

**Goalball UK Return to Play Guidance**

**‘Getting Back on Court’**

**Version 9, published 14th May 2021**

Updated versions will be hosted on the Goalball UK website here: <http://goalballuk.com/the-sport/r2p/> and shared with the goalball community via affiliated clubs and social media channels.

This document has been designed with the intention to be fully accessible for screen readers. If you are unable to access any information particularly the tables in the appendices, please get in touch at [covid@goalballuk.com](mailto:covid@goalballuk.com).

# Contents

1. [**Glossary of Terms**](#Glossary)

1. **[Introduction](#Intro)**
2. [**Preparing your club or organisation for return**](#Travel)
3. [**Planning Sessions**](#_4.Planning_Sessions)

1. **[Cleaning and PPE Equipment](#_5._Cleaning_and)**
2. [**Displaying of COVID-19 symptoms process**](#_6._Displaying_of)
3. [**Travel and Guiding**](#_7._Travel_and_1)
4. [**Goalball UK Competitions 21/22 Season**](#_8._Goalball_UK)
5. [**Future Lockdowns**](#Lockdown)
6. **[Appendices](#Appendix)**
7. [**Disclaimer**](#Disclaimer)

# 1. Glossary of Terms

**Affiliated Club**

Approved deliverer of goalball by Goalball UK.

**Affiliated Club led activity**

A training activity, session, or competition for which an affiliated club or organisation is responsible.

**Clubs and Competition Committee (CC)**

Committee responsible for guiding Goalball UK on competition planning and delivery.

**Club Matters**

Support organisation for organisations (clubs) delivering sport and physical activity.

**Face coverings**

In the context of the coronavirus (COVID-19) outbreak, a face covering is something which safely covers the nose and mouth.

**Facemasks**

Fluid resistance mask that must be worn in medical or cleaning situations.

**Guide Dogs for the Blind**

National sight loss charity.

**Members**

Includes all players, volunteers, coaches, supporters, and officials who are members of a club.

**NHS Test & Trace**

NHS initiative that will help to control the rate of reproduction (R) by ensuring anyone who develops symptoms can be tested and trace anyone who has been in close contact.

**NGB led activity**

A training activity, session or competition for which Goalball UK is responsible.

**‘opt in’**

A decision to participate made by a participant after the COVID-19 mitigation processes are explained.

**Organised Sport or Physical Activity (Goalball)**

Goalball activity formally organised by Goalball UK, a club, public body, qualified instructor, company, or charity, and which follows Goalball UK return to play guidance.

**Participants**

People that play the game at sessions or events.

**Personal Protective Equipment (PPE)**

Equipment to help reduce the risk of infection.

**Personal Support Personnel**

Someone who provides support to allow a participant to safely access a session or event.

**Workforce**

Goalball UK and affiliated club coaches, volunteers, and anyone is involved in planning and delivering activity.

[Back to contents page.](#Contents)

# 2. Introduction

As we move forward out of lockdowns across the UK it is important, we continue to follow the principles of our original guidance.

* Safety: the safety and wellbeing of members is the number one priority.
* Information: we will continue to provide detailed up to date information to inform people’s choice.
* Choice: it is the personal choice of all individuals to return to play ‘opt in’. No one should be made or feel pressured to play goalball.
* Support: Goalball UK want to support all members to safely return to play; please continue to work with us and feedback as we go through the process.

Failure to take reasonable steps to apply this guidance when undertaking all goalball activity will not only put people at risk but may also invalidate insurance cover.

## 2.1 Organised Disability Sport Exemption

Where there is an exemption is in place for people with a disability to participate in organised sport or physical activity, this Goalball UK guidance sets out how goalball can be delivered and played. However, it is essential we define what organised goalball is.

Organised goalball definition:Goalball activity formally organised by Goalball UK, a club, public body, qualified instructor, company, or charity, and which follows Goalball UK return to play guidance.

Informal or self-organised sport is not exempt and can only take place within the legal gathering limits which otherwise apply.

## 2.2 Main Risks

It is recognised that risk in sport cannot be completely eradicated, but with caution and care, risks can be reduced, and the benefits of our great sport can be enjoyed fully again.

The Department for Digital, Culture, Media and Sport (DCMS) and health authorities still recognise three major risk factors for team sports:

1. Droplet transmission: the risk associated with each action in an activity based on duration and proximity of participants.
2. Fomite transmission: The risk associated with the handling and transfer of equipment in the sport
3. 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.

The guidance has been produced to help reduce risk before, during and after activity to allow the goalball community to get back on court. By using the Government framework: [Return to recreational team sport framework](https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events) and applying this guidance goalball can be delivered in a risk aware way.

## 2.3 Opting in principle

All activity should follow the process of members, participants, and workforce ‘opting in’ based on having all the available information about the activity and risk management. We have provided wording ([appendix A](#_Appendix_A_–)) that can be used to gain acknowledgement of this fact.

We recommend clubs ask their members, participants, and workforce to confirm understanding of the wording in ([appendix A](#_Appendix_A_–)) by reply email or create a document that people physically sign to acknowledge they are opting in.

## 2.4 Home Nations

Goalball UK acknowledge there are differences between the Home Nations Governments and sporting bodies’ advice, but this goalball (sport specific) guidance is designed to be applied when indoor sport for when people with a disability or people without a disability can resume.

## 2.5 Goalball UK Contact

Goalball UK staff are here to support, if you have any questions, would like further advice, and or input into your COVID-19 club meetings please contact us at [Covid@goalballuk.com](mailto:Covid@goalballuk.com) or 07706 286584.

[Back to contents page.](#Contents)

# 3. Preparing your club or organisation for return

We have tried to keep the guidance as simple and straightforward as possible but undoubtedly there are going to be additional processes and procedures to work through before your club returns to training and later competition.

If your club or organisation returned previously, we recommend you re-visiting the steps out below and updating your COVID-19 risk assessment.

