



COVID-19 Return to Play Policy

Executive Summary.....	2
Introduction	3
Test and Trace.....	3
Pre-attendance official symptom check	4
Travel to training and matches.....	4
Arrival at venues.....	5
Social distancing during warm up, play, intervals and post game	5
Use of available equipment	6
The ball (fomite transfer).....	6
Match officials, medics and coaches	6
Shouting and raised voices	7
Injury treatment.....	7
Facility usage.....	7
Appendices.....	7
Appendix 1 - Return to Recreational Teamsport.....	7
Appendix 2 - Risk Assessments	7
Appendix 3 – Risk Assessment for Clubs (template).....	7
Appendix 4 - Covid Contact Report.....	8
Appendix 5 - Court Layout.....	8
Appendix 6 - Droplet Transmission Flowchart.....	8

Executive Summary

Using the information contained in our *Contact Report* (appendix 4) and applying this information to the *Droplet Transmission Flowchart* (appendix 6), Tchoukball UK have concluded that the risk level of return to play for tchoukball is “medium to low”. By implementation of the control measures outlined in our comprehensive set of *Risk Assessments* (appendix 2) it is felt that the sport of tchoukball can be recommended for return to play in its present form of rules with no requirement for adaptation.

It will be our intention to make a phased return to sport with our junior sections first, followed by regional competition for adults. Our national competition structure and our senior UK Squad training sessions will be the last to return, this is in order for us to undertake a cost/value analysis and whether this type of national delivery of the sport is appropriate post-COVID. The national and UK Squad structure requires players from around the country to travel, usually lift sharing, to venues located centrally in order to minimise distance players are travelling. This means there is the potential for players to mix from different “tiers” of the community should a “regional tier” system be implemented.

Before clubs can return to training and local competition they must complete the formal *Risk Assessment for Clubs* (appendix 3) provided by Tchoukball UK. This will highlight all requirements that the club will need to follow to ensure a safe return to tchoukball. Completed risk assessments will be checked and, if satisfactory, approved by Tchoukball UK. This documentation will be held by the NGB for a period of 1 year from the date of return to play. After this time period has elapsed this documentation will either be destroyed or clubs will be asked to review and update.

Furthermore, prior to returning all club representatives will attend a virtual training session led by Tchoukball UK. Any club organising Junior activities will also be made aware of the need to comply with the following documentation as directed by the government:

[Protective measures for out-of-school settings during the coronavirus \(COVID-19\) outbreak](#)

Full support with this guidance will be provided by Tchoukball UK welfare officers. This will include assistance with the completion of risk assessments. Tchoukball UK also intends to produce an easy to read guidance note for clubs to follow. Each club will be requested to appoint a COVID-19 officer in charge of undertaking the specific risk assessments for the club. This position could be combined with welfare and safeguarding or could be a separate appointment. It is recognised that the directions from government can change quickly, therefore this must be managed in a top down format with direction and information being implemented at club level following guidance from the NGB.

Introduction

The aim of this document is to identify all deciding factors for the sport of tchoukball to recommence. It will also identify the process which Tchoukball UK has followed to enable a return to play for the sport of tchoukball during the COVID-19 pandemic. The document covers all areas of play including:

- Elite competition and training
- National competition
- Regional competition
- Club competition and training
- Junior competition and training

The document will also cover actions to be taken by coaches, referees, support staff, players and volunteers in the above noted scenarios. In all matters which this policy has referred to it has considered the 3 main potential routes of transmission as follows (per government guidance, see appendix 1)

- **Droplet transmission:** The risk associated with each action in an activity based on duration and proximity of participants. By using the framework, sports can determine the risk of actions in their matchplay environment – anything, for example, from tackling, to bowling, to re-start – which will then determine the overall level of risk of taking part in that sport.
- **Fomite transmission:** The risk associated with the handling and transfer of equipment in the sport
- **Population:** The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high risk groups, who wish to participate.

These 3 factors will guide all decisions taken by Tchoukball UK in risk assessments prior to return to play taking place.

Test and Trace

Tchoukball UK will provide a system for all clubs to set up Test and Trace. The system will comply with GDPR and will be implemented and maintained by Tchoukball UK with information updated by clubs. All club training sessions, regional and national events and elite training we will provide adequate documentation to ensure that, should the need arise,

the Test and Trace process will act as an effective control measure to provide protection for all participants.

It must be noted that the process does not remove responsibility from each and every individual to monitor their own health. All players 18 and over will be required to use venue QR codes and the Test and Trace app when attending training or competition sessions.

Pre-attendance official symptom check

All players, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID-19 currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow [NHS and PHE guidance on self-isolation](#).

Participants will be made aware of any increased risk associated with taking part in activity, based on the assessment undertaken by Tchoukball UK. They should also be strongly advised to comply with public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend.

Travel to training and matches

Participants are encouraged to follow best practice for travel including minimising use of public transport and limiting car sharing. Walk or cycle where they can. People from a household or [support bubble](#) can travel together in a vehicle.

