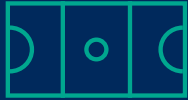


GUIDELINES FOR NETBALL VICTORIA MEMBERS



**USE OF OUTDOOR
VENUES ONLY**



**GET IN, TRAIN,
AND GET OUT**



**GROUPS OF UP TO 10,
PLUS COACH AND/OR
ESSENTIAL SUPPORT
PERSONNEL**



**IF YOU FEEL UNWELL,
DO NOT ATTEND**



**MAINTAIN 1.5 METRE
PHYSICAL DISTANCING**



**PARTICIPATION SHOULD
BE OPTIONAL**

GROUP LIMITS

Groups of up to 10 people, plus a coach or the minimum number of support personnel reasonably required to manage the activity.

No spectators permitted to attend any session.

Parents and guardians are required to keep a reasonable distance from the training group, or they will be considered part of the group up to 10 people.

VENUES AND FACILITIES

Access to toilets may be permitted but there will be no access to changerooms and pavilions.

No group socialising or meals before or after training.

Follow all signage or instructions that direct the flow of traffic or prevent access to areas of the facility.

ACTIVITY AND EQUIPMENT

Arrived dressed and ready to train.

If required, you will be responsible for your own strapping and taping.

Do not arrive more than 15 minutes prior to the activity commencing.

Netball training will be modified so that all participants can maintain 1.5 metre physical distance.

Activities may include small group training, based on fitness or skills with set drills but no direct contact.

Minimise the use of shared equipment.

Do not use bibs.

Do not share personal items.

Bring your own water bottle and hand towel.

Bring your own hand sanitiser.

Do not share food.



HEALTH AND HYGIENE

If you feel unwell, do not attend any group netball activity.

Wash your hands with soap and water before and after the session, and more frequently as required.

Cover your coughs and sneezes with your elbow or a tissue.

Use approved hand sanitiser before, during and after training.

Shower at home with soap prior to and immediately following all netball related activity.

Wash your uniform after each training session with warm water and detergent.

Refrain from all unnecessary body contact (i.e. no handshakes or high fives).

Take it easy - a sudden increase in training may predispose some individuals to injury.

Ensure you have purchased a 2020 Netball Victoria membership.

Do not attend netball training or competition if you are unwell or experiencing symptoms such as a cough, sore throat, fever, fatigue, or shortness of breath.

Do not attend any group netball activity if you have had close contact with a known or suspected case of COVID-19.

Any person with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor.

To assist with contact tracing, download the COVIDSafe App.