



### **Players**

- Practise good hygiene at all times and social distancing as required.
- If unwell, please stay at home.
- Your coach and manager have been given strict guidelines for which they are responsible for the team adhering to, please ensure you fully know what is expected from each player and that all protocols are strictly followed
- Do not touch surfaces unnecessarily when warming up and cooling down i.e. goal posts or pads, floors/ground, score bench. If you do then please wipe it and then dry this surface.
- Stretching – standing stretches only please do not do them on the floor/ground
- Bring your own sport towel and drink bottle and keep stored in a bag – not to be left on surfaces, ensure they are not in the way of the umpire.
- Sanitise hands at breaks – recommend Manager pump sanitiser onto hands to restrict people touching the top of the sanitiser.
- Players can decide to provide their own sanitiser so they can use it in the breaks &/or for in the bathrooms.
- Recommend limited use of bathrooms where possible – only players, coaches and managers are to use the toilets – do not use the changing rooms or showers. You must move in and out of these areas quickly.
- Clip their nails at home before coming to their netball activity. For hygiene reasons we do not recommend sharing clippers.
- Come ready dressed for your game as changing rooms may have restrictions around their use.
- The centre from the team that has the match ball - chosen by the umpires - will take the ball and place it in the centre circle for opposing centre or hold onto it to take the pass.
- At the end of a quarter the ball will get taken back to a team bench and the centre will take it back out for the next centre pass.
- At the end of the game you can line up to say thanks but limit unnecessary physical contact.

### **Captains**

- Do papers scissors rock at a social distance.
- Inform the scorer who won the toss, who is taking the ball, and which way the teams are going. Please do not touch the bench or score card at any time.
- When the umpire asks please take your match ball to them. They will ask you to bounce the ball and guide you through the checking of it. The umpire will not be touching the ball. The chosen ball will then be placed by the Captain into the centre circle.
- If approaching the umpire for clarifications, ensure you keep your social distance.
- At the end of the game the captain from the team that the game ball belongs to will collect the ball and take it to their team bench.
  
- MASKS MUST BE WORN BY ALL PLAYERS IF YOU ARE ACCESSING THE FACILITY TO USE THE TOILETS OR BATHROOMS.