



GETTING BACK TO TRAINING

We are very excited to be welcoming everyone back to the courts to start training. SDNA has provided a comprehensive return to training plan, which we encourage you all to read, but here is a snapshot reminder of the important messages



1 IF YOU ARE UNWELL

If a player or a coach is unwell then they must remain away from training sessions. In accordance with Vic Health Advice, any person showing signs of respiratory illness will need to leave or be asked to be collected immediately. If you are symptomatic and awaiting COVID-19 test results or if you have been in direct contact with a confirmed case of COVID-19 you are required to be tested and you must self isolate. SDNA or your club must be notified immediately..



2 GET IN, TRAIN, GO HOME

PICK UP AND DROP OFF PROTOCOL

- Players must be dropped off at the start of their session at the drop off point (court entry),
- no sooner than 10 minutes prior to their start time and
- picked up promptly at the completion at the marked pick up point (side car park).
- Both car parks need to be used as drive throughs....no parking allowed



3 BE PREPARED FOR TRAINING

- Use the bathroom before attending training, but if you must go during your session only 1 person allowed at a time
- Bring 1 or even 2 named water bottles - no sharing and water fountains are still switched off
- Bring a towel if you need one - no sharing
- Bring your ventolin or any other medication you might need



4 HYGIENE PROCESSES

HAND WASHING, STERILIZING AND LIMITING SHARED EQUIPMENT

- All players will be required to sanitise hands upon entry to the courts, and be given opportunity to sanitise during as well as after completion of the session, prior to departure.
- Hand sanitiser will be available at the courts. All equipment will be sanitised prior and after every session. Where possible and practical each team will have their own dedicated equipment kit.



5 SOCIAL DISTANCING SAFE ACTIVITIES

TRAINING AND DRILL MODIFICATIONS

- Sessions will be run in accordance with the most up-to-date advice provided by Netball Victoria and Government.
- The focus will be on the fundamentals, including fitness. No contact drills (including match play) will be run. All practical efforts will be made to adhere to the 1.5m social distancing requirements.
- Sessions will be shortened to allow for hygiene procedures between sessions and to limit contact between the groups.
- You will be set up in your own personal zone, adhering to social distancing where you will have your drink bottle, any medication you need to have on hand and jumpers that you may remove during the session



6 QUERIES AND COMMUNICATION

- For any additional information on COVID-19 please visit: <https://www.dhhs.vic.gov.au/coronavirus>
- Please direct any questions or queries via email to your club or sandringhamdistrictnetball@gmail.com
- All policies will be updated in accordance to recommendations from the DHHS along with Netball Victoria approvals

