



## BOROONDARA NETBALL ASSOCIATION

### RETURN TO NETBALL: STAGE 3

## COACH REQUIREMENTS

#### “GET IN, TRAIN, GET OUT”:

See Participant Requirements & Covid Safety Officer requirements > exactly the same – before, during, after.

#### BEFORE TRAINING: + as per Participant / Safety officer

Consider holding training preparation meetings on-line before the session

Sessions / matches can now be indoor

Ensure your team enters, exits and toilets via the designated points relevant to your court (indoor)

Advise your team to arrive at the specified time - which will be staggered between training groups

Not more than 10 minutes before the session

Ensure you have a maximum of 20 players attending only

Particularly ensure the safety of players with co-morbidities

Have the session prepared to go

- Set drills with no close contact, one-on-one defending, attacking- for over 18s until July 13
- Full contact training & matches permitted for 18 yrs and under
- Be mindful that participants may not be “netball fit” after a long period of no training so ensure a graded return to minimise the risk of injury

Groups must provide their own first aid kits > must wear gloves when administering first aid & dispose of them after

#### DURING TRAINING: + as per Participant / Safety officer

Players & coaches must wash hands with hand sanitiser before commencing training /matches

No more than 20 players per court

Do not congregate in groups to explain drills. Maintain 1.5m between participants when not competing

No match play / competition for over 18s until July 20

Full contact and match play permitted for players 18 yrs & under

Minimise the use of equipment

**Limit changing of over the shoulder bibs - avoid touching bibs & then face / allowing bibs to touch your face when swapping – they may be carrying the virus after people have coughed, sneezed or shouted.**

Do not move between courts ie) to coach a second group

Do not share equipment with another court

Do not distribute information on paper – only electronic

#### AFTER TRAINING: + as per Participant /Safety Officer

Players & coaches are to wash hands with hand sanitiser after the session

Balls are to be washed with disinfectant (wipes / spray) after each session Refer: [Sanitising your balls](#)

All other equipment used, including hand sanitiser dispensers, must be washed with disinfectant.

Ensure players leave training promptly without socialising