

STAGE 3 RETURN TO NETBALL TRAINING GUIDELINES FOR HDNA REPRESENTATIVE & QPL TEAMS – from Wednesday 8th July

To minimise the risk of contracting or transmitting COVID-19 and to ensure the safety of all members, the following guidelines must be adhered to during Stage 3 restrictions:

BEFORE & DURING TRAINING PLAYERS/COACHES/MANAGERS	POST TRAINING PLAYERS/COACHES/MANAGERS	COACHES & MANAGERS	COVID-19 SAFETY OFFICERS	PARENTS/SPECTATORS
COVID-19 Attendance Registrar: SCAN IN on arrival and SCAN OUT on departure with mobile phone using the HDNA QR Code. Paper attendance sheets also available, see your Team Manager	COVID-19 Attendance Registrar: SCAN IN on arrival and SCAN OUT on departure with mobile phone using the HDNA QR Code. Paper attendance sheets also available, see your Team Manager	Full contact is permitted on the courts 2-hour training sessions resume Normal training times apply Get in, Train, Get out!	HDNA Covid-19 Safety Officers:	NO PARENTS OR SPECTATORS PERMITTED AT COURTS DURING STAGE 3
Sanitise hands and practice good hygiene before, during and post training	Sanitise hands and practice good hygiene before, during and post training	All courts can be used No cap on participation numbers Games can be played against other teams during training	Kimberley Seymour	One Entry/Exit only at HDNA Stop, Drop and Go using main car park entrance (off Somerset Drive)
Arrive 15 mins before training (no earlier). Go straight to the court allocated to your team	Do not share drink bottles or hand towels	60 mins strength & conditioning sessions resumes 15 th July with Andrea	Megan Elliott	Players to be collected post training from main car park entrance
Do not interact with other teams and/or players before or post training	No socialising post training, depart immediately	Sharing of sporting equipment is permitted	Bev Taylor	Northern car park CLOSED No player to be dropped or collected from this car park
Do not share drink bottles or hand towels	Contact your team manager if you show any signs of illness post training	Wipe and clean ball and training equipment before and post training	Jodie Littleboy	Depart immediately to avoid congestion in car park
Avoid unnecessary contact - handshakes, cuddling or high fives	Maintain physical distancing of 1.5m when off the courts	Wipe and clean post pads post training	Jo Dawes	All players will be supervised by the team manager/HDNA Committee
Maintain physical distancing of 1.5m when off the courts	No HDNA organised team bonding sessions due to limited time	Any names recorded on manual attendance sheets give to HDNA COVID-19 officer post training		Download Covid-19 Safe App
Do not attend training if you are unwell or experiencing symptoms such as a cough, sore throat or fever		No restrictions on players, umpires, coaches or managers moving around or between courts		
		Maintain physical distancing of 1.5m when off the courts		