## Step 1 – Working Group to appoint COVID-19 Officers

Arrange a small working group (this could be your committee) to take responsibility for leading on your club’s return to play. Within this group look to appoint two key roles;

1. Lead officer responsible for communications with the venue, enforcement of procedures, and register as the club’s lead COVID-19 officer with Goalball UK.
2. Supporting officer responsible for communication with the playing population and workforce to ensure people are well informed of the risks and mitigations in place.

[Appendix B](#_Appendix_B_-) further explains the responsibilities of these roles.

A direct output from this group is to complete a COVID-19 risk assessment. Venues will expect your club to have this place before allowing you to return. More details can be found in section 4 – planning sessions.

## Step 2 – Contacting your Venue

Your venue is a key partner for your club or organisation returning to play.

We have created a checklist ([Appendix C](#_Appendix_C_-)) to go through when speaking to your venue about returning. This guidance is designed to work alongside individual venue protocols and procedures, if there is conflict on protocols, please follow the venue’s protocols. If you do not feel the protocols are appropriate, we recommend you do not use the facility.

If you plan to return under an organised disability sport exemption and your venue has queries, please get in touch at [covid@goalballuk.com](mailto:covid@goalballuk.com)

## Step 2 - Additional Venue Information

[RNIB, British Blind Sport, and Metro Blind Sport](https://www.metroblindsport.org/wp-content/uploads/2020/07/Best-Practice-Sport-Leisure-Guidelines.pdf) have produced guidance that can be shared with your venue to encourage best practice for engaging blind and partially sighted users.We recommend you share this with your venue when discussing your bookings.

## Step 3 - Communication with members

A key part of the process is talking to your club members including workforce. We encourage you to share this document with them and then run a consultation via a virtual meeting or a short survey using Google or Microsoft forms. If you need support with this, please contact Goalball UK at [Covid@goalballuk.com](mailto:Covid@goalballuk.com)

Some key questions to ask:

* Gauge the impact coronavirus has had on their personal circumstances.
* Do they have pre-existing health conditions that make them high risk?
* Have they been active during lockdown and what their habits are likely to look like moving forward?
* How they are feeling about returning to your club or organisation. Do they want to return? If yes, when will they be ready and under what circumstances? If no, why not?
* What they are most concerned about and most looking forward to about coming back?
* What reassurances or changes they would like to see before they come back?
* What is their journey to and from the venue?

Based on your discussions with your membership you may decide you aren’t ready to return to play, you need to make some changes to your plans or potentially only certain members will initially come back in a phased return.

Remember everyone’s circumstances are different and no-one should be made to or pressured into returning to play.

Further advice around consulting your membership can be found in the [Club Matters – Understanding Your People Guide](https://learn.sportenglandclubmatters.com/pluginfile.php/31274/mod_resource/content/4/Club%20Matters%20-%20Understanding%20Your%20People%20SO.pdf)

## Step 4 – Workforce Training

[CIMPSA](https://www.cimspa.co.uk/) in partnership with Sport England have created free training ‘Reactivate’ to support workforce confidently return to delivering activity.

Any person involved in delivering organised goalball activity is required to complete the free training before returning to training.

Sign up here: <https://prozone.futurefit.co.uk/goalball-uk/plans/1005>

You can then sign into your account anytime here: <https://prozone.futurefit.co.uk/goalball-uk/login>

Please send certificates on completion to [Covid@goalballuk.com](mailto:Covid@goalballuk.com)

## Step 5 - Register your return plans with Goalball UK

Please use this form [Goalball UK COVID-19 Registration](https://forms.office.com/Pages/ResponsePage.aspx?id=_4i_34Y7vESCxLjNNVsxk6hWfC5vKL9PgMulWCo_p0ZUMjNZVFBBMDlWRkw5N1NJUzBJWFpRUjBKTi4u) to register your COVID-19 Officers, confirm full reading of this guidance and intended timescale for your club’s return. On completion of this form your club will be eligible to access **£100** of funding to support with the purchase of PPE and cleaning equipment.

[Back to contents page.](#Contents)

# 4. Planning Sessions

## 4.1 Risk Assessments

In line with this Goalball UK guidance and standard venue requirements, all organised activity is expected to have a COVID-19 risk assessment.

We recommend clubs and organisations have a separate COVID-19 risk assessment that can be updated as restrictions change. [Appendix D](#_Appendix_D_–) details items to consider and a template to use.

Goalball UK requires affiliated clubs to send their risk assessments to [Covid@goalballuk.com](mailto:Covid@goalballuk.com) for collation of best practice.

We recommend you share your signed off risk assessment with your members to highlight the work you have done to reduce risk and inform the ‘opt in’ process.

Further information and guidance regarding risk assessments can be found via [Club Matters – Creating a Risk Assessment](https://learn.sportenglandclubmatters.com/pluginfile.php/31273/mod_resource/content/2/Club%20Matters%20-%20Creating%20a%20Risk%20Assessment%20SO.pdf)

## 4.2 Registers - Supporting NHS Test and Trace

It is vital you take registers at your session to support NHS test and trace.

Ensure you have system in place to collect all members’ full names and contact numbers prior to the session electronically. Then on the day of the session or event record the time of arrival and departure.

To reduce risk do not take cash payments. Set up a system so your members can pay by bank transfer for sessions.

Test and Trace specific registers are to be kept for 21 days in line with your GDPR privacy policy and then destroyed. We recommend any data is stored on a secure device that is password protected.

For further advice regarding the storage of data visit: <https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace>

## 4.3 NHS Lateral Flow Testing

If your organisation would like to introduce ‘opt-in’ non-compulsory lateral flow testing before sessions, we recommend using the following messaging:

To further improve safety and people’s confidence in attending training we would like to encourage all of you to participate in the free-of-charge lateral flow testing and do a test the day before you attend training. You can order kits here: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.

