

#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