



## Coaches Training Checklist

Level B , Stage 1 & 2

Coach \_\_\_\_\_

Team \_\_\_\_\_

Date \_\_\_\_\_

Register of Participants

log participants in attendance at all training sessions

Total Participants

up to 10, per court including coach and/or manger

Social Distancing

1.5m and 4 square metres per person

Participant arrival and departure times

10 mins before and 10 mins after - 'get in and get out'

Spectators - parent/guardian

not Permitted - 'drop and go'

Training length

max 60 minutes - 'train and go'

Number of sessions a week

1 session

Health assessment - players, coach, manager

**do not attend** if you are feeling unwell or been in contact with COVID

Control

implement good hygiene practises at training

Facilities

no use of bubblers, change rooms, or showers. Toilet, only if necessary

Hand sanitizer

each player **brings their own**; use before, during and after

Water bottles (& towers)

**pre filled**, individually labelled and **no sharing**

Balls

balls to be sanitised (with anti-bacterial wipe) before & after training

Equipment - cones, agility ladders, hurdles etc.

limit use of - only to be touched by coach; sanitised before & after

Patches/ Bibs

limit use of - wash after training

Whistles

no sharing

Clothing

advise player to change clothes & shower once they return home

Skill drills

passing, footwork, shooting, defending, small group based

Contact drills

not permitted - no match play drills, practice games or 1/2 court

Other contact

no handshakes, high 5s, group huddles

First aid kits

required at training



# Guidelines for Netball Activity with 10 Person Restrictions

## GUIDELINES

LIMITED TO OUTDOOR ACTIVITY THAT CAN BE CONDUCTED IN SMALL GROUPS (NOT MORE THAN 10 PARTICIPANTS AND/OR OTHER PERSONNEL IN TOTAL) AND WITH ADEQUATE SPACING (NOT MORE THAN 1 PERSON PER 4 SQUARE METRES).



Skills using netball passing, shooting, defending. Small groups based on skills with set drills, but no close contact such as defending/attacking/match play drills.



Accidental contact may occur but no deliberate body contact drills. No wrestling, holding or binding.



'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. change rooms) with limited numbers (not more than 10 participants/staff in total).



Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (**PREFERABLY AT HOME**). Where possible maintain distance of at least 1.5m while training.



Some sharing of sporting equipment permitted.



Have cleaning protocols in place for equipment and facilities.



No socialising or group meals.



Spectators should be kept to the absolute minimum. **SPECTATORS ARE INCLUDED IN THE 10 PEOPLE PER COURT LIMIT.** Spectators should maintain social distancing of at least 1.5m.

For full Return to Community Netball Guidelines including infographics, venue information, hygiene requirements and risk assessments visit the Netball Australia website at:

[www.netball.com.au/return-to-netball](http://www.netball.com.au/return-to-netball)

# Return to Training with 10 Person Restrictions

## KEY POINTS

1. Outdoor venues are able to operate with up to 10 people per court
  - a) No mixing of groups of 10 at any time
  - b) No swapping of people between groups of 10
  - c) Coaches are included in the 10 person total
2. "Train and go". Participants to arrive at the venue, training on nominated court and then leave without interacting with other groups.
3. Use of change rooms and bathrooms to be kept to the absolute minimum.
4. Maintain appropriate social distancing and COVID-19 hygiene practices.
5. Skills training only. No close contact or match play drills.



Spectators should be kept to the absolute minimum. **SPECTATORS ARE INCLUDED IN THE 10 PEOPLE PER COURT LIMIT.** Spectators should maintain social distancing of at least 1.5m.

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## Essential Hygiene Protocols

Always take the following steps to ensure you, your colleagues and team mates remain healthy.

### GENERAL HYGIENE



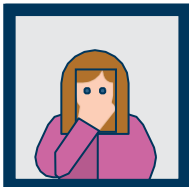
WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.



