

## Player Guidelines – Brothers COVID Plan – Safety Protocols for Training/Return to Play

### Personal Health

- Do not attend netball training or competition if you are feeling unwell and experiencing symptoms such as 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.
- If you are unwell you should see a doctor in accordance with local Public Health Authority guidelines.
- If you have underlying health conditions or is considered a vulnerable person, should consult with a healthcare professional prior to returning to the training or match day environment.
- If you have travelled overseas or visited a Qld Government Health deemed hotspot, please stay home.
- Personal hygiene encouraged. (e.g. wash hands prior to training)

### Preparing to attend training

- Be prepared, all players must bring their own water bottle, towel.
- Umpires bring their own whistle. Do not share with others.
- Notify your coach or manager asap if you are not attending training.
- Please do not arrive at the courts longer than 10 minutes before training time.

### When you arrive

- Parents are to drop off, take notice of any entry and exit points from the court attached map.
- Avoid physical greetings. (hugging, hand shaking, high fives etc)
- Read signage posted around the courts as a reminder of what you are required to do (or not do).
- You will be required to hand sanitise on entry and exit of the court facility. This is to be completed in the presence of a volunteer.
- Ensure you are marked off your teams register to confirm your attendance.
- Ensure social distancing is adhered to where possible.

### During training

- AIS Framework principles – full netball training that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact.
- If you feel unwell at any time at training, let your coach/manager/parent helper know.

### After training

- Avoid physical goodbyes (hugging, hand shaking, high fives etc)
- You are required to exit the courts and use the sanitiser on exit in the presence of the volunteer.
- Parents are to collect you from - PRNA car park area only - entry and exit points from the court attached map
- Personal hygiene is encouraged immediately after all netball activity.
- Ensure you wash your training clothes and towel after each training session and game.