COACHING – TRAINING GUIDELINES

ATTENDANCE	• 'Warning & Waiver' must be completed before any participation • No one with any illness, especially cold for flu symptoms should attend • Attendance Register must be completed with EVERY session • Any concerns before , during or after training please contact the Club. • Download the Australian Government's Covid-safe app
BEFORE TRAINING	• Complete 'Attendance Register' for each participating on arrival including a check of symptoms, travel, sanitisation on arrival, labelled waterbottle, clean clothes & shower prior to training, • Do not allow parents to congregate or loiter before training – 'Get In. Train. Get Out'. • Arrive at allocated training court no more than 10 minutes prior to start of training. • Each player to hand sanitise upon arrival • No more than 10 participants (including Coach) per court • No physical greetings (e.g. handshake, high fives, wrestling, knuckle taps, back-slaps, head-pats) • Check you have your First Aid & Covid 19 Kit in the training bag
DURING TRAINING	• Players must maintain 1.5m distance from other players and coaches • Skills training only. No close contact drills or match play. • No mixing of groups of 10 at any time. • No sharing of whistles. • Do not use positional bibs. • Use of toilets to be kept to the absolute minimum. • Players to bring own water bottles to trainings – strictly no sharing • Minimise other training equipment incl. no personal netballs.

AFTER TRAINING	• Each player to hand sanitise upon departure.
	• Do not loiter at the venue, everyone must leave the training area in a coordinated manner without interacting with other groups and not gathering in large groups. 'Get in, train and get out'.
	• All used equipment to be sanitised after the training session
	• Respect other teams/clubs are also using venues – be punctual and courteous
	• Notify the Clubs of any Covid-19 concerns
	• Store Attendance Register somewhere safely.
	• Advise the Club if any of the Covid-19 Kit or First Aid Kit needs replacing.

Dated 9 June 2020 - Queenscliff Netball Club

THE QNC WARNING & WAIVER MUST BE COMPLETED PRIOR TO ANYONE PARTICIPATING IN ANY QNC ACTIVITY

PARENTS/PLAYERS – TRAINING GUIDELINES

ATTENDANCE	'Warning & Waiver' must be completed - No one with any illness, especially cold for flu symptoms should attend – remain at home if unwell - Download the Australian Government's Covid-safe app - Wear clean, laundered training gear - Shower before training
BEFORE TRAINING	- Players to arrive no more than 10 minutes prior to training commencing, and if arriving by car, remain in the car until training is due to commence. - Do not congregate or loiter before training – 'Get In. Train. Get Out'. - Leave non-essential gear in the car. - Players to bring own labelled water bottles to trainings – strictly no sharing. - If personal items are needed bring a personal bag including nail clippers, personal towel, medication eg asthma medication, epi pens, etc, - Sanitise hands on arrival at your Court.
DURING TRAINING	- Parents/carers must not congregate on sidelines or socialise in car parks etc. - Spectators are not permitted - Avoid using the bathrooms - No team huddles, high gives, hugs, personal contact – maintain social distance - Do not share personal items - Cover your mouth when coughing / sneezing. - If you use a tissue dispose of it immediately. - Use sanitiser before , during & after training. - Be aware of social distancing and check in with your Coach is you are unsure about a drill in relation to these requirements.

AFTER TRAINING	• All participants must leave immediately after training without interacting with other players, coaches or groups. . '<u>Get in, train and get out</u>'.
	• Shower as soon as you get home.
	• Launder training clothes as soon as is practically possible
	• Sanitise any equipment you have bought home with you
	• If you develop any Covid-19 Symptoms following training please advise your Team / Club immediately.

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