



Scottish Korfball Association

COVID-19 - Return to Korfball Guidance: Updated 24th August 2020

SUMMARY

- Outdoor, full contact korfball is now permitted.
- Contact details of participants must be taken and stored.
- Groups of up to 30 (no household limit) can take part in Korfball training sessions and competitions.
- Social distancing and household gathering limits do not apply on court, but must be adhered to at all other times (before and after sessions and during breaks).
- Clubs must appoint a COVID officer who should complete documented risk assessments for club activity and submit their contact information to the SKA.

INTRODUCTION

Sporting activities can now be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

Inter-club competition is now permitted but the SKA has not yet set a date for the start of the Scottish Korfball League. We will make an announcement in due course. We advise that clubs should start small and arrange intra-club and inter-club friendly matches before considering larger competitions.

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility or activity.

To manage a safe return to sport and leisure activities it is a mandatory requirement that all clubs, facility operators and deliverers put in place comprehensive Test & Protect procedures to help break chains of transmission of Coronavirus

(COVID-19). Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately. Clubs, owners and operators will require time to consider all the implications of opening facilities and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

GENERAL GUIDANCE

1. Each club should appoint a [COVID-19 officer](#) who should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of measures outlined below. An e-learning module for COVID officers is available [here](#). The name and contact details of COVID officers should be sent to secretary@scotlandkorfball.co.uk
2. Outdoor sporting events or activities involving more than 30 people should not take place at this time.
3. Track and Protect measures should be implemented for all activities to assist NHS Scotland in the event of a virus outbreak.
4. It is the responsibility of each club to undertake documented risk assessment, based on their local circumstances, prior to activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.
5. Clubs should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place. Club activities are covered by insurance by anSKA policy provided a clubs membership is in good standing.
6. University clubs should contact their university sports unions before planning or commencing activity. Where there is incompatibility in guidance from a University and the SKA, clubs should follow the most restrictive guidance until clarification can be sought.

7. Travel guidance outlined by the Scottish Government should always be adhered to. Further information is available at [Coronavirus \(COVID-19\) Phase 3: Staying safe and protecting others](#).
8. Guidelines will be updated as we progress through the phases of the Scottish Government Covid-19 routemap. Current updates from the 20 August 2020 are available at [Scottish Government: Covid-19 Framework for decision making](#).

OPERATIONAL GUIDANCE

9. Test and Protect
 - 9.1 [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
 - 9.2 Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.
 - 9.3 Where clubs are running sessions in an area not managed by a facility owner, clubs should collect the name and contact number of all those attending club training sessions. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient. Clubs should store information for 21 days and be prepared to share it with authorities when requested.
 - 9.4 Where clubs are using a facility or outdoor sports court managed by a facility owner, the facility owner is required to gather this information. Clubs may choose to keep their own records as well.
 - 9.5 A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).
10. Organised Sporting Activity for Children and Adults
 - 10.1 Organised indoor and outdoor sporting activity/competition for children and adults may be undertaken as outlined below.
 - 10.2 All clubs providing organised competitions must have a named 'COVID Officer' who will be responsible for completing documented risk assessments and ensuring all appropriate mitigations are put in place.

10.3 Definitions - for the purposes of this guidance;

10.3.1 Contact Korfball – for the purposes of COVID guidance, korfball played to the full extent of the playing rules is a contact sport as participants can come into bodily contact with one another. Contact korfball is permitted outdoors.

10.3.2 Non-Contact Korfball – participants are separated by playing rules such as to make it difficult for them to make physical contact during the course of an activity. Korfball gameplay should not be played during non-contact sessions, the activity should be limited to training drills. Non-contact korfball is permitted indoors (once facilities begin to re-open on the 31st August).

10.4 Children and Young People

10.4.1 Outdoor full contact korfball can be undertaken by children and young people.

10.4.2 From the 31 August 2020 this will be extended to include all forms of indoor sports training, activity and competition for children up to and including the age of 11 years.

10.5 Adults

10.5.1 Adult outdoor contact korfball training and competition in an organised setting may resume with a maximum of 30 people taking part in any one session.

