

**COVID-19**  
**STAGE 1- RETURN TO TRAINING**  
**CONDITIONS**

**FOR CLUB COMMITTEES**

JUNE 2020



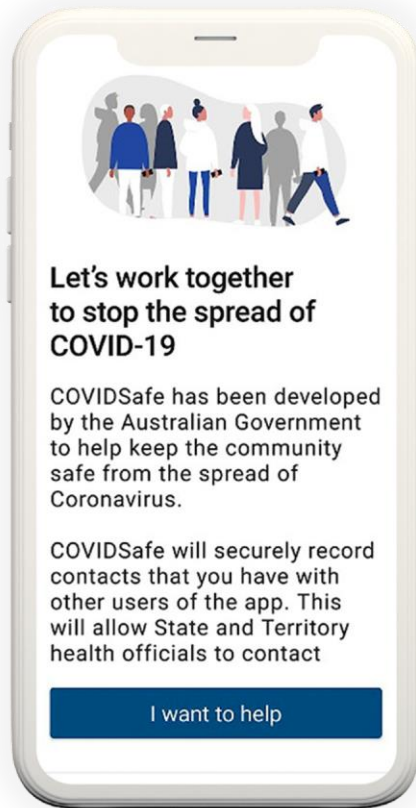
**Sandringham & District Netball Association**

# APP

To aid the fight against COVID-19, Netball Victoria supports the COVIDSafe app and strongly encourages the SDNA community to get behind this initiative.

It represents our best chance to get back to netball quickly.

Download from the Apple App store and Google Play.



# OVERVIEW

Netball Victoria's priority is to safeguard the health and wellbeing of the netball community during the COVID-19 pandemic.

The AIS has released a Framework which details a roadmap to cautiously reintroduce sport in a staged approach. The first stage is a limited return to training. Netball Victoria has just announced that this is now possible for netball, at the discretion of each club, from 21 May 2020.

This document outlines the **minimum conditions that must be met** during this stage in order to limit the spread of COVID-19 in line with Federal and Victorian government guidance.

**Failure to meet these conditions may void insurance policies under the national insurance program, may be dealt with under Netball Vic or SDNA Grievance, Disciplinary and Tribunal Bylaw, and even more importantly, may delay the return to competition for everyone.**

Having received Bayside City Council approval on Wednesday 3 June, SDNA clubs, including rep may return from 8 June

# PRINCIPLES FEDERAL GOVERNMENT

SDNA is following the framework provided by the Australian Institute of Sport (AIS) and is implementing the training conditions in this document in line with Level B.

The AIS Framework document can be found [here](#).

# PRINCIPLES

## VICTORIAN GOVERNMENT

The Victorian Chief Health Officer had approved that some sport and recreation activities can resume according to the following rules. SDNA will continue to monitor and provide updates:

- Participants gather outdoors in groups of no more than 20 (or people from the same household), plus a coach or the minimum number of support staff reasonably required to run the activity
- Parents or other people are required to keep a reasonable distance or will be included in the group of 20 – our recommendation is that they remain in their vehicles if they elect to stay
- No indoor activity
- Maintain physical distancing of 1.5 metres wherever possible
- All activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5m distance
- No use of communal facilities, except for toilets
- The operator must keep a record of attendees including first name, phone number, date and time of attendance
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- Hand hygiene, frequent environmental cleaning and disinfection, use of own equipment where possible and minimise sharing of equipment

The following form the mandatory requirements for SDNA clubs and representative program to commence and continue to train.

**PRIOR TO  
TRAINING**

# PRIOR TO TRAINING INDIVIDUALS

You **must not attend training** if in the past 14 days you:

- Have been unwell or had any flu-like symptoms;
- Have been in contact with a known or suspected case of COVID-19;
- Have had any respiratory symptoms (even if mild); or
- Are at a high risk from a health perspective, including those with pre-existing medical health conditions.

Those with even mild symptoms are strongly encouraged to get tested.

