



Park Orchards Power netball club

Return to Play

29 October 2022



OVERVIEW

Effective October 29th, 2021

- Competition will recommence November 5th and 6th, 2021 at theNets under the guidelines of the governing Melbourne East Netball Association (MENA)
- Training will recommence November 9th and 10th, 2021 at
 - Park Orchards Primary School (POPS),
 - Kalinda Primary School (KPS) Outdoors only &
 - theNets
- PONC is aware that the regulations have been eased from 29th October to allow return to face to face, contact training and games at indoor and outdoor venues for all ages

Summary of COVID-19 safe practices

- If you are feel unwell do not attend
- Maintain 1.5m physical distancing when not on court
- Wash & sanitise hands
- Face masks must be carried at all times and worn as outlined below
- Sanitising and cleaning of shared equipment
- Everyone (including players & children) check in every time, using the Service VIC app
- If you are eligible for vaccination, we encourage you to get vaccinated

VACCINATION REQUIREMENTS

- POPS & the NETS
 - No current requirement for participants, support personnel, spectators, staff and volunteers to be vaccinated for community netball
- KALINDA PRIMARY SCHOOL (KPS)
 - all visitors to the school aged 16+ are required to either have had their first vaccination dose by the 18 October or, have a booking to receive a first dose by 25 October or, are fully vaccinated by 29 November (unless a medical exemption applies) to attend on site

These guidelines must be followed on training days and match days inline with Netball Victoria's Return to Community Sport latest updates



VENUE REQUIREMENTS

Both INDOOR AND OUTDOOR VENUES

Effective October 29th, 2021

- Attendees are required to;
 - Sanitise on entry and exit
 - Follow entry and exit signage
 - Check in via QR codes
 - Arrive at training no more than 5 minutes prior to the commencement of your session
- Covid Marshall shall be present at each entrance to ensure check in
- Don't share personal items
- Sharing of equipment between groups should be minimised
- All equipment will be sanitised, with the provided pump action, at the end of each training session
- Coaches should use their own set of bibs as supplied with their bags. These must be washed between each use
- Goals posts / pads will be wiped down at the end of each session
- Sanitising of equipment and surfaces to be completed within the 10 minutes immediately following training sessions and 5 minutes prior to the next group arriving
- Promptly exit the venue immediately following the end of your training/game

INDOOR VENUES

- Face masks must be worn by everyone 12 years and over
 - Players do not need to wear a face mask during training or competition
 - Coaches and Team Managers to wear face masks during competition and training
 - Scorers must wear face masks on game days
- Indoors limited to 1 person per 4 square metres
- Recommended 1 spectator per player indoors to comply with density limits
- Follow Gathering restrictions
- All equipment and surface cleaning will be completed at close of training session
- Follow entry & exit signage

OUTDOOR VENUES

- Face mask should be worn where physical distancing cannot be maintained
- Scorers must wear a face mask where physical distancing cannot be maintained
- Anyone going indoors, must wear a face mask
- All equipment and surface cleaning will be completed at close of training session



TRAINING SCHEDULES

theNETS & PARK ORCHARDS STADIUM & KALINDA PRIMARY SCHOOL (KPS)

Effective October 29th, 2021

the NETS (HE PARKER) OUTDOOR COURTS - TUESDAYS			
6.00 - 6.55pm	court 7	17 Jade & 17 Mint	6.55 - 7.00pm Cleaning by coaches / team managers Players depart
	court 8	Open Squad	

KALINDA PRIMARY SCHOOL – TUESDAYS & WEDNESDAYS (1 x indoor court, 2 x outdoor courts)			
Training schedule		Cleaning schedule / Players arrive / depart	
Tuesdays (3 x courts available)			
4.00 - 4.45pm	9 Mint & 9 Turquoise	4.45 - 5.00pm	Cleaning by coaches / team managers
4.15 - 5.00pm	15 Aqua	5.00 - 5.15pm	Cleaning by coaches / team managers
Wednesdays (3 x courts available)			
4.00 - 4.45pm	11 Jade & 11 Teal	4.45 - 5.00pm	Cleaning by coaches / team managers
4.00 - 5.00pm	13 Mint	5.00 - 5.15pm	Cleaning by coaches / team managers