Instructions are available in electronically/large print/easy read here: <https://www.gov.uk/government/publications/instructions-for-covid-19-self-test>.

You can use support from the Be My Eyes App with reading the result: <https://www.bemyeyes.com/>

As a club we will not be asking for proof of your results but trust you to follow all the guidance to keep everyone safe.

## 4.4 Population

All organised activity must follow the restrictions on participant numbers regardless of age.

Any person who has had a COVID-19 vaccine must continue to follow all Goalball UK Return to Play guidance without exception.

Goalball can be played in a formal educational setting in existing educational bubbles as set by the individual institution in line with Government policy.

### 4.4.1 Organised Indoor Sport including in England from 17th May – Step 3

If organised indoor sport is allowed without exemptions, the following guidance regarding population must be followed.

There is no limit on the number of playing participants per session.

Based on participant numbers, it is at the discretion of the club or organisation delivering to create smaller groups within the session that do not come into contact with one another during the activity.

To deliver the session and provide the appropriate support to players each session can accommodate support personnel. This is defined as one of the following roles:

* Coach
* Referee
* Volunteer
* Medical personnel
* Parent, Guardian, or Carer
* Personal support assistance

We recommend limiting the support numbers to those that are essential to deliver the activity in a safe and appropriate way.

General spectators are allowed while following general indoor social gathering guidance. However, we would advise you consider if spectators are essential to the session.

Pre-registration is required for all sessions / events to manage numbers.

Note: the venue may put in place restrictions that limit or increases numbers, this supersedes any Goalball UK advice.

### 4.4.2 Organised Disability Sport Exemption

If a disability sport exemption is being used for organised to allow people with a disability to participate following guidance regarding population must followed for organised activity.

If people without a disability participate in the activity, the whole session must follow the guidance for the general population based on age for organised indoor activity. In some cases, this may mean the session can’t be delivered.

Playing participants in each session should not exceed 15 (fifteen) under any circumstances.

Based on participant numbers, it is at the discretion of the club or organisation delivering to create smaller groups within the session that do not come into contact with one another during the activity.

To deliver the session and provide the appropriate support to players each session can accommodate one support personnel per player. This is defined as one of the following roles:

* Coach
* Referee
* Volunteer
* Medical personnel
* Parent, Guardian, or Carer
* Personal support assistance

We recommend limiting the support numbers to those that are essential to deliver the activity in a safe and appropriate way. Anyone not fulfilling one of these roles should not enter the sports hall. General spectators are not allowed.

Pre-registration is required for all sessions / events to manage numbers.

Note: the venue may put in place restrictions that limit or increases numbers, this supersedes any Goalball UK advice on the maximum number in the sports hall but the playing participant maximum number of 15 plus one support personnel per player must not be exceeded.

### 4.4.3 Spacing in Sessions

Two metre social distancing should be maintained by all participants when not taking part in activity. Ensure the hall space you use is large enough to allow this to take place.

Consider phasing your training sessions back by having smaller groups based on player levels: novice, intermediate, and elite.

Participants should arrive at the session / event as close to the start as possible and avoid congregating before entering the hall. After the session / event all participants and workforce must ensure they follow Government guidance regarding social distancing and social interaction.

We recommend providing each player with an area two metre apart (if you have space) where personal belongings can be kept including personal hand sanitiser. If you have time these can be made tactile using string and tape.

If delivering back-to-back sessions allow enough time to clear the session and conduct cleaning as set out in section 4.5.2 – Fomite Transmission before new participants arrive for the next session. If you run back-to-back sessions, no players from the first session can attend the second session (only when using the disability sport exemption).

## 4.5 Pre- Screening

All participants and workforce should take the pre-screening questionnaire before leaving home – [appendix E](#_Appendix_E_–) and keep the results for 21 days.

Remind all members they must **NOT** attend if they:

* Have COVID-19 symptoms. List of symptoms can be found here <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
* Have someone in their household who has symptoms and is in isolation
* Have been asked to remain at home as a result of track and trace

### 4.5.1 People previously shielding

If you were asked to shield previously before 1st August 2020, we strongly recommend you take extra care to understand the environments you attend and make sure it is the right decision for you.

## 4.6 Hygiene Protocols and Mitigations

It is widely acknowledged that having good hygiene is a key factor in reducing the risk of spreading the virus. Failure to follow good hygiene practice may lead to an increase in the number of people contracting coronavirus.

In this section we highlight the key protocols that need to be in place before, during and after activity to reduce risk of transmission. These measures must be followed for organised activity to resume.

As general advice all members should carry personal hand sanitiser when attending goalball sessions and events and avoid touching their face.

### 4.6.1 Droplet Transmission Measures

1. Face coverings are to be worn by everyone (exemptions apply) at all times during the session, unless you are playing the game or participating in related activity e.g. drills, warmup, cool downs etc. Face coverings should also be worn when guiding or being guided.

We recommend changing your face covering if it gets dirty, wet, or damaged. Consider having multiple face coverings available if you are due to be in the sports hall for an extended period of time (more than two hours).

1. Always maintain two metre social distancing when off court out of game play or activity
2. Participants to arrive at the facility in sports kit and where possible to travel home to shower.
3. Participants to bring a separate bag to put used kit into (shirts, leggings, pads, shades, sleeves, strappings etc.) after the session or event for immediate washing. Full change may not be possible if venue changing facilities are closed. Sanitise hands immediately after handling used kit.
4. Sweat

* Individual disposable sweat towels for each session are recommended
* Sweat towels are not to be touched by anyone other than the owner and should only be left on the individual’s bag (space as referenced above)
* Sweat droplets should be cleaned immediately if they appear on the court (wipes, spray & blue roll or mop)

1. No handshakes before and after the game
2. Face masks must be worn when delivering first aid or medical support (see section 4.5.1.3 – Medical)
3. Avoid shouting when coaching, playing, and officiating
4. Do not swap ends during the game
5. Do not celebrate by hugging and or touching teammates etc.
6. Increase bench areas to allow for social distancing
7. Substitutions will be guided onto court using the voice of coach or official
8. Shades check, if required, to take place from two metres with use of vision only

### 4.6.1.1 Movement around the venue

Remember to contact venues in advance (Venue Checklist – [appendix C](#_Appendix_C_-)) to understand changes to the venue surroundings including what the process will be on arrival and share with participants and workforce.

