

# Frequently Asked Questions

## Return to training with 20 person restrictions

*As at 12 June 2020*

### **When can our competition start?**

The State Government has advised that all community sport could recommence from 1 July.

### **We have an indoor venue; when can we start back?**

Indoor Sport Venues can reopen from Saturday 13 June 2020 following the below guidelines:

- Ensure the number of people in a facility does not exceed one person per 4 square metres, including staff; and
- Ensure sport and recreation activities (including fitness, health, swimming and dance classes) have no more than 20 participants, plus the instructor and any assistants, per space and comply with one person per 4 square metres.

### **We have more than one court at our facility. Can we have more than one group of 20 training?**

Yes. Where the facility has multiple courts more than one group of 20 can be accommodated. It is strictly one group of 20 including any coach, spectators and officials per netball court, up to a maximum of 500 people per outdoor venue.

### **What if we share our facilities with another group?**

You will need to work together to decide on a schedule of use. Where the facility has multiple netball courts, more than one group of 20 can be accommodated provided each group is on its own court. Under all circumstance you need to follow the Netball NSW Return to Training with 20 person Restrictions Guidelines.

You will need to work together and agree on procedures to access the venue, develop and agree on a cleaning roster etc.

### **How many people can we have at training?**

Groups of up to 20 people, including coach, support personnel and spectators.

### **Can the coach move between groups?**

No. Groups should not mix, and groups should remain constant. There should be no swapping between groups – this includes the coach.

### **Can the coach oversee multiple groups?**

Yes. Providing they adhere to a 20-minute changeover period, wash their hands between each session, use hand sanitiser regularly and sanitise any equipment used. It is not recommended for a coach to oversee multiple groups at one time.

### **Can parent and guardians stay to watch?**

Spectators should be kept to an absolute minimum. Parents and guardians are required to maintain social distancing and they will be considered part of the group up to 20 people per court.

### **Can I train in more than one session per week?**

Yes, it is recommended that each team train once to twice per week, simply to enable all teams time on courts.

### **Am I covered by insurance?**

Firstly, please make sure you have registered on the MyNetball System with your club or Association for the 2020 season. All current registered members are covered for personal accident insurance.

Netball NSW insurance policy covers all sanctioned training activities. Activities that do not comply with the current Netball NSW Return to Train and Play Guidelines may not be covered by insurance.

Associations and clubs are covered for Public and Professional Liability. Click here to download your [Certificate of Insurance](#).

All insurance cover is subject to terms, conditions and exclusions.

### **Do we have to maintain the 1.5m physical distance when we are training?**

Yes, you will have to modify your session to incorporate activities that allow participants to maintain a 1.5 metre physical distance. For instance, take a look at the Netball Australia KNEE program at [knee.netball.com.au](http://knee.netball.com.au)

All training activities must comply with government restrictions as outlined in the current Netball NSW Return to Train and Play Guidelines.

Consider offering participants a train at home option.

### **What can we do at training if we have to stay 1.5m apart?**

This is step 1 in our return to netball. Take this time to reconnect with your teammates, have fun and get back into it slowly.

Start slow with a reintroduction to fitness and conditioning. Focus on small group activities, fitness, running, footwork and passing.

### **Can we use a ball?**

Yes. Consider dividing equipment between groups to minimise the sharing of equipment. Balls and other equipment must be sanitised between each group use.

### **I'm not ready to return; do I have to go back to training?**

No, participation in training is optional, and at the individual's discretion. Associations, Clubs or coaches should not force anyone to attend, and no individual should be penalised for not attending a planned session.

### **I'm not feeling well. Should I attend training?**

No. Do not attend netball training or competition if you are unwell or experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.

You should also not attend if you have had close contact with a known or suspected case of COVID-19.