

RETURN TO COMMUNITY NETBALL



RETURN TO TRAINING PROTOCOLS

PROTOCOLS FOR RETURN TO TRAINING:

- Online COVID-19 infection control education is completed by association and club committees, all coaches and managers
- The Return to Training hygiene practices outlined in this document are to be strictly adhered to
- Groups/teams strictly adhere to the maximum of 20 participants (inclusive of coaches, managers and volunteers), as per the current State Government restrictions
- Strictly no physical contact between players can occur
- Social distancing of 1.5m must be maintained, along with 1 person per 4sqm
- No access to club rooms, or changerooms
- Netballs and markers can be used for pairs and small group training, however no additional equipment (i.e. bump bags) can be used during training
- A register, of all participants in attendance at each training session MUST be maintained and available upon request by either Netball WA or Health authorities. Participants must remain in the same group, and not switch groups

HYGIENE PROTOCOLS FOR RETURN TO TRAINING:

- **NO PERSON** is to attend training if they have the following symptoms: cough, fever, sore throat, shortness of breath or have been in contact with another person who has been sick. The coach should be notified immediately of any of the above
- Alcohol-based hand sanitisers must be available for all group/teams training sessions, for use prior, during and following training. All participants are to use sanitiser on arrival at, and before leaving training
- All equipment is to be thoroughly sanitised with anti-bacterial solution/wipes or alcohol-based sanitiser prior to and after training sessions
- Bibs may not be used
- If wearing a mouthguard, it should be disinfected at the end of each training session
- Drink bottles must be clearly labelled and must not be shared. It is recommended that water bottles are thoroughly washed and disinfected after every training session. Drink carriers are not to be used for drink bottle storage
- No sharing of towels. Towels must be washed after each training session in warm water and detergent
- Players are responsible for their own strapping if required
- No sharing of asthma inhalers is allowed
- At no time can players share any food, drinks, snacks, fruit or lollies, as this increases the risks of transmitting viruses
- Avoid high fives, handshakes or other physical contact
- Club rooms, and change rooms are not to be used except for emergency toilet use
- Each team must have their own first aid kit which must contain gloves, face mask and a CPR face mask in the event CPR is required

GENERAL HYGIENE

- Avoid close contact with people who are sick
- Stay home and seek medical treatment when you are sick
- Avoid touching your eyes, nose and mouth
- Wash your hands often with soap and water for at least 20 seconds - If soap and water are not available, use hand sanitiser
- Cover your mouth with the pit of your elbow to cough or sneeze



Netball WA recommends the use of the COVIDSAFE App to assist the return of netball.