1. If the workforce has the vision to do so they should direct participants using voice while wearing a face covering
2. Use audible cues to ‘alert’ others of their location when moving around the sports hall
3. Use of canes (if owned) to support all movement around the venue
4. Avoid unnecessarily touching surfaces including walls etc.
5. If physical guiding does need to take place in line with guidance established in your country as set out in section [7 Travel and Guiding](#_7._Travel_and).

### 4.6.1.2 Workforce

1. You may need to use more verbal communication and create audible cues by tapping of the feet on the ground or goal. Avoid touching the ground or goal with your hands.
2. Avoid shouting
3. Don’t provide tactile assistance to coach technique or skills of the game.
4. If you have parents and guardians present at your session that are not official workforce, ask them to not touch any equipment and remain socially distanced from people not in their household bubble.

### 4.6.1.3 Medical

1. All first aid kits are required to have hand sanitiser and well stocked PPE including: fluid resistant facemasks, eye protection, disposable gloves, and apron. The level of recommended PPE required for types of medical situation is highlighted in [appendix F](#_Appendix_F_-).
2. Injuries during play should still be treated as participant wellbeing is utmost.
3. Face masks are recommended for the patient if appropriate.
4. Encourage self-first aid where possible, e.g. someone talks through the first aid process for the individual to complete themselves. In some situations, this will not be applicable or appropriate.
5. Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient’s mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives. This is advice is taken from the Resuscitation Council UK. [More Information can be found here.](https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19)
6. After contact with an injured participant, immediately sanitise your hands and then at the earliest opportunity clean your hands thoroughly with soap and water. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum social distancing was maintained. Avoid touching your mouth, eyes, and nose. Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes.
7. See [further information](https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov) for those who may need to act as a ‘first responder’ role in a sports setting.

### 4.6.2 Fomite Transmission

1. Before any play can take place, the following cleaning must take place:
2. Court floor (12m wide and 20m long)
3. Goals
4. Balls that are due to be used for the session if they have been used in the last 72 hours
5. Ensure Air flow by opening doors to the hall or air conditioning is switched on (see venue checklist [appendix C](#_Appendix_C_-))

[**For advice on cleaning please see section 5: Cleaning and PPE Equipment**](#_5._Cleaning_and)

### **4.6.2.1 In training sessions**:

1. Have regular hand sanitising breaks, use of personal hand sanitiser is recommended. To help with this have a short break or unofficial time out for all at least every 20 – 30 minutes.
2. Plan in cleaning breaks when practical during the session for the balls, team areas, and goals. As a guide look to have a cleaning break every hour.
3. If you are running back to back sessions cleaning must take place in between each session.

### 4.6.2.2 End of the session / event:

1. Clean the goals
2. Clean the balls that have been used if they are due to be used in the next 72 hours
3. All participants wash or sanitise hands
4. Wash mop head/s on high temperature

### 4.6.2.3 Personal Player Equipment

1. Participants must not share eye shades. Consider using soft shades for new players or players that do not have their own. These can be washed easily and or kept permanently by the participant.
2. If you loan pads, shirts, or other equipment ask the participant to take home and machine wash before returning.
3. People should not touch other people’s personal items such as shades, towels, water bottles (including filling up) and or mobile phones. Process to be created for water bottles in competitions where hydration during the game takes place at time outs and handing out is normally coach led.
4. If goalball specific equipment needs to be purchased advice can be found here; <http://goalballuk.com/the-sport/equipment/>

### 4.6.2.4 Officiating the game

1. We recommend use a squeeze whistle which you operate with your hand to avoid your hands going near your face these can be purchased from [Newitts](https://www.newitts.com/playm8-squeeze-whistle?sku=IT042186&gclid=EAIaIQobChMI2Pb7nbSp6gIVhbHtCh3OegYrEAQYAyABEgLj4PD_BwE.) or other online sports suppliers. Ensure you clean this after use and do not share with other people. Any Goalball UK officials and staff will be provided with a squeeze whistle the next time they referee at a Goalball UK led event. We recommend affiliated clubs purchasing these on behalf of their workforce.
2. Wipes and sanitiser available at all relevant workspaces with contact areas

[Back to contents page.](#Contents)

# **5. Cleaning and PPE Equipment**

## 5.1 Cleaning

Please follow advice set out in [appendix G](#_Appendix_G_–) - Goalball UK Equipment Cleaning Guidance. This includes advice on how to clean the balls, goals, and floor.

## 5.2 Purchasing PPE

Goalball UK is supporting affiliated clubs by offering a grant of £100 to contribute to the purchasing of cleaning and PPE equipment. This can be accessed by completing the [Goalball UK COVID-19 Registration](https://forms.office.com/Pages/ResponsePage.aspx?id=_4i_34Y7vESCxLjNNVsxk6hWfC5vKL9PgMulWCo_p0ZUMjNZVFBBMDlWRkw5N1NJUzBJWFpRUjBKTi4u).

Goalball UK has been working with [FBTSports](https://www.fbtsports.co.uk/category/goalball-uk)to provide a central place where you can buy PPE.

Goalball UK receives no financial gain from your purchases, and you may source your own products. Goalball UK takes no responsibility for any damage or harm caused by the use of the products listed.