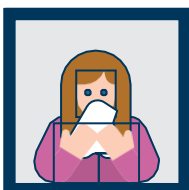
WASH OR SANITISE YOUR HANDS BEFORE EATING.



IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITISER.



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.



COVER YOUR MOUTH TO COUGH OR SNEEZE.

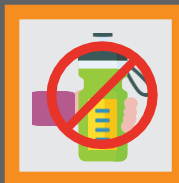


STAY HOME AND SEEK MEDICAL TREATMENT WHEN YOU ARE SICK.

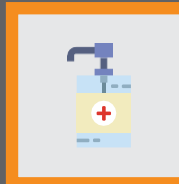


AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

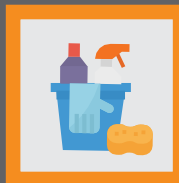
### NETBALL HYGIENE



DO NOT SHARE DRINKS, TOWELS, LIP BALM OR SUNSCREEN WITH OTHERS.



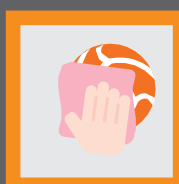
PLACE HAND ALCOHOL-BASED SANITISER AROUND THE VENUE AND IN TOILET / CHANGE ROOM FACILITIES.



ASSOCIATIONS AND CENTRES SHOULD ENSURE ALL VENUES ARE MAINTAINED AND CLEANED TO A HIGH STANDARD.



NO PHYSICAL CONTACT PRE OR POST GAME. NO HIGH FIVES, FIST BUMPS OR OTHER FORMS OF PHYSICAL CELEBRATIONS DURING GAMES.



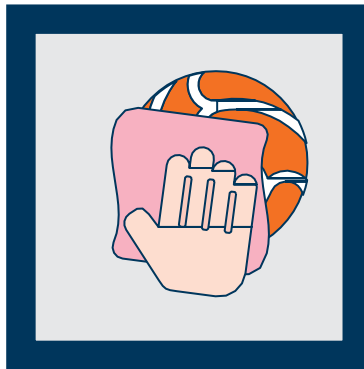
MINIMISE POSITION ROTATIONS AND / OR HAVE MULTIPLE SETS OF BIBS.

WE WILL CONTINUE TO TAKE THE ADVICE OF THE GOVERNMENT AND THE WORLD HEALTH ORGANISATION AND WILL PREPARE BASED ON THAT ADVICE. A HEALTHY COMMUNITY IS OUR PRIORITY AND WE THANK EVERYONE FOR THE ROLE THEY'LL PLAY IN ENSURING THIS IS THE OUTCOME.

## 3 Steps To Sanitise Your Netball

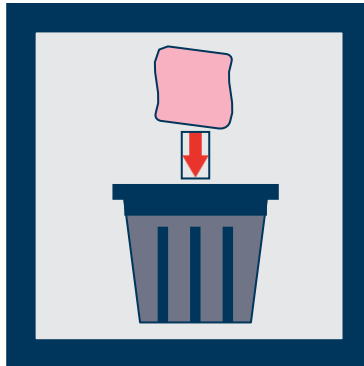
Always take the following steps to ensure you, your colleagues, and team mates remain healthy.

### STEP 1



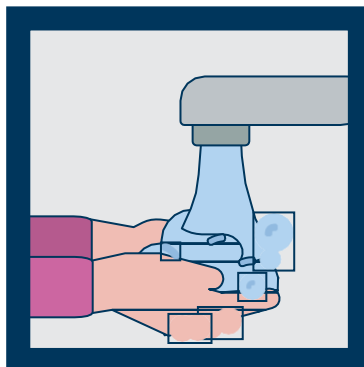
WIPE THE  
SURFACE OF  
YOUR NETBALL  
USING A SINGLE  
USE ANTI-  
BACTERIAL WIPE

### STEP 2



DISPOSE OF THE  
WIPE IN THE  
NEAREST BIN

### STEP 3



WASH YOUR HANDS