

WELSH NETBALL COMMUNITY GAME GUIDANCE

NETBALL FITNESS

STAGE 3 LARGE GROUP ACTIVITIES

All individuals must maintain social distancing of 2 metres including children under 11.



Recommended that Clubs & Leagues complete the #NetsGetReady safety checklist.



Netball Activity Guidelines must be followed. A Risk Assessment must be completed prior to activity.



Organised outdoor netball fitness based training in groups of up to 30 people.



When exercising with people from another household, stay 2m apart.
No physical contact.



No sharing of equipment (balls, bibs etc) outside members of the same household. Do not share drinks bottles.



Wash hands regularly and do not train at all if you feel unwell.

Visit www.welshnetball.com/C19 to access guidance & resources

→ IF YOU ARE SHOWING ANY SIGNS OF COVID-19 YOU MUST SELF-ISOLATE AND NOT MEET UP WITH PEOPLE OUTSIDE OF YOUR HOUSEHOLD ←

Guidance can change at short notice, and restrictions can be reintroduced. Stay up to date on the latest Welsh Government guidelines: www.gov.wales/coronavirus