[FBTSports](https://www.fbtsports.co.uk/category/goalball-uk) stock the following items:

* Facemasks (fluid resistant) required for first aid. You may also use these as face coverings.
* Face coverings (non-surgical)
* Hand sanitiser (70% alcohol level)
* Disposable aprons
* Disposable gloves
* Eye protection visor
* Cleaning wipes
* Blue Roll

Purchases from FBTSports can be made here:<https://www.fbtsports.co.uk/category/goalball-uk>

[Back to contents page.](#Contents)

# 6. Displaying of COVID-19 symptoms process

## 6.1 Pre session / event

All participants and workforce should complete the pre-screening questionnaire ([appendix E](#_Appendix_E_–)) before leaving home and keep results for 21 days.

Remind all members they must **NOT** attend if they:

* Have COVID-19 symptoms. List of symptoms can be found here <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
* Have someone in their household who has symptoms and is in isolation
* Have been asked to remain at home by the UK Government track and trace system

## 6.2 People Previously Shielding

If you were asked to shield previously by the Government (before 1st August), we strongly recommend you take extra care to understand the environments you attend and make sure it is the right decision for you.

## 6.3 During or post session

1. The person displaying symptoms should immediately stop participating and begin to self-isolate.
2. Get a test to check if you have COVID-19. The test needs to be done as soon as possible but within the first 5 days of having symptoms. More information about getting a test can be found here: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/>
3. If anyone else from the session has coronavirus symptoms, they must also self-isolate and [get a coronavirus test](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/) as soon as possible.
4. Inform NHS. Tell the people you have been in close contact with, that you have symptoms or have tested positive including the lead club COVID-19 Officer for the session you attended.
5. The COVID-19 Officer should inform participants and workforce someone from the session is displaying symptoms or has tested positive.
6. Those people do not need to self-isolate unless they have symptoms or have been contacted by the NHS Test and Trace service. But they should take extra care to follow [social distancing advice](https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/), including washing their hands often.
7. If at an affiliated club session, the club COVID-19 officer should also inform the Goalball UK (NGB) officer for information.
8. The participant name is not to be disclosed for protection of personal information.

Advice taken from <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

[Back to contents page.](#Contents)

# 7. Travel and Guiding

Everyone’s circumstances will be different including the time spent travelling and the modes of transport used. It is a member’s choice how to travel to a session or event, but they should act responsibility and follow government guidelines.

General measures to follow:

* Avoid busy times
* Sanitise hands regularly
* Use contactless payment
* Wear a face covering on public transport, taxi, private car etc.
* Windows open to increase air flow

## 7.1 Guiding at Goalball UK led activity

Goalball UK is working to establish a policy that will operate at events and competitions if required.

[Back to contents page.](#Contents)

# 8. Goalball UK Competitions 21/22 season

Goalball aims to relaunch formal competition in September 2021. A COVID-19 risk assessment with appropriate mitigations will be put in place at the time of the competition in line with any government restrictions.

This guidance permits Goalball UK to make bookings with facilities for competitions. This is with a view to competitions re-starting in line with the easing of restriction plans (roadmap) set out by the Government in the specific location.

[Back to contents page.](#Contents)

# 9. Future Lockdowns

Goalball UK recognises the potential chance for further lockdowns, internationally, nationally, and locally based on the Home Nations Government advice and as such will implement any new restrictions as required.

If your venue closes you will naturally be required to stop training. When the venue re-opens, we recommend you going through the latest guidance document available here <http://goalballuk.com/the-sport/r2p/> before returning to play. Goalball UK will support clubs on an individual basis, based on their circumstances.

[Back to contents page.](#Contents)

# 10. Appendices

## Appendix A – Opt-in notice to be used in communications

By attending **[insert event or activity]** you are personally opting into the session on the basis that you have received relevant information to make an informed choice. If you feel you do not have all the information required, please request further information, or do not attend.

Any person found deliberately or consistently breaking the guidance at the discretion of the appointed COVID-19 officer set out by **[insert organisation]** will be asked to leave the venue / session with immediate effect.

In this instance details will be passed onto Goalball UK as the national governing body responsible for the measures in line with Government advice.

[Back to contents page.](#Contents)

## Appendix B - COVID-19 Officer Roles and Responsibilities

**Introduction**

Prior to restarting goalball, each club must appoint individual/s who will take on the role of COVID-19 Officers for the club.

To help with workload we suggest this is two people.

1. Lead officer responsible for communications with the venue, enforcement of procedures, and register as the club’s COVID-19 officer with Goalball UK.
2. Supporting officer responsible for communication with the playing population and workforce to ensure people are well informed of the risks and mitigations in place.

If required one person can oversee both roles.

These individuals will be responsible for ensuring that each session is run in line with Goalball UK’s ‘Return to Play’ guidelines.

It is recommended that either the Club Welfare Officer or Club Secretary take on the lead role as they are already familiar with the club’s existing health and safety policies and procedures.

Coaches should also help by taking an active role for their sessions to ensure that all necessary health and safety procedures are followed during their coaching sessions.

**Roles and responsibilities of the COVID-19 Officers**

* Be aware of the latest Government guidelines and COVID-19 related safety, hygiene and social distancing protocols by completing the CIMPSA ‘Reactivate’ training. Sign up here: <https://prozone.futurefit.co.uk/goalball-uk/plans/1005> You can then sign into your account anytime here: <https://prozone.futurefit.co.uk/goalball-uk/login>
* Lead and complete a COVID-19 risk assessment
* Work with the Club Committee to ensure each session is compliant with the guidance.
* Ensure all players attending sessions understand the guidelines for the session.
* Complete a COVID-19 risk assessment for each session
* Liaise with the session venue (see venue checklist appendix C) to gather information on the venue’s COVID-19 guidance to ensure the session adheres to this
* Ensure the session implements a pre-booking / registration process to manage the number of participants attending each session allowing for you to maintain social distancing measures.
* Ensure contact details for all players attending are collected prior to the session
* Manage session delivery and movement within the sports hall to ensure that group sizes are not exceeded, and social distancing is always maintained.
* Ensure cleaning products are purchased and available and protocols are followed linking to fomite transmission

**NHS Test and Trace**

All participants and workforce have a responsibility to notify the lead COVID-19 Officer should they get symptoms or test positive for COVID-19. The COVID-19 Officer should contact everyone who attended that session to advise them that an individual within the group has reported symptoms or tested positive. If the individual is a coach who has led additional sessions, all participants in these additional sessions need to be contacted.

