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**PARTICIPANT**

**REQUIREMENTS**

**YCW NETBALL CLUB RETURN TO NETBALL TRAINING**

**STAGE: 1**

**BEFORE TRAINING:**

|  |  |
| --- | --- |
| Education | Ensure you understand the transmission patterns and symptoms of Covid-19 – see Netball Vic guidelines (this enables you to understand WHY we are taking these precautions) |
| Contact Tracing | Download the COVIDSafe app so that you can be contacted if you have been unknowingly in contact with an active case. Refer: COVIDSafe app |
| Insurance | ALL participants must have 2020 Netball Victoria state membership |
| Health | • DO NOT ATTEND TRAINING if you are UNWELL  • DO NOT ATTEND TRAINING if you have had close contact with a confirmed case recently  • If you have a chronic medical condition or are immunocompromised follow the advice of your health care professional & be aware of increased risk |
| Preparation | • Shower at home before training  • Eat at home before training if necessary  • Go to the toilet before training as the public exe-loo is not particularly pleasant  • Arrive in training uniform, with taping / strapping done  • Apply sunscreen / lip balm, earring tape at home  • Do not arrive more than 15 mins before your session commences  • Wash your hands with hand sanitiser before the first drill |
| Bring | • Drink bottle filled with water from home  • Towel  • Hand Sanitise |

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| --- | --- |
| Space | • Always make sure there is 1.5 m between you and any other person • Stay on your allocated court only • Do not move between courts ie) to get a ball > gently kick it back  • Parents may not stand court side (or they will have to be counted as one of the 10 participants allowed) – they may wait in their cars |
| Hygiene | • Avoid touching your face as this provides a direct portal for the virus, which may be on your hands  • Sneeze / cough into your arm or a tissue > dispose in bin immediately & wash hands  • Hand sanitise before and after each session |
| Contact | • No high 5’s, hand shakes, hugs  • Avoid touching surfaces ie) door knobs, light switches, benches, seats  • Do not share phones, drink bottles, towels etc  • Do not use drinking fountains |

**DURING TRAINING:**

AFTER TRAINING

• Wash hands with hand sanitiser straight after the session  
• Go straight home without socialising  
• Do your recovery session at home  
• Shower at home   
• Wash your training uniform after every session