

**PARTICIPANT  
REQUIREMENTS**

**CAULFIELD & DISTRICT NETBALL ASSOCIATION**

**RETURN TO NETBALL: STAGE 1**



**BEFORE TRAINING:**

<b>EDUCATION</b>	Ensure that you understand the transmission and symptoms of COVID-19 – <i>this will help you understand WHY these precautions are being taken</i>
<b>CONTACT TRACING</b>	<ul style="list-style-type: none"> <li>• Download the <a href="#">COVIDSAFE app</a> – <i>this means you can be contacted if you have unknowingly been in contact with an active case</i></li> <li>• Know that your name and contact number will be recorded at each training session you attend – <i>to assist with contact tracing if necessary</i></li> </ul>
<b>INSURANCE</b>	<u>ALL</u> participants must have a 2020 Netball Victoria state membership
<b>HEALTH</b>	<ul style="list-style-type: none"> <li>• DO NOT attend training if you feel unwell</li> <li>• DO NOT attend training if you have had close contact with a confirmed case of COVID-19 recently</li> <li>• If you have a chronic medical condition or are immunocompromised, follow the advice of your doctor and be aware of the greater risk</li> </ul>
<b>PREPARATION</b>	<ul style="list-style-type: none"> <li>• Shower at home before training</li> <li>• Eat at home before training if necessary</li> <li>• Go to the toilet at home before training</li> <li>• Arrive at training in full uniform with strapping done</li> <li>• Apply any sunscreen, lip balm, tape, sports cream at home</li> <li>• Do not arrive more than 15 minutes before your session starts</li> <li>• Sanitise your hands before the first drill</li> </ul>
<b>BRING</b>	<ul style="list-style-type: none"> <li>• Drink bottle filled with water from home – labelled with your name</li> <li>• Sweat towel – labelled with your name</li> <li>• Your own hand sanitiser</li> </ul>

**DURING TRAINING:**

<b>HYGIENE</b>	<ul style="list-style-type: none"> <li>• Avoid touching your nose, mouth or eyes</li> <li>• Sneeze/cough into your elbow or a tissue and dispose of immediately</li> <li>• Hand sanitise before and after each session</li> </ul>
<b>SPACE</b>	<ul style="list-style-type: none"> <li>• Always make sure there is 1.5 metres between you and others</li> <li>• Do not move between courts. Stay on your court for the whole session</li> <li>• Parents may not stand on the side of the court – they can wait in cars</li> </ul>
<b>CONTACT</b>	<ul style="list-style-type: none"> <li>• No high 5's, handshakes, huddles, hugs or pats on the back</li> <li>• Do not share drink bottles, towels, phones, sanitiser etc</li> <li>• Do not use drinking fountains</li> <li>• Avoid touching surfaces such as seats, gates, bins, door knobs etc</li> </ul>

**AFTER TRAINING:**

<ul style="list-style-type: none"> <li>• Sanitise hands straight after the session</li> <li>• Go straight home without socialising with friends, coach or parent groups</li> <li>• Ensure you do an adequate recovery session at home</li> <li>• Shower at home</li> <li>• Wash your training uniform after each session</li> </ul>
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