

# COVID-19 STAGE 1- RETURN TO TRAINING CONDITIONS

## COACHES INFORMATION

JUNE 2020



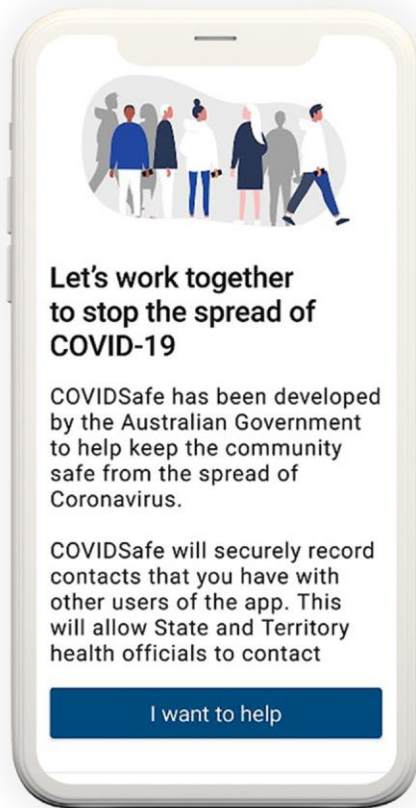
**Sandringham & District Netball Association**

# 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

- It is our collective responsibility to prioritise the health and wellbeing of our community.
- The first stage of return to sport is a limited return to training under very specific conditions, which are contained within this document.
- 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.
- Both the Federal and State Government Principles are used as the base for establishing the guidelines by Netball Victoria and subsequently SDNA

# PRIOR TO TRAINING CLUBS

**In advance of commencing training, your club has:**

- Worked with SDNA to comply with all requirements imposed by Bayside City Council and Netball Victoria which includes signage, cleaning regimes and implementation of protocols
- Communicated with players and officials about new procedures for arriving and departing, and hygiene and other expectations
- Communicated with players and officials about the responsibility they have around such things as when not to attend training
- Communicated 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, will be refused entry
- Staggered training times to minimise risk of congregation

# HYGIENE PROTOCOLS

## ALL OF US

### All individuals attending training must:



**Wash** hands with hand sanitiser immediately before and after training and during scheduled breaks in training



**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



**Bring** drink bottles and ensure it is clearly named



Consider showering before and after training – as a minimum, when you arrive home after training, remove and wash all clothes worn and wash hand thoroughly



Arrive at training **ready to train** – facilities are not open for purposes other than going to the bathroom



NO spitting



NO sharing drink bottles



AVOID touching eyes, nose or mouth if your hands are not clean



Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly



NO more than 1 person per toilet facility at any one time

# TRAINING PHILOSOPHY

## COACH/CLUB OFFICIAL

On the following page is a list of specific, **physical** protocols for keeping the community safe, and trying to avoid the spread of COVID-19, but just as important is being mindful of our members' **psychological** return to the courts, so we ask clubs and coaches to consider:

- Training at this stage must be offered as **optional** with no penalty for non attendance
- Ease players back into training – you cannot pick up from where you left off pre-lockdown
- Ensure sessions are fun and re-focussing on the basics
- Take the time to check on your players' wellbeing - be mindful that having had so much time at home, that some homes are not as safe and secure as others
- If a player does not attend training, check in and ensure all ok
- Be a great role model – abide by the physical protocols, encourage them to do the same

# TRAINING PROTOCOLS

## COACH/CLUB OFFICIAL

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

- Entry must be refused to any person who attends who is known in the last 14 days to have (or had) symptoms, contact with a known or suspected case, or be at high risk
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home as soon as possible
- A gap of no less than 20 minutes in between training sessions to avoid congregation and allow time for cleaning of equipment if required
- An accurate record of all attendees for the purposes of contact tracing must be kept
- Player groups of no more than 20 plus coach/es
- Physical distancing of 1.5 metres must be allowed for. If 20 on the court ie two teams, adjust activities to accommodate eg five on; five off
- Activity must be non-contact eg no handshakes, high fives or similar, no attack on defence work
- Sharing of equipment to be minimized, this includes the ball
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitizing
- 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