For more information, [click here](#).

# PRIOR TO TRAINING CLUBS

## In advance of commencing training, clubs must:

- Comply with any requirements imposed by the landowner ie Bayside City Council
- Comply with any additional requirements imposed by Netball Victoria and SDNA
- Ensure all members preferably not use the facility, although bathrooms will be open for use
- Ensure adequate communication to members about new procedures including hygiene expectations
- Ensure all communications with members about the return to training include this document, highlighting the information when not to attend training
- All club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines
- Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk, is refused entry
- Consider the appointment of a COVID officer, someone other the President to assist in implementing and overseeing these protocols.



**HYGIENE**



# HYGIENE PROTOCOLS CLUBS

**Between Bayside City Council, SYC, SDNA and clubs, the following will be assured:**

- ❑ Clubs and SDNA - All equipment and objects (including around entry points) are wiped down after each training session with appropriate anti-bacterial / disinfectant wipes or soap,
- ❑ SYC & SDNA to ensure frequently touched areas including door handles, light switches, phones, court entry points, and any other high touch areas are cleaned and sanitised after every block of training sessions
- ❑ Clubs & SDNA to ensure all post pads as well as all equipment including balls are sanitised between groups
- ❑ Regular and thorough hand washing is promoted via prominent signage (including at entry and exit points – to be marked as such) around the venue. Signage will be made available on site
- ❑ Prominent signage (including at entry and exit points to be marked as such) around the venue instructing people when not to attend training
- ❑ Hand sanitiser dispensers are provided in prominent places around the venue (including entry and exit points) and are regularly refilled
- ❑ Soap dispensers in toilets are regularly refilled
- ❑ Bins are provided around the venue and regularly emptied
- ❑ Toilet facilities are regularly cleaned with disinfectant
- ❑ Prominent signage that not more than 1 person is permitted per toilet facility at any one time

# HYGIENE PROTOCOLS

## INDIVIDUALS

### All individuals attending training must:

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- Not spit at any time
- Not share drink bottles and clearly label their own bottle
- Take their training bib or any other items worn/used during training, home to wash individually
- Carry hand sanitiser in order to enable good personal hygiene
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly
- Not share pens or clip boards
- Avoid touching eyes, nose or mouth if your hands are not clean
- Shower at home before and after training
- Ensure not more than 1 person per toilet facility at any one time

# ATTENDING TRAINING

# TRAINING PROTOCOLS

## COACH/CLUB OFFICIAL

### When conducting training, the following conditions must be implemented:

- Entry must be refused to any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk
- Staggered training start times to minimise risk of congregation
- A gap of no less than 20 minutes in between scheduled training sessions to avoid congregation
- An accurate record of all attendees (including parents/carers) for the purposes of contact tracing must be kept, including time of attendance and confirmation whether they have downloaded COVIDSafe (Template available [here](#)) - to be completed
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home as soon as possible
- Player groups of no more than 200 plus a coach or the minimum number of support staff reasonably required to run the activity – SDNA would expect that no more than a single coach is required unless exceptional circumstances apply
- Parents or other people are required to keep a reasonable distance or will be included in the group of 20
- Physical distancing of 1.5 metres must be maintained
- No more than 1 person per 4m<sup>2</sup>
- Activity must be non-contact eg no handshakes, high fives or similar, no attack on defence work
- Sharing of equipment must be minimized, this includes the ball
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- Adherence to the hygiene protocols in this document
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising
- No social activity is to occur once training has concluded
- Any access to equipment storage areas limited to one person
- All normal safety protocols apply – including Child Safety requirements (WWCC)

# TRAINING PROTOCOLS

## ZONES

**When conducting training, the following conditions must be implemented:**

- Training zone confined to a single court
- 20 players and a coach/es can be within each zone
- Groups must not mix with each other and must remain constant, where participants can not swap between groups
- If a ball from one training zone enters another training zone, players are directed to gently kick the ball back rather than pick it up and throw it

