

Return to Train & Play Guidelines: Players

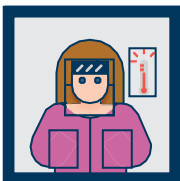
To minimise the risk of contracting or transmitting COVID-19, players must adhere to the following:

- Do not attend netball training or competition if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Do not attend netball training or competition if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.
- Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- Participants should gradually return to training and competition to reduce the risk of injury.
- Consider vulnerable participants as they may be at increased risk.

Apply a 'Get in, train/play and get out philosophy.' Players are:

- Encouraged to shower at home with soap before and after all netball activity.
- Encouraged to arrive at the venue ready to train/play.
- To bring all personal items to participate. For example, a player to bring their own towel and drink bottle; an umpire to bring their own whistle. Do not share with others.
- To avoid unnecessary body contact, for example no hand shaking or high fives.

PREPARING FOR TRAINING & GAMES



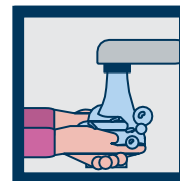
**DO NOT
ATTEND
TRAINING OR
GAME IF YOU
ARE UNWELL**



**PREPARE &
DRESS FOR
YOUR GAME
AT HOME**



**SHOWER AT
HOME WITH
SOAP BEFORE
& AFTER ALL
NETBALL
ACTIVITY**



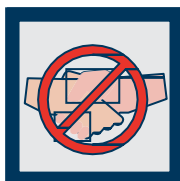
**WASH OR
SANITISE
YOUR HANDS
BEFORE &
AFTER YOU
TRAIN/PLAY**



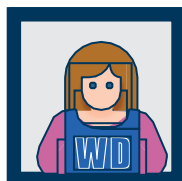
**ARRIVE AT
THE VENUE
READY TO
TRAIN/PLAY**



**BRING ALL
PERSONAL
ITEMS TO
PARTICIPATE;
TOWEL
& DRINK
BOTTLE ETC.**



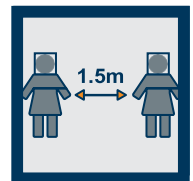
**AVOID
UNNECESSARY
BODY CONTACT.
NO HAND
SHAKES OR
HIGH FIVES**



**MINIMISE
POSITION
ROTATIONS/
OR HAVE
MULTIPLE
BIBS**



**WIPE & CLEAN
NETBALLS
AFTER
TRAINING AND
GAMES**



**WHERE
POSSIBLE
MAINTAIN
SOCIAL
DISTANCING**

DO NOT ENTER THE STADIUM IF YOU EXHIBIT ANY OF THESE SYMPTOMS:

FEVER

COUGH

FATIGUE

**SORE
THROAT**

**SHORTNESS
OF BREATH**