

COMMITMENT - INTEGRITY - RESPECT - LEADERSHIP - COMMUNITY



# COVID-19

## Return to Training Plan For Players and Parents

As at 29 May 2020

# RETURN TO PLAY IN A COVID- SAFE ENVIRONMENT PLAN

Restriction Level	Level B – Stage 2.1
As at	29 May 2020
Size of group	20 people or less
Distancing	4m <sup>2</sup> and 1.5m apart
Premises capacity	2,576 people at the venue
	116 people per court
	37 people per third
Equipment sharing	Permitted – MINIMAL
Clubhouse access	RESTRICTED for first aid & equipment collection only

# VENUE LAYOUT - ARRIVING AND DEPARTING



- Entry Only Gate (southern gate)
- Hand Sanitise upon entry / exit
- Go straight to your court
- Exit Only Gate (northern gate)
- Parents and spectators are not permitted to enter the CNA courts
- Parents and carers may escort children to and from the CNA courts, but must not loiter near the entry and exit points

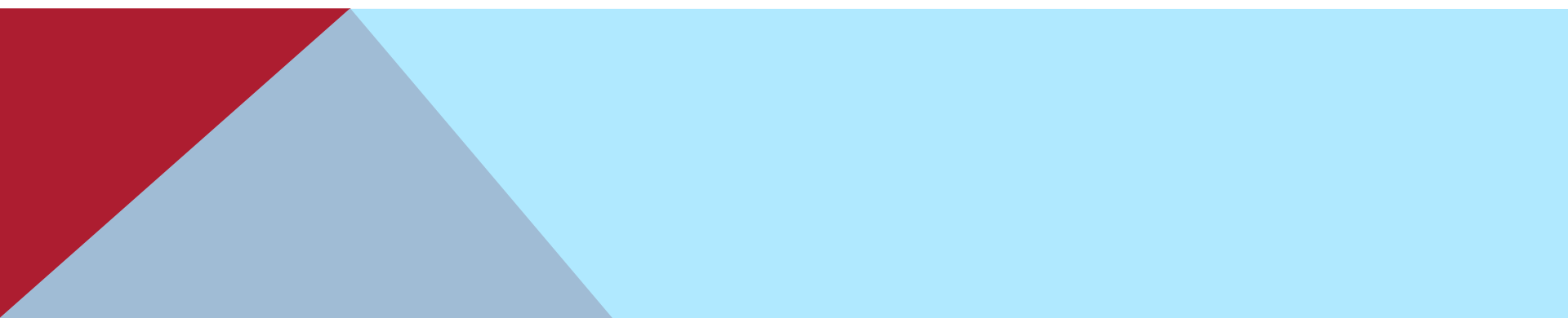
# TRAINING - “GET IN, TRAIN, AND GET OUT”

- CNA will permit one group of 20 people per court at any one time.
- The Coach will complete an attendance log at conclusion of each session for contact tracing purposes.
- You can only arrive at a maximum 10 mins before training, and you must depart within 10 mins of the end of training

***EXAMPLE: if your training starts at 5:30pm, the earliest you can arrive is 5:20pm. If your training ends at 6:30pm, you must depart by 6:40pm.***

- Unwell participants are not to attend the session.
- Junior reps can only train together once per week for 60 minutes.

# TRAINING HYGIENE RULES

- Go straight to your court
  - Keep 1.5m apart at ALL times
  - You can only go into the clubhouse for first aid
  - The outdoor bathroom will be open but you must go in pairs
  - Hand sanitiser must be used every time you go in or out of the court gates.
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# NETBALL HYGIENE

VISIT <https://netball.com.au/sites/default/files/2020-05/NA-CommunityGuidelines-Covid-19-Netball-Hygiene.pdf>

- No sharing of personal items - drinks, towels, lip balm, sunscreen etc.
- No physical contact - high fives, fist bumps, hugs etc.

# SUMMARY – JUNIOR REPS

Item	Permitted - Level B Stage 2.1
Size of group	20 people max
Training Session	Max 60 mins 1 x week
Entry & Exit	Via separate gates, arrival 10 mins prior to training, depart within 10 mins post training
Clubhouse Access	First Aid & Equipment collection/cleaning only
Social Distancing	Maintain 1.5m apart at all times.
Equipment sharing	Minimal – balls are ok with appropriate cleaning before after use including post pads.
Training Drills	Non-contact drills only, can include passing drills
Individual Equipment	Own water bottle & towel labelled individually
Spectators	Not Permitted

# JUNIOR REP TRAINING

Court	5:30PM – 6:30PM	6:30pm	7:00PM – 8:00PM
1	U11 Development	30 MIN BREAK	U14 Sky
2	U11 Sky	30 MIN BREAK	U14 White
3	U11 White	30 MIN BREAK	U14 Maroon
4	U11 Maroon	30 MIN BREAK	U15 Sky
5	U12 Sky	30 MIN BREAK	U15 Maroon
6	U12 White	30 MIN BREAK	U17 Sky
7	U12 Maroon	30 MIN BREAK	U17 Maroon
8		(6:00PM – 7:00PM) U13 Maroon	30 MIN BREAK
9	U13 Sky	30 MIN BREAK	
10	N/A		
11	U13 White	30 MIN BREAK	
12	N/A		