



RANDWICK NETBALL ASSOCIATION

RETURN TO TRAINING 2020 SEASON – VERSION 2

REQUIREMENTS AND RECOMMENDATIONS FOR CLUBS PLAYING IN RNA COMPETITION – Level B Stage 2

Randwick City Council have advised that clubs may return to training at Heffron Netball Courts FROM TUESDAY 8th JUNE provided they adhere to the Guidelines and Requirements set out below. The health and welfare of our Volunteers and Players is of paramount importance and RNA has produced this guideline to facilitate a safe return to training during COVID-19.

Each Club must appoint a COVID-SAFE CO-ORDINATOR. This person will be responsible for ensuring ALL officials, coaches, managers, players and other club members (including parents) have been provided with sufficient education, training and resources to ensure a safe training and playing environment is achieved. Role outlined in link below:

<https://nsw.netball.com.au/sites/nsw/files/2020-06/10.Club%20COVID-19%20Safety%20Coordinator.pdf>

Prior to returning to training the following information should be relayed to all Club members:

- All Club members must be familiar with and willing to follow the CURRENT Netball Australia and Netball NSW Guidelines and Recommendations based on the level of “Return to Training/Play” at the time. Every participant should sign the Return to Training Agreement at the end of this document.

We are currently at Stage 2 of Level B. Updates will be provided when we progress through the stages. See links to COVID kit from Netball NSW below:

- <https://nsw.netball.com.au/covid-19-toolkit>
- <https://netball.com.au/return-to-netball>
- <https://www.health.gov.au/sites/default/files/documents/2020/05/australian-institute-of-sport-ais-framework-for-rebooting-sport-in-a-covid-19-environment.pdf>
- <https://netball.com.au/sites/default/files/2020-05/NA-CommunityGuidelines-Covid-19-Netball-Hygiene.pdf>

1. Each Club Covid-Safe Co-ordinator must adapt and complete the Netball Australia risk matrix for their club prior to any team returning to training. They should also complete the COVID 19 online training (see link)
2. <https://netball.com.au/sites/default/files/2020-05/NA-CommunityGuidelines-Covid-19-Netball-RiskMatrix.pdf>
3. COURT BOOKINGS FOR TRAINING – Courts have now been allocated to clubs and each club should notify RNA of training times and the court allocated for each respective team.
4. At the current level of activity and in line with the latest recommendations (June 2020) all training sessions must follow the guidelines for **Level B stage 2:**
 - A. Each training session **MUST be MAXIMUM 60 minutes in length**. There will be 30 minutes between court bookings to ensure all participants have left the courts before the next training session begins. Please emphasise to your coaches that it is important to adhere to this timeframe. Maximum one to two sessions per team per week.
 - B. There must be a **MAXIMUM of 20 people per court** during the training session – including all players, coach, manager. There must be a minimum of 1.5m between participants at all times. Where possible please advise parents to drop children and organise appropriate drop off and pick up procedures. **Spectators should be kept to a minimum and if any spectators are present – they will be included in maximum numbers of participants.**
 - C. Training sessions should focus on fitness, agility and skills drills at the present time. This is to ensure that we adhere to social distancing requirements. At the present time, the following is **NOT ALLOWED:**
 - i. Defence or attacking drills
 - ii. Match play of any kind including half court games & games against other teams
 - D. Everyone should be responsible for ensuring their own hygiene. Players and coaches should arrive at the courts dressed and ready to train, with a labelled water bottle and towel if needed. Under no circumstances are players to share water bottles etc. Players and officials should have access to their own hand sanitizer which should be used at the beginning of training and throughout the session as needed. The coach and/or manager should also have a COVID kit to ensure hygiene protocols are adhered to. This should include hand sanitizer, a first aid kit, disposable gloves, antibacterial hand wipes or spray and disposable cloths. Any training equipment, including netballs, used should be sanitised prior to, during and after training.
 - E. Coaches should keep details of all attendees including spectators and use a training checklist at commencement of each training session to ensure all recommendations are adhered to.



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RNA RETURN TO TRAINING AGREEMENT 2020 – VERSION 2

GUIDELINES FOR COACHES AND TEAMS – Level B Stage 2

All teams should follow a “**Get In, Train and Get Out**” philosophy for training sessions – no meetings, social events etc. ARRIVE, TRAIN then LEAVE immediately

If anyone is unwell – STAY AT HOME

Maximum number of participants per court based on current guidelines – including ALL players and coaches (plus any spectators if it is necessary). No waiting on the sidelines.

No spectators where possible – teams should organise appropriate drop off and pick up procedures, particularly for younger players. Any spectators present are counted in the numbers allowed and must stay 1.5m apart.

Maximum of SIXTY minutes per training session – please arrive just before the session starts and leave immediately after the session ends. Do not exceed your allocated time. Number of sessions per week as per current guidelines – Level B Stage 2 – one to two sessions.

Keep your distance:

- Stay 1.5m away from other participants at-all-times where possible to ensure social distancing
- Drills and match play to adhere to current guidelines
 - i. Level B Stage 2 – No match play, contact, defence or attacking drills
- No interaction with any other teams or players

Ensure good hygiene protocols are followed:

- Wash hands/sanitise prior to training and periodically throughout the session – access to hand sanitiser should be available. BRING YOUR OWN
- Sanitise all equipment prior to session
- Everyone should bring a labelled water bottle, towel etc. DO NOT SHARE
- Shower before and after each training session
- Do not use training bibs
- Make sure all training gear is washed between sessions

Keep a record of anyone who has attended the training session – RNA recommends everyone downloads the COVIDSafe app if possible.

I (please print name),..... have read and understand my obligations for a safe training environment and agree to act in accordance with these guidelines.

Name of Player if under 18 years:

Coach/Player/Parent Signature:.....Date.....