10.5.2 From the 31 August 2020 adult indoor non-contact training may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m. Korfball gameplay should not be played during non-contact sessions, the activity should be limited to training drills

10.5.3 No adult indoor contact korfball should be undertaken at this time.

10.6 Physical Distancing

10.6.1 Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.

10.6.2 For those over 12 years of age taking part in an organised outdoor activity, a 'field of play bubble' can be created whilst a sporting activity is taking place, in effect suspending physical

distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place. Clubs should put mitigations in place to reduce the amount of contact where possible.

- 10.6.3 For those over 12 years of age taking part in indoor sporting or leisure activity normal physical distancing rules should be followed. Risk assessments should, where possible, consider mitigating actions to reduce the likelihood of participants encroaching within 2m of each other. For instance, SGBs and sports facility operators may consider, where appropriate, different formats of competition, zoned participation areas or staggered starts.
 - 10.6.4 No formal presentation ceremonies should take place during or after an activity or competition and the focus should be on reducing numbers in attendance at any one time.
 - 10.6.5 Coaches and others supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the responsible 'COVID Officer' should consider appropriate mitigating actions as part of the risk assessment.
 - 10.6.6 Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
 - 10.6.7 Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- 10.7 Participant numbers and duration of organised activity;
- 10.7.1 A 'field of play bubble' can be created whilst a sporting activity is taking place, in effect suspending Scottish Government household number guidelines while on court. Normal household guidelines will however apply at all other times for those aged 12 years and over. A maximum of 30 participants per coached session applies (from any number of households).

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- 10.7.2 “On court” is when participants are actively taking part in korfball gameplay or drills. Physical distancing applies before and after a session, during breaks, time outs, or any other stoppage in training or gameplay.
 - 10.7.3 Where there is likely to be close contact between participants in an organised sporting activity, mitigation should be put in place to minimise risk and keep participants safe.
 - 10.7.4 SGB guidance should therefore consider limiting the numbers taking part and the required duration of the activity.
 - 10.7.5 The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.
 - 10.7.6 No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.

10.8 Mitigations

- 10.8.1 Social distancing guidelines and gathering limits can be suspended during outdoor training (subject to a maximum of thirty per session), but clubs should still put in place mitigations to reduce close contact where possible.
- 10.8.2 During drills where participants will be queuing at a post, clubs should use cones (or similar equipment) to mark out 2m intervals to aid physical distancing.
- 10.8.3 Gameplay is permitted but should be limited to a maximum of 15 minutes intervals before a break for equipment cleaning and personal hygiene.
- 10.8.4 Where groups are being assigned for training or gameplay, these should remain the same for a whole session where possible and a record of these groups kept for contact tracing. A group should keep a hold of the same ball for a whole session.
- 10.8.5 During gameplay in training, a group of players should remain playing within the same division together where possible. Where substitutions are being made, these should be in and out of the same division to avoid swapping players amongst divisions.

10.8.6 When marking during gameplay or drills, the same two players should mark each other for the duration of the game or drill where possible. If “switching” occurs during dynamic gameplay, teammates should switch back to marking their own opposition player as soon as possible.

11. Health, Safety & Hygiene

11.1 Ensure access to first aid and emergency equipment is maintained. This is particularly relevant for clubs who normally have their first aid provided by a facility and are now training elsewhere.

11.2 Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.

11.2.1 In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may be required to attend to the injured participant. The ‘Covid Officer’ should consider processes for managing this as part of their risk assessment. This could include but not be limited to;

- Provision of suitable PPE
- Training of coaches/supervising adults
- Presence of one parent/guardian being required at the activity for children/vulnerable adults.

11.3 Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.

11.4 Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.

11.5 A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#)

11.6 Face Coverings

11.6.1 Clubs should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. This is a mandatory requirement.

11.6.2 Face coverings may not be required when using hospitality services such as café’s, bars and restaurants. For further

information refer to Scottish Government [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).

11.7 Further health, safety and hygiene guidance is available at;

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Health Protection Scotland: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)

[St. John's Ambulance: Covid-19 advice for first aiders](#)

[HSE: First Aid during the coronavirus](#)

12. Equipment provision and use

12.1 Posts should be cleaned regularly through a session: ideally any time there is a break in training or play, particularly if contact is made by a participant.

12.2 Shared balls are permitted.

12.3 Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of balls before, during and after exercise.