Full details and process of person displaying symptoms can be found in section 9 - Displaying of COVID 19 symptoms process of the Goalball UK return to play guidance.

**Further support**

These guidelines are accurate at the date of publication but are subject to change in line with Government guidance. Keep checking <http://goalballuk.com/the-sport/r2p/>for the latest version and supporting information or if you have any questions please contact [Covid@goalballuk.com](mailto:Covid@goalballuk.com)

[Back to contents page.](#Contents)

## Appendix C - Venue Checklist

To be completed in conjunction with the Venue Manager or appropriate personnel before booking a session. This will help shape your club risk assessment and inform members about the venue conditions.

**Venue name:**

**Venue contact name:**

**Date:**

The table below has 4 columns. The first column highlights the areas you should speak to your venue about. The following 3 columns provide space to collate the venue response, state if you are satisfied with the response, and space for additional notes. If you would prefer to receive this information in non-table format please contact [Covid@goalballuk.com](mailto:Covid@goalballuk.com)

|  |  |  |  |
| --- | --- | --- | --- |
| **Find out / question for venue** | **Venue Measure / Response** | **Satisfied Yes / No** | **Follow up notes** |
| **Risk**   * Request a copy of the venue risk assessment and what they expect from you regarding risk assessments and NGB guidance * Ventilation practices of the sports hall? Ventilation systems should provide 100% fresh air and not recirculate air from one space to another * Any restrictions on the numbers allowed in the sports hall? |  |  |  |
| **Arrival Process**   * In general, what support is available for visually impaired participants on arrival? Will there be a member of staff at the entrance to provide assistance if required? [Share the RNIB best practice guide](https://www.metroblindsport.org/wp-content/uploads/2020/07/Best-Practice-Sport-Leisure-Guidelines.pdf) with venue to help them offer the best support.   Additionally:   * What is expected for Test and Trace? * Sanitisation requirements? * Temperature checks? * Reception screens? * Have there been any changes to provision for guide dogs at the venue? |  |  |  |
| **Change in lay out**   * Entrance and exit doors / systems? * What markings are in place to guide flow through venue – are these tactile? |  |  |  |
| **Changing & Toilet facilities**   * What changing and showering facilities will be in place for users? * What toilet facilities will be in place for users? * Have there been any changes with the new layout? |  |  |  |
| **Equipment**   * Is the venue happy (if applicable) for you to bring equipment into the centre e.g. balls, pads, tape, and goals? * Does anything need to happen to the current equipment in storage at the venue regarding access and cleaning? * Is the venue happy for you to clean the floor during your session/s? Double check you can use cleaning spray or has the venue got something you can already use. |  |  |  |
| **Food and Drink**   * Are provisions on site open? Under what conditions? * Can you take personal water bottles into the venue? |  |  |  |

[Back to contents page.](#Contents)

## Appendix D – COVID-19 Risk Assessment

This information and guidance has been taken from [Club Matters – Creating a Risk Assessment](https://learn.sportenglandclubmatters.com/pluginfile.php/31273/mod_resource/content/2/Club%20Matters%20-%20Creating%20a%20Risk%20Assessment%20SO.pdf)

Before re-opening and encouraging your members, volunteers, and staff to return, your club is required to complete a risk assessment that covers the specific considerations linked to the coronavirus (COVID-19) pandemic. This can help you to ensure your activities are restarted as safely as possible.

The HSE acknowledges that ‘You’re not expected to eliminate all risks, but you need to do everything ‘reasonably practicable’ to protect people from harm’. Further information can be found [here](https://www.hse.gov.uk/simple-health-safety/risk/more-detail-on-managing-risk.htm).

A number of generic risks associated with returning to activity have been listed below for you to consider in your COVID-19 risk assessment. However, this is not an exhaustive list and we recommend that you complete a full assessment considering any unique risks associated with your club. There may also be some listed that aren’t relevant to your club.

**Risks**

Activity offer – consider the activities that your club/organisation plans to offer. Identify the risks, then develop controls that can be put in place to ensure that activities take place in a safe environment. Your activity offer should be inclusive which may require different approaches for different age groups and abilities.

Access to equipment – it is important to consider the risks associated sharing equipment and cleaning.

Social distancing – consider the risks associated with being able to maintain the Government guidance on social distancing whilst visiting the club/organisation and undertaking activity. You will need to consider how users arrive, queue, pay, move around your facilities, equipment layout, ventilation, access to toilets and the maximum number of users that you will be able to accommodate at once.

Risk of transmission – identify actions to control the risk of transmission of COVID-19 amongst members, participants, visitors, volunteers and staff. Ensure that Public Health advice is followed should there be an outbreak, or somebody is symptomatic at your club or organisation.

Cleanliness and hygiene –think about how you can ensure that touch points, equipment and busy areas are regularly cleaned, sufficient handwashing facilities are provided, enhanced cleaning protocols (check with venue) and new cleaning schedules are adhered to, and there is access to cleaning/hygiene supplies and equipment. This will help minimise the risk of the Coronavirus being spread within the facilities you use.

Personal protective equipment –identify any PPE required to safely run activities at your club/organisation and consider the risks associated with not providing this and why this might happen, such as not having the required levels of stock.

Lack of personnel and volunteers – consider whether you have enough suitable, qualified and DBS checked people to support your safe delivery of activity, and the risks associated with personnel/volunteers being unable to attend.

