

RETURNING TO NETBALL FROM COVID-19: COMMUNITY NETBALL LEVEL B



'GET IN, TRAIN AND GET OUT'

Current advice permits netball trainings to return at 'Level B' restrictions per the [AIS Framework for Rebooting Sport in a COVID-19 Environment](#) (page 7):

- Skills using netball passing, shooting, defending.
- Small group training (not more than 10 athletes/staff in total) based on skills with set drill, but no close contact/defending/attacking/match play drills.
- Accidental contact may occur but no deliberate body contact drills.

Interpretation/application for netball coaches

You're able to deliver skill-based activities for your athletes up to Step 4 of the '7 Step Skill Progression' technique. Step 5 is where an opponent is introduced for one-on-one defensive pressure. This is not currently permitted.

For more information about the '7 Step Skill Progression' and coaching accreditations or courses, please visit: sa.netball.com.au/coaches-and-umpire-association

GROUP LIMITS

- Not more than 10 athletes + 1 coach/training facilitator.
- Spectators are not permitted. One Parents/caregivers is permitted for supervision purposes and if feasible they are encouraged to wait in car / outside venue to avoid gatherings

TEAM INTERACTIONS:

- Avoid unnecessary contact e.g. no high fives.
- Changeroom facilities should not be used so any team meetings should also meet the outlined requirements for social distancing.
- Where possible maintain distance of at least 1.5m while training.
- No socialising or group meals.

ADDITIONAL INFORMATION AND REFERENCES

This document is designed to be a summary of the current information available and how it will apply to community netball. For further information, please use these links/documents:

- [Netball Community Guidelines](#)
- [Priceline Stadium Ingress/Egress Map](#)
- [AIS Framework for Rebooting Sport in a COVID-19 Environment](#)
- SA.GOV.AU: COVID-19

EQUIPMENT

- Some sharing of sporting equipment permitted such as throwing a netball, hitting a tennis ball, use of a skipping rope, weights, mats.

VENUE REQUIREMENTS/CONSIDERATIONS:

- Players must not arrive more than 15 minutes prior to training commencing.
- Players are to come already prepared to train– changing rooms will not be in use.
- Patrons must follow any signage, bunting or bollards that direct flow of traffic or prevent access to areas of the facility.

HYGIENE PRACTICES:

- To assist with contact tracing, clubs should encourage members to download the COVIDSafe app. The team coach will also be required to keep an attendance record for each training (which should include any parents/guardians who have been present at the venue).
- Each club will need to determine a person within each team who will be responsible for ensuring adherence with these protocols (for players, staff and parents/guardians). Netball SA suggests this would be the team coach.
- Hand hygiene (hand sanitisers) available at all facilities.
- The AIS Framework for Rebooting Sport in a COVID-19 Environment recommend thorough full body shower with soap before and after training (at home).
- Clean high contact areas such as door handles, handrails, outdoor tables and ball pumps. It is the responsibility of each club to provide disinfectant wipes and/or spray for balls, bibs, bag handles and zips
- No sharing of drink bottles, towels or other personal items.
- If a ball rolls onto your court from another, players are directed to gently kick the ball back rather than pick it up and throw it.



netball
SOUTH AUSTRALIA