# TRAINING PROTOCOLS

## ZONES

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

- For netball purposes, a training zone is confined to a single court,
- Effective 1 June, up to 20 players plus coach/es can be on each zone.
- This update now allows two teams to train on the one court, but if this is the case, a zone shall be treated as a half court, and each team shall be restricted to work in their half court only
- Teams must not mix with each other and must remain constant, where participants can not swap between groups – this is from week to week as well as on a given day
- 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
- Place markers on the ground at least 1.5m apart, and have players place their water bottles and hand sanitiser on that mark. This is where they will for their breaks and where they should place a jumper if they take it off during the session – it is their personal zone
- If a coach is coaching two sessions or a player is also a coach the following is required:
  - These two sessions should not occur at the same time, unless the two teams are training together on the one court – ie a coach cannot train two sessions at the same time across two courts and switch in a single time slot between those two zones (courts)
  - This coach should consider changing clothes between these sessions
  - Either use different equipment or sanitise all equipment from one group to the next



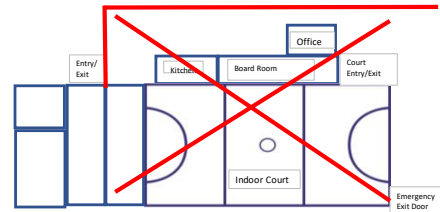
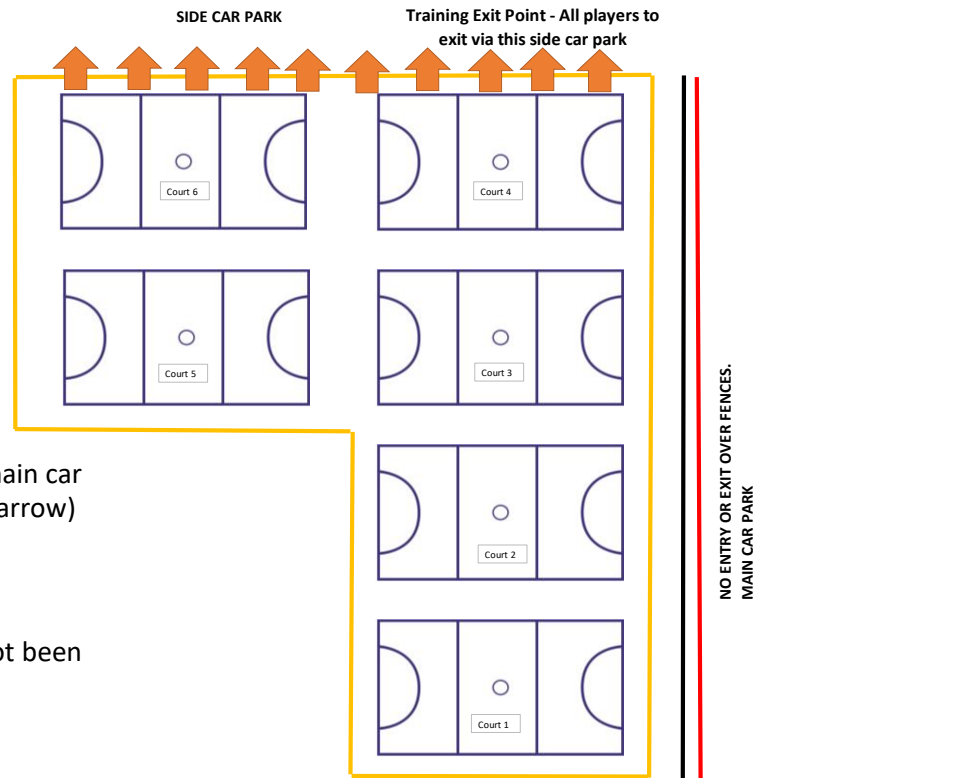
# ENTRY AND EXIT OF THOMAS ST

## ❑ 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



**MOST IMPORTANTLY...**

**HAVE FUN!**

**ENJOY BEING BACK ON THE  
COURTS!**

**WE LOOK FORWARD TO SEEING  
YOU ALL**