



KNA COVID BACK TO TRAINING 1 July 2020 Update

Dear KNA Members, please find the latest training changes: -

Before participating in any netball activity, participants should not attend training or play in a match, if in the past 14 days they have:

- 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.

Check the NSW Government website link advice regarding the full list of symptoms associated with COVID-19 infection: <https://www.nsw.gov.au/covid-19/symptoms-and-testing>

Level C Training – What is permitted

Level B – Training UP TO 1 July	Training Level C - Training from 1 July
Netball training to be conducted in small groups of no more than 20 people.	Full training is allowed with no restrictions on group size. Spectators, including parents can attend – provided social distancing rules are adhered to and there are no more than 60 people on/around a court at any one time.
Social distancing of 1.5 metres between players.	Full training with all drills is allowed on court.
Non-contact skills training such as passing, shooting, defending and fitness.	Full training with body contact drills and practice games are allowed.
Minimise sharing of equipment such as netballs, cones, skipping ropes, weights.	Sharing of equipment should be minimised where possible, however continue to maintain cleaning and disinfectant measures. NO sharing of whistles
Ideally there should be a minimum of 1 set of bibs per team.	The same set should not be used again without disinfecting. We understand that players may change a position during a training game, but that same bib should not be used again without disinfecting. Ideally there should be a minimum of 2 sets of bibs per team. This will allow for a position to be changed once.
Use of changerooms is not permitted.	Use of changerooms or wet areas should be limited to players and team staff and thorough cleaning is recommended. Observe social distancing and capacity limits.
No use of communal facilities (e.g. gyms).	Return to use of communal facilities is permitted, observing social distancing and capacity limits.
No social activity is to occur once training has concluded.	Once training has concluded, social activity should be limited with players and spectators/parents encouraged to leave as soon as practical.

To further aid the fight against COVID-19, Netball NSW supports the Australian Government's COVIDSafe app and strongly encourage all members of the netball community to get behind this initiative. The app can be downloaded from the Apple App store and Google Play.