

**COACH
REQUIREMENTS**

CAULFIELD & DISTRICT NETBALL ASSOCIATION

RETURN TO NETBALL: STAGE 1



BEFORE TRAINING:

Have your session prepared in advance:

- Consider holding an on-line preparation session beforehand
- Modified drills with no contact or 1:1 play & physical distancing applied
- Be mindful that participants may not be 'netball fit' after this period to minimise risk of injury. Use the Netball Australia KNEE program. This should initially be for fun and reconnection, not making up for lost exercise time.
- Be mindful of any vulnerable or immunocompromised players

Sessions will be held outdoors only, once per week and 60 minutes maximum

Ensure your team knows exactly what time to arrive for training and no earlier

Ensure you have a maximum of 10 players only

Teams must have their own first aid kits with gloves

CDNA will supply a bottle of hand sanitiser per team

DURING TRAINING:

Ensure all players arrive well, dressed, strapped and with no respiratory symptoms

Ensure all players have read the Participant Guidelines and understand them

Ensure the team trains only on the 1 court and at the time allocated to them by the Association

Players and coaches must sanitise their hands before training

No more than 10 participants per court – this 10 includes any parents/spectators on the side lines

No team huddles to explain or de-brief drills. Strictly 1.5m distancing between participants

No match play – no umpires needed

No bibs or shared equipment

Consider using chalk instead of cones

Coaches and players may not move between courts to be part of a second group during sessions

Access to the changerooms is not permitted, only the one council toilet near the athletics ground

Do not share equipment with other groups

Do not distribute any information on paper – only electronically

Ensure an accurate attendance checklist is kept with every participant recorded

AFTER TRAINING:

Players and coaches are to sanitise their hands straight after training

Ensure participants leave training promptly without socialising. This includes coach de-briefs

Balls are to be sanitised after each session - [How to sanitise your ball](#)

All other equipment is to be washed, sanitised and disinfected

PLEASE NOTE: Coaches should have a copy of the Participant Requirements in addition to these Coach Requirements, as coaches are also considered a "participant" and those guidelines apply to them too.