**Returning to netball from Covid-19 Guidelines**

**St Monica’s Netball Club – Community Netball Level B**

**as at 13 May 2020**

**Venue**

* Get in, train, get out.
* Players please stay in the car until 5 minutes before your training start time.
* Spectators are not encouraged. Parents: if staying to supervise, please stay in cars.
* Toilets are only to be used by 1 person at a time. A parent volunteer will ensure junior player safety by checking the toilet block is vacant prior to use. Players are encouraged to ‘go before’.
* Social distancing to be followed at all times.
* Parents are encouraged to download the Covid-19 app <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>.

**Hygiene**

* Hand Sanitiser will be provided to players and coaches for use before, during and after training.
* ‘How to hand-rub posters’ will be displayed on site.
* All players are to bring their own labelled ‘full’ water bottle.

**Training**

* Maximum of 10 players plus 1 coach per team/group.
* 1 team only per court during daylight hours.
* If lights are required 2 teams/groups can train on the same court. Teams predominantly to be located in separate goal thirds. Centre third can only be used intermittently and only by 1 group at a time.
* Maintain distance of at least 1.5m while training.
* No close contact/defending/attacking/match play drills is allowed.
* Skills using netball passing, footwork, shooting is acceptable as is running, aerobic and agility training.
* Avoid unnecessary contact e.g. no high fives.
* If a ball rolls onto your court from another, players are directed to gently kick the ball back rather than pick it up and throw it.

**Equipment**

* Some sharing of sporting equipment permitted such as throwing a netball, use of a skipping rope, weights, mats.
* Balls and equipment are to be cleaned before and after each training session (Coach responsibility).