12.4 Online bookings and payments should be taken if possible.

12.5 Consider introducing buffer periods between different sessions to stagger start times so that participants do not all arrive/leave at the same time.

12.6 Where possible use online or contactless payment options and avoid handling cash.

13. Communication with members/customers

13.1 Clubs should communicate clearly and regularly with members and participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after training sessions.

13.2 Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.

13.3 Ideally clubs should publish an action plan detailing their plans to re-start training safely.

14. Coaching and Instructing

Guidance for coaches, leaders, personal trainers, and instructors (herein referred to as coaches) is available at [Getting your coaches ready for sport](#) .

- 14.1 From the 3rd August 2020 restrictions were lifted on the number of households (or extended households) that can be coached per day.
 - 14.2 There is no limit on the number of households that can be coached per day.
 - 14.3 Coaches can take organised outdoor group training sessions with a maximum of 30 people involved at any one time.
 - 14.4 During group training sessions appropriate risk assessed physical distancing and hygiene measures should be put in place to protect participants.
15. Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#).

GUIDANCE FOR PARTICIPANTS

The following guidance can be used to support participants. Consider using it in the context of before, during and after the activity.

16. Stay up to date
 - 16.1 Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#) .
 - 16.2 Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.
17. Travelling to and from an activity/sports facility
 - 32.1 Please check before you leave that toilet facilities will be available at the sports facility.

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- 32.2 Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#) .
 - 32.3 Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines.
 - 32.4 Arrive as close as possible to when you need to be at the venue/sports facility and allow others to leave before you enter. If you need to wait, then do so away from the facility and clear of any entrances or exits.
 - 32.5 Take your own hand sanitiser to the sports facility and use regularly throughout the activity.
 - 32.6 If driving, park your car in such a way as to facilitate physical distancing.
 - 32.7 Avoid touching fixed equipment including gates, fences or benches.
 - 32.8 After completing your exercise/activity return directly to your car (if appropriate) and leave.
- 33 Test & Protect
- 33.1 [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
 - 33.2 The gathering of contact information from anyone attending sport/leisure activities or facilities in a secure and safe manner, will assist NHS Scotland's Test and Protect service to identify any clusters of cases, contact those who may have been exposed to the virus, and request them to take appropriate steps to prevent potential onward spread.
 - 33.3 Maintaining customer records
 - 33.3.1 In order to support Test and Protect clubs and sports facility operators are required to collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.
 - 33.3.2 It is important that sport facility operators and customers cooperate, as it will be crucial to national efforts to suppress the virus.

33.3.3 Sports facility operators will store information for 21 days and share it with public health officers when requested.

33.4 A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).

34 Health, Safety & Hygiene

34.1 Face coverings

34.1.1 Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas).

34.1.2 Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing.

34.1.3 Face coverings do not need to be worn in a sports facility hospitality environment i.e. café, restaurant or bar.

34.2 If you are not wearing face coverings and need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.

34.3 Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.

35 Physical distancing and participation numbers

35.1 Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.

35.2 For those 12 years of age and over taking part in sport or leisure activity, normal Scottish Government physical distancing and household number guidelines should be followed unless otherwise advised by your club. Exceptions apply during organised sporting activity.

35.3 Normal physical distancing and household number guidelines will be applicable before and after the sporting activity or when taking breaks.

35.4 Coaches, officials, parents and guardians should continue to observe physical distancing when involved in children's activity as a coach, official or spectator. Please refer to specific club or facility guidelines.

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- 35.5 Where access through an indoor space is provided it should be for one person at a time, ideally with a one-way system in operation. Participants should ensure not to make contact with hard surfaces such as door handles and move through the area without stopping or congregating at any time.
- 35.6 Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#) .
- 36 Spectators
- 36.1 No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.
- 37 Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of your governing body Covid-19 guidance.
- 38 Participant Bookings
- 38.1 Where possible, participants should be able book in advance and make payment online.
- 38.2 Exercise and physical activity can only take place outdoors with all indoor exercise facilities remaining closed.
- 39 Equipment & Facilities
- 39.1 Where possible take your own equipment with you.
- 39.2 Only take the minimum amount of equipment that you need to participate.
- 39.3 Clean and wipe down your equipment, including water bottles before and after use.
- 39.4 Do not share food or drink with others.