

Covid-19 Alert Level 2

Coaches - Top Tips For Health and Hygiene at Netball

Keep training numbers to a minimum.

- Total of 10 - including Coach.
- Online team meetings.
- No spectators.



Contact during physical activity will occur.

However, this should be minimised as much as possible. Otherwise keep **1m away**.



Get in, train and go home!

Do not meet or linger in changing rooms or toilets.

If unwell stay at HOME. Have you asked?



Are you unwell, have a cough runny nose, sore throat, or have you been in contact with anyone who has?

Sanitise the ball.



- And any other Netball equipment before and after every practice.
- Each team should have hand sanitiser.

Separate your team from other teams training at the same venue.

- Are you aware of venue requirements?
- Have you booked a court?

Sanitise (60%) or wash hands before and after every practice.



- Sneeze / cough into the elbow.
- Don't touch your face.

BYO...

- filled waterbottle
- towels
- equipment
- pen and notebook
- hand sanitiser



* keep your gear separate from others and have your post recovery snack at home.

Contact log

Record details of every player who attends team practice.