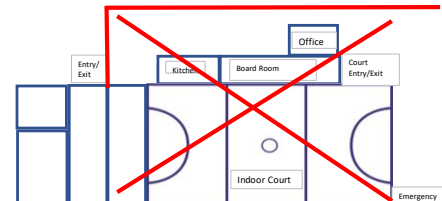
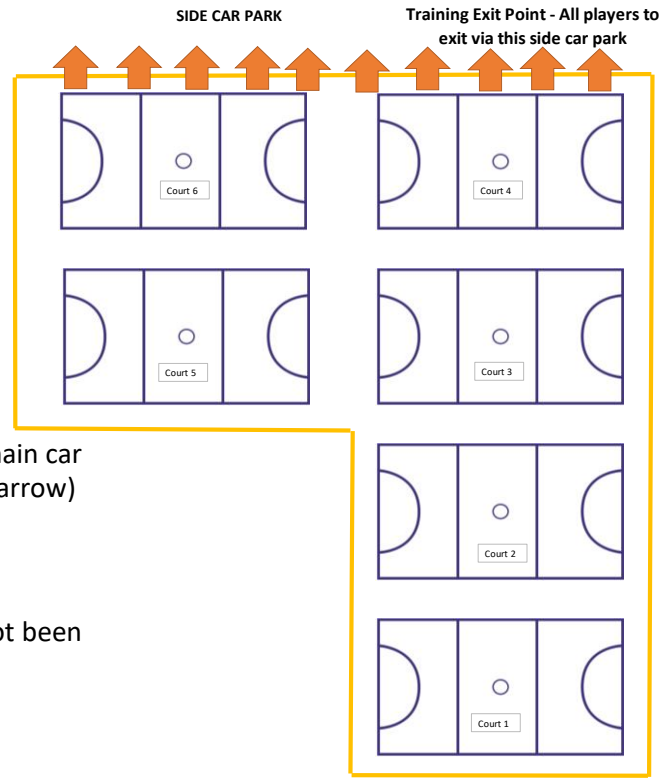
# TRAINING PROTOCOLS ZONES

## ❑ Drop Off / Arrival

- ❑ all coaches and players to enter via the main car park entry in front of the building (green arrow)
- ❑ Be marked off for attendance
- ❑ Sanitise
- ❑ Check-in ie feeling well, no symptoms, not been around people with symptoms etc
- ❑ Go straight to allocated court

## ❑ Exit / Pick Up

- ❑ Via side/top car park only
- ❑ Do not walk through other courts – use walkways either side of courts
- ❑ Go straight to car; do not socialize; wait 1.5 m apart



# TRAINING PROTOCOLS

## PLAYER/PARENT

### When attending training, the following conditions must be observed:

- At this stage training is optional – you and your child must feel comfortable about your return to train, and we encourage you to make your own decisions. If you have any concerns, please speak to your club or SDNA officials as our priority is the safety and wellbeing of our members
- You must not arrive more than 10 minutes prior to training commencing
- You must not congregate at the entry or exit points
- You must arrive prepared to train – changing rooms will not be in use
- You must bring your own drink bottle/s clearly labelled. No sharing of drink bottles is permitted
- If you require Ventolin or any other medication during your session, you MUST bring your own – there is no sharing and at this stage the first aid room will not be open
- Parents/carers to drop kids off – car parking areas are for drop off and pick up only other than coaches and other club officials – and return for pick up
- Follow the hygiene protocols
- Physical distancing of 1.5 metres must be maintained wherever possible and practical, including during drink breaks
- No hugs, no handshakes, no high fives or similar
- Sharing of equipment will be minimised
- You must provide your details for the purposes of complete attendance including whether you have downloaded COVIDSafe, to the coach/club official for the purposes of contact tracing.
- If bibs are used, you will be asked to take it home and wash it
- You must leave the venue immediately once training has concluded - no social activity is to occur