

**PARTICIPANT**

**REQUIREMENTS**

**YCW NETBALL CLUB RETURN TO NETBALL TRAINING**

**STAGE: 1**

**BEFORE TRAINING:**

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| 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)  |
| ContactTracing | 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