



# GOOD SHEPHERD NETBALL CLUB Inc

Email: [gsnc@outlook.com](mailto:gsnc@outlook.com)

## TRAINING POLICY

### **Rationale:**

Sporting Clubs have a duty of care to players, coaches, team managers and supporters to ensure players receive appropriate training so as to teach and build upon skills and foster a supportive and positive team environment.

### **Aims:**

To ensure the wellbeing of players, team managers and coaches, GSNC aims to provide safe and consistent training sessions for all players during which valuable skills, strategies and knowledge of the game can be taught and refined

### **Implementation:**

- All players, unless injured, ill or absent, are expected to attend the weekly netball training session.
- Training times and days will be decided based on the Coach's availability. Every attempt will be made to choose a day that is suitable for the majority of players.
- In exceptional circumstances, players may train with a different team if they cannot attend their team's session. (*\*This must be negotiated with the coaches and team managers and the Club*)
- If training occurs at Good Shepherd the non food sharing policy of Good Shepherd School still applies.
- All care will be taken to ensure the safety of all players and coaches. Should an injury occur at a training session, the player/ coach will receive first aid as outlined in the GSNC First Aid / Injury Policy. Parents/ carers will be notified of the injury sustained by their child as soon as possible
- Players in After School Care will be picked up from and returned to After School Care by the coach or team manager. Under no circumstances will players remain in the school yard unsupervised prior to and after training.
- Parents of all junior players are required to supervise their children during training unless other arrangements have been made.
- Siblings are not to be left at training to be supervised by the coach or team manager.

- **If training is cancelled due to inclement weather, parents will be notified via text message. Parents must make alternative arrangements such as After Care if they cannot pick their child up at the normal conclusion of school if a training session has been cancelled.**
- **It is the Team Manager's responsibility to ensure all players are picked up.**
- **It is an expectation that teams Year 9 and under will train regularly.**