We will refer to the government's [safer travel guidance](#) for further information to persons participating in the sport. Training and matches will be locally based for the current time until travel restrictions are redacted and travel between other households or support bubbles is allowed.

Arrival at venues

When arriving at the venue all participants should wear a face covering in all situations where social distancing is not possible.

Many venues will be restricting access to areas such as changing rooms and it is therefore recommended that all participants arrive at the venue “sport ready”. Participants should also bring appropriate clothing to be able to change into without the use of changing rooms to enable them to travel home following activity.

All guidelines as dictated by the venue must be followed at all times, this will include the use of the Test and Trace app and QR codes for signing into venues as provided by the hirer.

Social distancing during warm up, play, intervals and post game

All information below is based on a risk assessment undertaken by Tchoukball UK

“Fomite transmission” is one of the biggest risk factors identified with the sport of tchoukball. This is because the sport is focused around the ball and it is therefore recommended that wherever possible contact with the ball is limited and restricted to one to one. Participants should be encouraged wherever possible to bring their own ball for use during warm up sessions prior to play.

All participants must ensure that social distancing is maintained during warm up sessions prior to play. Specific warm ups as directed by the team coaches will be followed, wherever possible warm ups will limit the use of shared equipment such as the ball. Where this is not possible then individual drills using a ball should be followed. Where a warmup is required to bring the whole team together, this will be the last warmup exercise prior to play commencing. All players will complete their individual warm ups and then wash their hands, they will then proceed to a combined team warmup using a sanitised ball. Once complete the ball will be sanitised. All players will then wash their hands prior to taking to court. Players will be expected to provide their own hand sanitiser as part of their playing kit. Tchoukball UK will also provide hand sanitiser court side for use by officials and players. Following the risk assessment documentation a comprehensive return to play guidance documentation for players will be produced and distributed to all members, this documentation will also be posted onto the Tchoukball UK website.

Use of available equipment

Including score tables, balls, frames, timing and scoring equipment and other such items.

Pre- and post-match the score table, frames and scoreboard controllers will be wiped down with wipes as provided by the organisers, these wipes will then be disposed of in the black sack attached to the table. At the end of the day this sack will then be removed, tied closed and placed for the facility staff to remove to their waste disposal. Whistles will not be provided for referees. Whilst refereeing the area directly behind frame will be out of bounds, this is to minimise the risk of contamination between the referee and players.

The ball (fomite transfer)

Tchoukball requires the use of a common ball during match play. This is by definition one of the main potential transfers of the virus and therefore the main risk. Whilst it is not possible to eliminate the risk it can be significantly reduced through the following actions:

1. All players will wash their hands immediately prior to taking to court
2. There will be a pre-sanitised storage bucket for each court where balls will be kept prior to being used for matches, there will be a minimum of 4 balls in the bucket at the beginning of the event.
3. At the end of each third the ball will be changed with a sanitised ball from the bucket, the used ball will be sanitised and then placed back in the bucket where it will stay for a minimum period of 30 minutes prior to being reused.
4. All players will wash their hands immediately after their match has finished.

Match officials, medics and coaches

Due to the nature of the sport and its current development path, tchoukball does not have dedicated match officials for events. It is normal for players to step into these roles when not on court. This does mean that there are less people in attendance at events and as a by product of this the risk of transmission is reduced. *Risk Assessments* (appendix 2) have been undertaken for officials, medics and coaches and protocols following these have been recommended to be adopted. These will include thorough cleaning and sanitisation of scoring tables pre and post match along with scoring equipment. Score sheets will be issued from a sealed plastic wallet at the beginning of each match. Following completion of matches score sheets will be signed and agreed and then a photo of the sheet will be taken and forwarded to the relevant person by electronic means.

Shouting and raised voices

The very nature of tchoukball and the method of play means that players will very rarely find themselves in a situation where they are face to face with another player. The sport is non-contact and whilst shouting is sometimes required, it generally takes place indirectly and at distance from other players.

Injury treatment

[Guidelines for first responders](#)

Tchoukball is a non-contact sport and as such has a low risk of injury. There are however times that first aid is required and there is always a risk of medical complications for players. A medical kit will be kept at events and this will be stocked with medical gloves and face masks. Tchoukball events are organised at facilities that are staffed by trained first aiders and they are always deemed as the providers of primary care for injured players. Guidelines and protocols from the venues will be established at the booking stage for an event and then integrated into Tchoukball UK protocols.

Facility usage

As a third party hirer Tchoukball UK will at all times liaise with the provider to understand, implement and comply with all COVID-19 guidelines and regulations as identified by the operator. These will form part of the complete guidance documentation for events.

Appendices

Appendix 1 - Return to Recreational Teamsport

[Coronavirus \(COVID-19\): grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events](#)

Appendix 2 - Risk Assessments

See supporting documentation covering: **National competition; junior training; club training; and elite training.**

Appendix 3 – Risk Assessment for Clubs (template)

See supporting documentation.

Appendix 4 - Covid Contact Report

See supporting documentation.

Appendix 5 - Court Layout

See supporting documentation.

Appendix 6 - Droplet Transmission Flowchart