PARK ORCHARDS STADIUM – WEDNESDAYS (1 x indoor court)			
Training schedule		Cleaning schedule / Players arrive & depart	
4.00 - 4.45pm	9 Jade & 9 Teal	4.45 - 5.00pm	Cleaning by coaches / team managers
5.00 - 5.45pm	11 Mint & 11 Turq.	5.45 - 6.00pm	Cleaning by coaches / team managers
6.00 - 6.45pm	13 Jade & 15 Teal	5.45 - 6.00pm	Cleaning by coaches / team managers
7.00 - 7.45pm	15 Jade & 15 Mint	7.45 - 8.00pm	Cleaning by coaches / team managers
8.00 - 8.45pm	15 Teal & 15 Turq.	8.45 - 9.00pm	Cleaning by coaches / team managers



PLAYER EXPECTATIONS

Effective October 29th, 2021

Preparing for and attending Training & Game day

- Ensure you use the correct entry and exit points (see over)
- Sanitise hands before and after training
- Check in via QR code; for both the venue & club
- Take to each training / match day a full, named drink bottle (drink taps should avoid being used), towel (if required)
- Arrive at venue ready to train no more than 5 prior to commencement of your session – strapping/taping done, training uniform on, correct shoes etc
- Let your coach know if you are not training for any reason
- Wash training clothing with warm water and detergent
- Toilets / change rooms will be available at POPS & the Nets. Hands should be washed thoroughly and sanitised immediately after using facilities.
- Toilets / change rooms are not available at KPS
- Carry personal sanitiser with you

DO NOT ATTEND TRAINING OR GAME DAY

- If you are feeling unwell
- If you are experiencing any of the symptoms associated with COVID-19 – cough, sore throat, fever, fatigue or shortness of breath. Please refer to the Victorian Department of Health and Human Services processes upon confirmation of a positive COVID-19 case and notify PONC.
- If you currently, or in the last 7 days, have been unwell or had close contact with a known or suspected case of COVID-19
- If you have a possible case of COVID-19 and have not been cleared by a doctor to attend



PARENTS / GUARDIANS EXPECTATIONS

Effective October 29th, 2021

- Check in via QR code; for both the venue & club
- Parents/guardians should maintain 1.5m physical distancing from each other
- Must wear a mask whilst attending ALL indoor venues
- Sanitise hands before and after attending training / game day venues
- Use the QR code to check in (everyone attending must check in)
- Recommended 1 spectator per player indoors to comply with density limits



PONC COMMITS TO

Effective October 29th, 2021

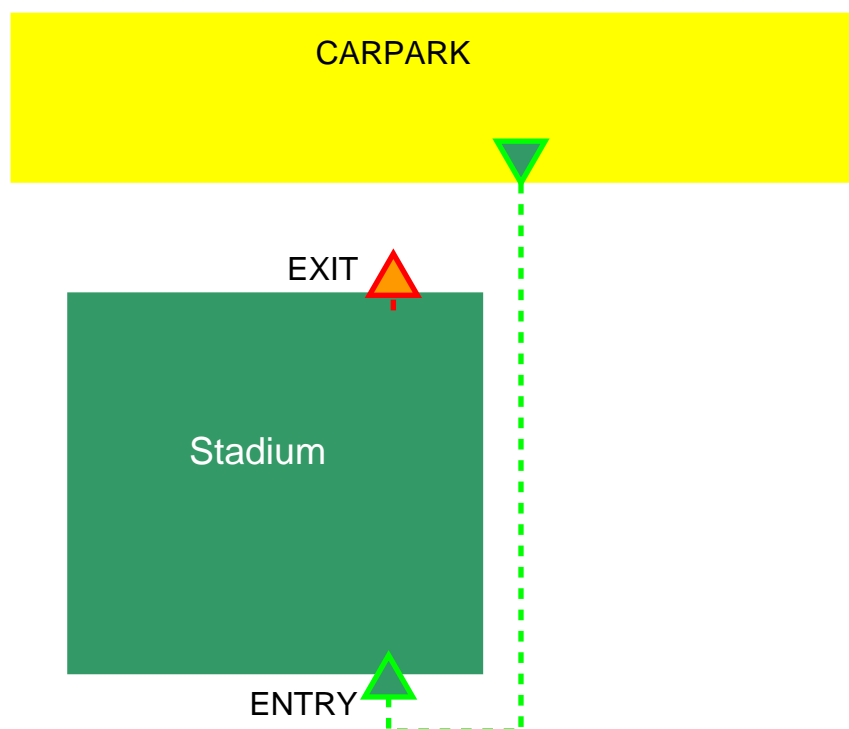
- Provide hand sanitiser for all players and coaches
- Provide sanitised equipment for the commencement of each session
- Provide bibs to each team which will remain with them and not shared with other teams
- Have clear signage at indoor courts to indicate entry & exit points
- Provide QR codes through Services Victoria to each training venue
- Provide first aid equipment to each team coach
- Sanitise any equipment that cannot be taken away i.e. goal post pads
- Ensure we keep up with all changes to regulations and apply as required
- Will continue to abide by the Child Safety in Netball policy