[Back to contents page.](#Contents)

## Health and Safety Executive LogoGoalball UK COVID-19 Risk Assessment Template

Club name: Date of next review: [next session]

Date assessment was carried out: Any review should include COVID-19 Officer/s

Original Assessment carried out by: Name & Role

The table below has 7 column headers linked to assessment with rows providing blank space for each risk. If you would prefer to receive this information in non-table format please contact [Covid@goalballuk.com](mailto:Covid@goalballuk.com)

| Hazard / Risk | Who might be harmed and how? | What are you already doing to control the risks? | What further action do you need to take to control the risks? | Who needs to carry out the action? | When is the action needed by? | Done |
| --- | --- | --- | --- | --- | --- | --- |
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[Back to contents page.](#Contents)

## Appendix E – Individual Self-Screening Questionnaire

You must **NOT** attend if you have:

* Symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather)
* A new persistent cough
* A loss of taste or smell
* Been in contact with a person with suspected COVID-19 within the past 48 hours
* Been asked to remain at home by the UK Government track and trace system
* Been advised to self-isolate due to a third party from another setting (i.e. school) that has been infected with COVID-19
* Anyone within your household who has COVID-19 symptoms as outlined above, which would require the whole household to go into isolation as guided by UK Governments

**People previously shielding**

If you were asked to shield previously by the Government (before 1st August), we strongly recommend you take extra care to understand the environments you attend and make sure it is the right decision for you.

**Opting- Out**

There should be no pressure placed upon a player to attend a training session or game if they have symptoms or they feel like the environment is unsafe for them. If during a session an individual feels uncomfortable with the management of the session, then there should be no pressure placed on that individual if they decide to opt-out of that session.

[Back to contents page.](#Contents)

## Appendix F - PPE in Medical Situations

PPE Level 1: fluid resistance facemask

PPE Level 2: fluid resistance facemask, eye protection (risk assessed), disposable apron, gloves. Additional use of disposable eye protection (such as face visor or goggles) should be risk assessed when there is an anticipated risk of contamination with splashes, droplets of blood or body fluids.

|  |  |
| --- | --- |
| **Medical Situation** | **PPE Level Required** |
| Social distancing maintained and no risk of face-to-face contact | 1 |
| Not maintain 2m distance, with face-to-face contact risk | 2 |
| Wound care, all medical procedure excluding oral / dental / nasal injuries | 2 |
| Uncomplicated Head Injury Assessment (HIA) | 2 |
| Managing complex injuries, with no C-spine involvement i.e. shoulder dislocation, fracture, ACL injury | 2 |
| Cardia arrest with face covered, continuous compressions, automated external defibrillator  Without airway interventions | 2 |

Level 3 PPE; respiratory facemask, eye protection, long sleeve fluid repellent gown, and gloves

The following procedures require level 3 PPE that is designed for medical professionals and is required to be fitted to the individual before use.

It is not expected for this to be available during NGB and club affiliated activity when medical professionals are not present.

|  |  |
| --- | --- |
| **Medical Situation** | **PPE Level Required** |
| Procedures such as managing epistaxis or oral injuries | 3 |
| Aerosol generating procedure | 3 |
| Medical emergency with potential for airway compromise i.e. complicated head injury or choking | 3 |
| Cardia arrest – without covered compressions (30:2), AED and airway interventions | 3 |

Advice taken from:

* <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>
* English Institute of Sport, COVID 19 – RETURN TO TRAINING v3 (last updated 25.06.20): EIS PERFORMANCE SUPPORT STAFF (SCIENCE AND MEDICINE) GUIDANCE

[Back to contents page.](#Contents)

## Appendix G – Equipment Cleaning Guidance

Updates 14/05/2020

### PPE

Before and after any cleaning you should sanitise your hands. If when cleaning, you are going to come into direct contact with the surface and or any bodily fluid you should apply additional PPE (face coverings are now mandatory in the sports hall):

* Apron
* Gloves

### Timings

All equipment and shared surfaces should be cleaned at regular intervals when practically possible within sessions. Plan in cleaning breaks when practical during the session for the balls, team areas, and goals. As a guide look to have a cleaning break every hour.

Look to plan your sessions so cleaning can take place at the end of a game or specific drill, players can then hydrate while the cleaning is taking place.

If you are running back to back sessions cleaning must take place in between each session.

### Cleaning Processes & Products

All the processes and products below have been tested by Goalball UK, however clubs / organisations should undertake their own testing.

#### **Balls**

Use a disinfectant cleaning wipe to wipe the ball then leave to dry approx. 5mins. Ensure you have enough balls for the session to allow for a number of balls to be in play while others are being cleaned or drying.

#### **Goals**

Wipe down both posts and cross bar using a disinfectant wipe.

#### **Court Area**

Spray the team area (3m x 9m) at both ends and any other areas where sweat is prevalent using a pump sprayer, hold the nozzle at approximately hip height to ensure even coverage across the area, mop to clean & dry and then test the floor is dry and nonslip by rubbing / kicking the soles of your feet on the floor. The products (listed below) have been tested and dry within 2-3mins after mopping.

The cleaning spray itself can be any hard-surface cleaner that is designed to kill bacteria and viruses or have a minimum 70% alcohol disinfectant spray. The hard surface cleaner is the most cost-effective option for clubs and suitable for training sessions. We recommend contacting your venue to get permission to use the spray you intend to use on the floor.

Have two mops available one for each end of the court, change the mop heads after each session. Place the used mop head / fabric into a sealed bag and wash on a high temperature (60 degrees) before using again.

### Product Links

The products listed are those that have been sourced by Goalball UK as options to use. Goalball UK takes no responsibility for any damage or harm caused by the use of the products listed.

