

Guidelines for Participants

Guidelines for Coaches planning trainings and games, Players, Managers, Umpires, Volunteers, Spectators, and Supporters.



Guidelines for Participants

Guidelines for Coaches for planning trainings and games

- If you or members of your household are unwell, you must stay home.
- You should not be participating in trainings or games (or leaving home) if they are displaying symptoms of COVID-19, awaiting a test or if required to self-isolate. If you have flu-like symptoms even if they are mild, self-isolate at home, contact your GP or Healthline on 0800 358 5453 and get tested immediately.
- Refer to the ***Prepare to Play - Coach Guidelines and Tracing Log resource***
- Inform participants they must not attend training and games and stay home if they are sick. Participants with flu-like symptoms, even if they are mild, should self-isolate at home, contact their GP or Healthline on 0800 358 5453 and get tested immediately.
- Ensure you have a plan to limit training numbers to the designated number of participants as outlined in the government Mass Gatherings requirements.
- Ensure that all participants sanitise their hands before and after training and games.
- Ensure balls are cleaned and disinfected before and after use in trainings and games.
- Ensure you comply with the contact tracing requirements of the Centre/Venue/facility – you must register the attendance of yourself and your team members.
- Discourage any congregation at high traffic areas e.g. car parks, facilities, and entry/exit points pre and post training. Get In, Train or Play and Get Out! To limit unnecessary contact.
- Plan activities that incorporate minimal contact.
 - ***NetballSmart - Prepare to Play resource***
 - ***Mother Earth futureFERNs - Prepare to Play resource***

Guidelines for Players, Managers, Umpires, and Volunteers

- If you or members of your household are unwell, you must stay home. You should not be participating in trainings or games (or leaving home) if you are displaying symptoms of COVID-19, awaiting a test or if required to self-isolate. If you have flu-like symptoms even if they are mild, self-isolate at home, contact your GP or Healthline on 0800 358 5453 and get tested immediately.
- Ensure you comply with the contact tracing requirements of the Centre/Venue – you must register your attendance.
- Avoid using the changing rooms. Come to the netball courts dressed and ready to train or play - and return home immediately after trainings or games. Get in, Train or Play, and Get Out! Do not loiter or meet in the toilets or changing facilities.

- Avoid congregating in car parks, facilities, and entry/exit points pre and post training. Get In, Train or Play, and Get Out! To limit unnecessary contact.
- Sanitise or wash and dry hands before and after trainings and games, after going to the toilet and after coughing or sneezing. Players are encouraged to provide their own sanitiser.
- Cough into your elbow and avoid touching your face.
- Bring your own filled water bottle and do not use team water bottles.
- Participants must bring their own sports towel to be stored in a plastic bag.
- Umpires to sanitise their hands at the beginning and end of each quarter and provide their own sanitiser.
- Participants should maintain minimum 2 metre physical distancing requirements when not on the court, during training or play.

Guidelines for Spectators and Supporters

- If you or members of your household are unwell, you must stay home. If you have flu-like symptoms even if they are mild, self-isolate at home, contact your GP or Healthline on 0800 358 5453 and get tested immediately.
- Be aware that some Centres/Venues/facilities may have restrictions on entry and numbers of spectators to ensure compliance of mass gathering numbers and safety of participants.
- Follow the guidance of your Centre/Venue/facility on the implementation of COVID-19 restrictions.
- Ensure you comply with the contact tracing requirements of the Centre/Venue/facility – you must register your attendance.
- Physical distancing of 2 metres must be maintained wherever possible, especially from people that you do not know.
- Supporters must follow usual personal hygiene measures - cough into your elbow, avoid touching your face.
- Avoid high traffic areas e.g. car parks, facilities, and entry/exit points. Move in and out of these areas quickly