TRAINING VENUE MAPS

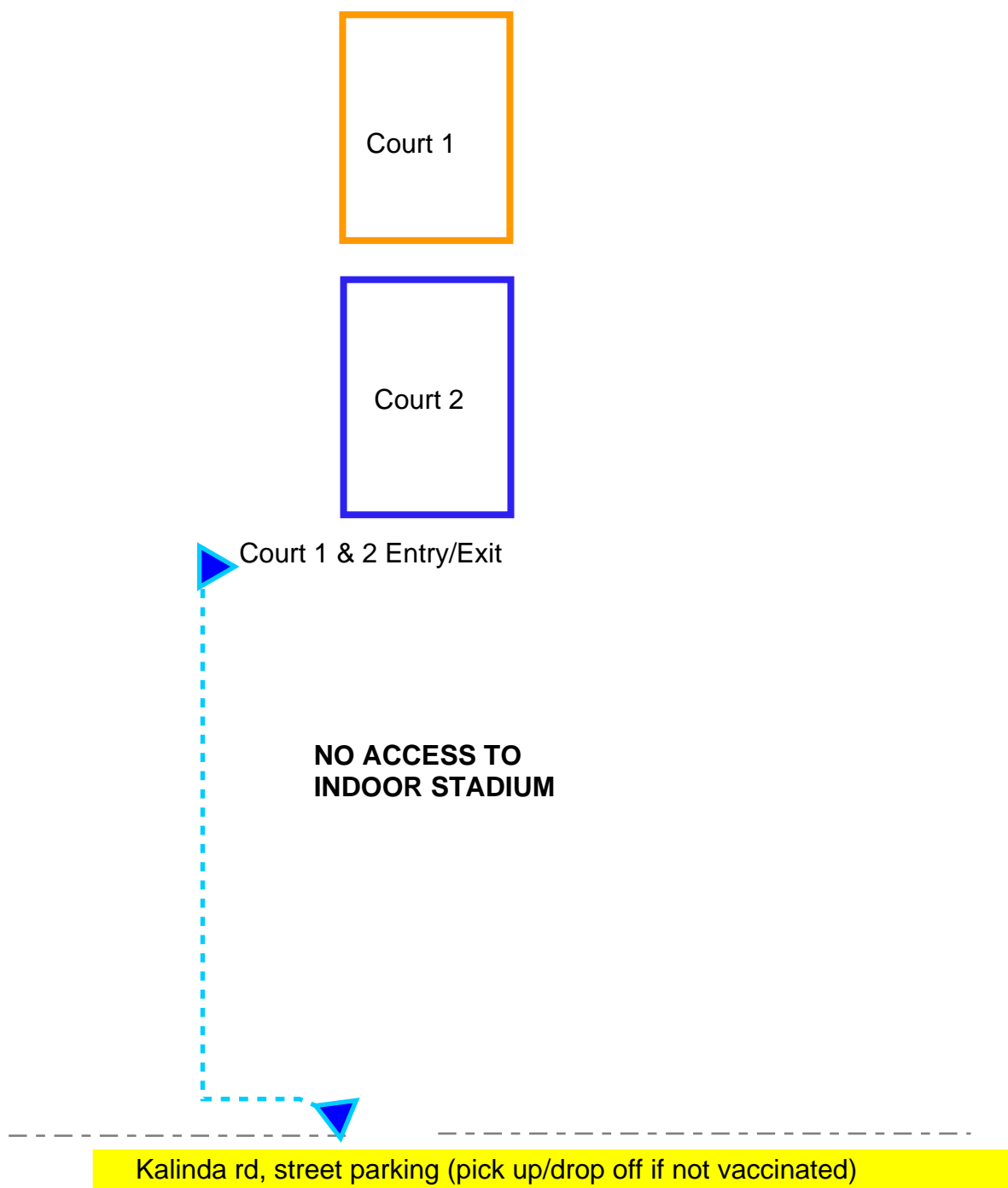
- POPS indoor stadium
- theNets outdoor courts 7 & 8 (x 2)

Note and follow per venue;
ENTRY & EXIT POINTS

POPS indoor court



KPS outdoor court



theNets outdoor courts

