

COVID-19 ALERT STAGE 2 | COACHES & PLAYERS TIPS FOR HEALTH AND HYGIENE AT NETBALL

Conduct training in small groups.

Maximum 10 people (Athletes + coaches + manager).



Keep a record of attendance.

Hand hygiene regularly during training

Sanitize hands before and after training.



Maintain hygiene and minimal contact

- Do not touch eyes, nose, or mouth
- No hand shaking or high fives
- Cough/sneeze into your elbow.

Only participants may enter the facility

Only those who signed up for the session are allowed to enter. No spectators are allowed.

Do not share items

- Water bottles
- Towels
- Equipment that involves the hands
 - Weights
 - Skipping rope

Physical distance - 2 meters

Players must be 2 meters apart throughout training.



Do not train if unwell

Feeling under the weather?

Experiencing a cough, runny nose, sore throat, or have been in contact with someone who does?

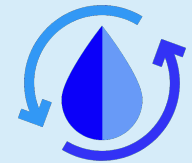
Stay at home for the benefit of your teammates.



Do not use drinking fountain

Only use drinking fountains for refills.

Do not touch any part of the drinking fountain.



Disinfect equipment thoroughly

Disinfect equipment before and after training.



Shower as soon as you get home

Wash your body with soap to prevent the spread of the virus.



Get in, train, get out

Be prepared for training prior to arrival at venue.

Avoid arriving early.

Do not meet or linger after training.