



Ashbury Netball Club

RETURN TO TRAINING SAFETY GUIDELINES

Train & Go	<p>All players are asked to arrive 10 minutes prior to your teams training start time. Arrival will be through the car-park gate.</p> <p>All players will be asked to go to their Coach to have their hands sanitised. Training sessions will be between 45 – 60 minutes subject to Coaches requirements .</p> <p>At the end of the session all players are to sanitise their hands and to immediately leave the courts by the side gate near the Korean Centre.</p>
Training Requirements	<p>Effective the 1st July full training is permitted which includes attacking and defensive drills and match practice. There are no longer restrictions on the number of participants per court. Each team will continue to be allocated a court for their training session, in order to complete training drills etc, however, you have the opportunity to join another team for match practice should they be available. Rotation of courts, especially on Wednesday night, will continue.</p>
Equipment	<p>Each Coach will have their own training equipment. Balls will be sanitised prior to each training session. Coaches have been provided with antiseptic wipes; hand sanitiser and gloves. Training bibs, if used, should be washed after each training session and not shared between teams. No sharing of whistles.</p>
Individual Water Bottles	<p>All players should have their own water bottle (preferably labelled) and a towel, if required. While the preference is not to use the toilets, coaches will have access to the toilets if necessary.</p>
Spectators	<p>Whilst we encourage parents to drop their children off for training and then come back and pick them up, we understand that in some instance parents will want to stay, especially for younger children. We would ask you to stand along the grass court footpath area for Crt 5, closest to Brighton Ave and along the Korean Centre building of the same court. There will be players training on Crt 4, the middle court, and we ask parents to stay as far away from courts the teams are training on as possible. Please remember social distancing requirements of 1.5m must be maintained at all times.</p>
Attendance	<p>Players are encouraged to attend training however, it is optional. If a player does not feel comfortable attending training then they should notify their Coach.</p> <p>Players, team officials, parents/carers and other Club members must not attend training, if in the past 14 days if they have:</p> <ul style="list-style-type: none"> - been unwell or had any flu-like symptoms, or - been in contact with a known or suspected case of COVID-19, or - any sudden loss of smell or loss of taste, or - are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

	<p>We have advised that they should check the NSW Government website for advice regarding the full list of symptoms associated with COVID-19 infection:</p> <p>https://www.nsw.gov.au/covid-19/symptoms-and-testing</p> <p>Any player who is unable to attend training should notify their Coach.</p>
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Ashbury Netball Club has implemented a COVID-19 Safety Plan in line with guidelines set down by the Sports Commission and Netball NSW. It is critical that we follow these guidelines to ensure the ongoing safety of our members. These guidelines will be updated in line with Government requirements.