for example, a coach would not be able to hold two consecutive sessions for two different groups of club members , that each contained participants from three households.
  - Remember, the coach counts as a participant and a household.
  - Coaching guidelines for youth differ, see “Guidance for Youth” below.
- Cleaning Equipment
  - All equipment should be cleaned before, after and at regular intervals during every session, including posts and balls.
- Risk Assessment
  - A risk assessment should be carried out by the coach before each session with safety and minimising the risk of transmission being the top priority.
- Keep a register
  - A register should be kept of who attended the session for the purpose of Test and Protect. This should include at least each participant's name and phone number.
  - The SKA recommends this is done online in order to ensure the document is secure and will not be lost, as well as this reducing the likelihood that there will be points of contact with the participants signing in using a paper copy.
    - Follow the below link on the SKA website and head to access a sample register created by the SKA.
- Self Screening
  - All participants, coaches and players, must complete a self screening assessment before they attend a session. Any indication that a participant is at risk will prevent them from attending the session.
  - An example assessment is included at the end of this document.
- Hygiene
  - All participants must use hand sanitizer before, after and during each session. Clubs should provide hand sanitizer for those that cannot

bring their own, even though it is recommended that participants bring their own. Hand sanitizer should be at least 60% alcohol.

- Participants should sneeze and cough into a tissue or upper sleeve, and promptly dispose of tissues in a bin. Afterwards, you need to wash your hands or use 60% alcohol based hand sanitizer.
- First Aid
  - Coaches should hold an appropriate first aid qualification and be mindful that it is unlikely to be any first aid kit readily available as there would be in a sports centre. This means that the coach has a responsibility to ensure access to a first aid kit.
- Toilet Access
  - It is unlikely that there will be public toilets open and accessible. If there are public toilets accessible then Local Authority guidance should be followed.
- Safeguarding
  - Coaches need to be aware of the SKA Child Protection Policy and any relevant club safeguarding policies, especially when coaching a small group or a group of young people.
- Spectating
  - Spectators are discouraged from attending training sessions but if there is a non-playing parent/guardian attending for safeguarding reasons then there should be strict physical distancing and be limited to one spectator per participant.
- Communication
  - Clubs have a responsibility to keep members up to date and informed, clearly and regularly. This is especially important if there are activities happening in a new location and with any guidance that the club or coach has on hygiene practices.
- Payment
  - Payment should be made online. Cash payments should not be made.

## Guidance for Adults Social Distancing

- Physical Distancing of 2m should be maintained at all times
- Before and after sessions, the staggering of arrival and exit times should be considered, especially if there are limited entrances e.g. on an enclosed 'cage' style court.
- No Shared equipment.
  - Balls, bibs, cones, whistles and any other equipment should not be shared across different households. Participants should bring their own equipment when possible.

## What This Means for a Training Session

- These guidelines in this section do not apply to members of the same household.
- No Shared Equipment
  - Balls should not be shared between households.
    - Preferably, players should bring their own ball to each session.
      - Clubs may want to assign balls to a household for ongoing use.
    - If players do not have their ball, they should pick up a disinfected ball at the start of the session and use it throughout, then disinfect it once the session has ended.
    - Drills that involve passing should not be used, unless they only include members of the same household.
    - Gameplay will not be possible.
    - Posts should be cleaned before and after use. Players should avoid touching the posts during a session.
- Suggestions of training activities:
  - Shooting practise with players rebounding their own ball or a person in the same household rebounding.
  - Practising non-ball skills
    - Footwork for shooting and defending
  - General physical skills
    - Strength, speed, agility etc.

## Guidance for Youth (12-17 years old)

- Physical Distancing
  - There is an exception to Physical distancing between those aged 12-17 during sessions.
  - There should still be a 2m distance between any coach or adult and those aged 12-17.
  - Physical distancing should be maintained before and after sessions, using the same guidelines as with adults.
- Shared Equipment
  - Essential equipment e.g. balls, can be shared between young people but should be thoroughly cleaned before, during and after each session.
  - Non- essential equipment should still not be used or shared.
- A coach may run sessions for more than 4 households or hold sessions for more than 4 households in one day.



# Self Assessment Screening Form

These questions must be answered completely, honestly and correctly.

- Are you experiencing these symptoms?
  - A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
  - A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
  - A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- Are you waiting for a test for COVID-19?
- Have you been told by NHS Test and Protect that you have been in contact with a person who has COVID-19 in the last 14 days?
- Have you returned from outside the UK in the last 14 days?

If any of these questions are answered 'yes', you should not attend any activities.