Wipes: <https://www.fbtsports.co.uk/product-details/wipes-pack-50>

Surface cleaner: <https://www.tesco.com/groceries/en-GB/products/264843462>

70% alcohol spray: <https://reynardhealth.co.uk/products/surface-cleaning/reynard-70-isopropyl-alcohol-disinfection-spray-750ml/> Contact:[uk@reynardhealth.com](mailto:uk@reynardhealth.com) to place an order.

Pump sprayer: <https://www.screwfix.com/p/sx-cs5-white-black-pressure-sprayer-5ltr/7490x>

Mops: <https://www.amazon.co.uk/gp/product/B08C4YZYJ4/ref=ox_sc_act_title_1?smid=A2Z294N04RYYOC&psc=1>

Additional mop heads: <https://www.amazon.co.uk/Professional-Microfiber-Cleaning-Reusable-Washable/dp/B08B7X54W3/ref=sr_1_77?dchild=1&keywords=floor%2Bmop%2Bheads&qid=1601292570&sr=8-77&th=1>

### Disposal of Waste

### No Symptoms Present

If there are no symptoms present waste can be disposed of as normal. However, we recommend having separate bags at sessions and events for the disposal of PPE and cleaning waste. These can be tied up and then placed in standard waste.

### Symptoms Present

1. Personal waste from individuals with symptoms of COVID-19 and waste from cleaning of areas where they have been (including PPE, disposable cloths and used tissues):

* Should be put in a plastic rubbish bag and tied when full
* The plastic bag should then be placed in a second rubbish bag and tied
* This should be put in a suitable and secure place and marked for storage until the individual’s test results are known

1. This waste should be stored safely and kept away from children. It should not be placed in communal waste areas until negative test results are known, or the waste has been stored for at least 72 hours.
2. If the individual tests negative, this can be disposed of immediately with the normal waste.
3. If COVID-19 is confirmed this waste should be stored for at least 72 hours before disposal with normal waste.
4. If during an emergency you need to remove the waste before 72 hours, it must be treated as Category B infectious waste. You must:

* keep it separate from your other waste
* arrange for collection by a specialist contractor as hazardous waste. There will be a charge for this service.

This advice has been taken from <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

### Further Support

If you have any questions or would like further advice on cleaning requirements, please contact us at [Covid@goalballuk.com](mailto:Covid@goalballuk.com)

[Back to contents page.](#Contents)

## Appendix H - Key Links

**Goalball UK**

Return to play webpage: <http://goalballuk.com/the-sport/r2p/>

COVID-19 contact: [Covid@goalballuk.com](mailto:Covid@goalballuk.com) or 07706 286584

COVID-19 Club Registration: [Goalball UK COVID-19 Registration](https://forms.office.com/Pages/ResponsePage.aspx?id=_4i_34Y7vESCxLjNNVsxk6hWfC5vKL9PgMulWCo_p0ZUMjNZVFBBMDlWRkw5N1NJUzBJWFpRUjBKTi4u)

**Government Guidance**

Return to recreational team sport framework: [Coronavirus (COVID-19): grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events - GOV.UK (www.gov.uk)](https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events)

Grassroots guidance for sports providers: <https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-the-public-and-sport-providers>

First Aid Responders: <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>

Resuscitation advice: <https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>

Cleaning in a non-healthcare setting: <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

Covid 19 Symptoms and Test & Trace

* Symptoms: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
* Testing: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/>
* Isolating:<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>
* Data storage: <https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace>

**Travel and Guiding**

England advice: to download <https://www.rnib.org.uk/sites/default/files/Sighted-guiding-%28England%29-v1.0.docx>

Northern Ireland advice: <https://www.rnib.org.uk/sites/default/files/Social%20Distancing%20Guidance%20if%20you%20are%20blind%20or%20partially%20sighted_0.docx>

Scotland advice:<https://www.gov.scot/publications/coronavirus-covid-19-guidance-for-those-providing-guide-support/>

Wales advice: <http://www.wcb-ccd.org.uk/coronavirus_PHW.php>

My Sight advice: <https://www.sightadvicefaq.org.uk/coronavirus-information/Getting-out-and-about/guiding-CV>

**Club Matters Guidance**

[Understanding Your People Guide](https://learn.sportenglandclubmatters.com/pluginfile.php/31274/mod_resource/content/4/Club%20Matters%20-%20Understanding%20Your%20People%20SO.pdf)

[Creating a Risk Assessment](https://learn.sportenglandclubmatters.com/pluginfile.php/31273/mod_resource/content/2/Club%20Matters%20-%20Creating%20a%20Risk%20Assessment%20SO.pdf)

**Venue guidance**

RNIB, British Blind Sport, and Metro Blind Sport: <https://www.metroblindsport.org/wp-content/uploads/2020/07/Best-Practice-Sport-Leisure-Guidelines.pdf>

**Equipment including PPE and Cleaning**

FBTSports PPE: <https://fbteurope.com/goalball-uk>

Cleaning spray options:

1. <https://www.zafety.co.uk/hand-and-surface-sanitiser-alcohol-spray-500ml-70-alcohol-defendol/?msclkid=a6062e184cb91c87321d712571d8b1b7>
2. <https://www.firstaid4less.co.uk/Hygiene-Infection-Control/Surface-And-Room-Sanitising/Disinfectants-Cleaning-Sprays/Microsafe-70%25-Isopropyl-Alcohol-500ml-Surface-Spray>

Squeeze whistle: <https://www.newitts.com/playm8-squeeze-whistle>

Goalball Equipment: <http://goalballuk.com/the-sport/equipment/>

[Back to contents page.](#Contents)

# 11. Disclaimer

The support, tools and resources provided in this guidance is provided solely for general information. Goalball UK is not your adviser and any reliance you may place on this general information is entirely at your own risk.

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The information contained in this guidance is general and not specific and therefore may not be suitable in your specific situation. You should ensure that you obtain professional specialist technical and legal advice before taking, or refraining from, any action on the basis of information contained in any of the Guidance.

[Back to contents page.](#Contents)