



Omega Netball Club – Participation Guidelines

Background

Omega Netball Club is committed to providing a fun netball environment and fostering an appreciation for community based team sport. We have developed these guidelines to remind all members of the importance of supporting our players and volunteers within the club and treating everyone with respect.

This extends to our coaches and committee members, who dedicate hours of their time on a volunteer basis; as well as within teams – players should show respect and consideration for their teammates, and we ask the same of parents / carers.

The below guidelines outline the expectations of the club with regard to training and game attendance for players and parents / carers, and provide some context for decisions around cancellations due to weather.

Training

Training is essential for player development and team cohesion, on and off the court; and being part of a team sport such as netball, means showing up for your teammates. It is the expectation of Omega that players regularly attend training to improve their skills and build connections with their teammates.

Players need to wear appropriate attire for training based on the weather conditions on the day – sports clothing and proper sports shoes for running are a must, no school shoes or casual sneakers. Players should bring pre-filled drink bottles and apply sunscreen before arrival on days where required.

It's also important that players arrive on time, to participate in warm up activities to reduce the risk of injury.

We understand that on occasion players may not be able to attend training due to illness or personal commitments. In this situation, please respect the time and effort coaches put into planning training sessions by advising them of absences as soon as practical either personally via SMS or via the team WhatsApp group. Except in the case of illness, it is preferred that coaches are advised of training absence no later than Wednesday of the relevant week.

Players are expected to show respect for their coaches throughout the training session, by listening and participating in drills / activities as they are explained.



Players who are regularly absent from, or late to training, may receive less court time on game day than players who attend consistently throughout the season.

Parents and carers are reminded that the club provides supervision for players during their allocated training timeslot only. Players who arrive early are not the responsibility of the coach and adequate adult supervision is the responsibility of the parent / carer. At the end of each training session, players are to be picked up promptly so that coaches are not left waiting with players who are late being collected.

Game Day

On game day, players are expected to arrive “ready to play”, at least 15 mins prior to game commencement for a compulsory pre-game warm up.

“Ready to play” means in uniform, long hair tied back, jewellery removed or taped, nails short, drink bottle filled, sunscreen applied (if applicable). Players who arrive late, may not be able to take the court until the 2nd quarter after they have completed a sufficient warm up.

Players in 9/U, 11/U and 13/U age groups must arrive at Dales Park in the care of a responsible adult. Players in these age groups should not be “dropped off” and left in the care of coaches for the duration of the game. If a parent/carers is unable to attend, please coordinate with another member of the team (known to the player) or an adult friend / family member, to ensure the player has appropriate supervision and the parent/carers can be contacted in case of an emergency.

Players are reminded the coaches will allocate court time and positions in a fair and reasonable manner, based on age group. For 9/U and 11/U – players will be rotated as evenly as possible through all positions throughout the season. For 13/U and above, positions and rotations will be determined by the coach depending on player strengths and game strategy. Where rolling subs are in use, coaches may roll players on and off the court during a quarter at their discretion.

Players should familiarise themselves with the [KDNA player code of conduct](#) and respect their teammates, opposition, coaches and officials on and off the court.

Parents / carers are requested to show their support to the team and the club in a few ways:

- **Attend to scoring responsibilities** when rostered to do so. This includes retrieving the iPad from the court supervisor’s office 5-10 mins prior to the game, when Omega is the first named team in Netball Connect; and returning it promptly after the game if Omega is the winning team.
- Support **club responsibilities such as duty days or fundraisers** by volunteering
- Respect the decision of coaches regarding rotations and interchange
- Support your child’s performance, but leave the coaching to the coaches
- **Consider coaching your child’s team or acting as team manager** – teams cannot participate weekly without coaches and team managers.



Parents / carers are reminded of the [KDNA spectator code of conduct](#), which outlines that spectators must show sportsmanship and respect to all players, coaches and officials (including umpires and court officials). Parents are not allowed to approach or speak directly to umpires.

If there is a question or an issue that needs to be raised during a game, please refer to the team coach, or a club official (head coach, president, vice president, if present). Any complaints or concerns that need to be forwarded to KDNA for follow up should be emailed to the omeganetball@gmail.com; within 24 hours of the incident, mentioning the team name and provide as much detail about the issue as possible.

All KDNA policies regarding player / parent / spectator / official behaviour must also be adhered to and can be found on the KDNA website: <https://kingstonnetball.com.au/resources/>

Game Day absences: As with training, if a player is unable to attend a game due to illness or personal commitments, coaches should be advised as soon as practical – preferably by Wednesday of the relevant week (in the case of personal commitments). This allows the coach time to plan rotations and arrange fill in players if required, which can be a difficult task and is quite disruptive and time consuming, especially when the coach is not given sufficient notice. Players are asked to prioritise their commitment to their team and attend all games where practical. In the case of planned holidays or pre-booked commitments, please inform the coach as soon as the date is known, even if weeks in advance.

Player rostering

In some circumstances where teams have 9 or more players, coaches may decide to develop a player roster to help manage court rotations on game day and maximise court time for players on the day. In this case, players will be rostered a “week off” from match play periodically throughout the season. Players are still expected to attend training on their “week off” as it is important to maintain consistency with the team, and in case of last minute illness of a team mate they may be requested to play on game day.

If you have pre-planned holidays or personal commitments, informing your coach in advance may allow them to roster your player’s “week off” on those planned dates, and keep the roster as balanced as possible.

Child Safety

Omega is proudly a Child Safe Club, under the guidelines of Netball Victoria, and details of our child safety policy can be found on our website. Parents / carers / coaches / team managers are reminded that an adult must not approach members under the age of 18 (“a child”) without another person known to the child present. Children should never be approached 1:1 by an adult.



This includes our Junior Coaches, parents /carers must be mindful of this when approaching coaches under the age of 18 directly either in person or via phone, SMS or other messaging application.

On Game Day, umpires under the age of 18 can be identified by a green wrist band. To communicate with underage umpires, please contact an adult umpire mentor or court supervisor.

Team communications

Each team will have its own WhatsApp group managed by either the coach or team manager. The primary purpose of these groups is for communication between coaches and team members regarding club related matters. Each team will also be added to the Omega Community in WhatsApp where club wide communications will be shared from time to time.

Players under 13 years of age are not to be added via WhatsApp. Coaches are also not to contact players under 13 years of age directly via SMS, phone call or other messaging application. If a player needs to be contacted, a parent / carer must be included in the communication.

Formal communication such as club events, policies / processes, association requirements, dates, and deadlines will be emailed by the club to the parent / carer nominated on the player registration.

Please also refer to Omega's Digital Communications and Child Safety Policy regarding team communications.

Weather

Netball at Omega is played all year round, and there will be occasions throughout the year where we will be faced with hot, or inclement weather conditions.

Safety of players will always be paramount, but as games are played in hot and / or wet weather, we feel it's appropriate that players train to play in all types of conditions.

On game day – KDNA will advise if games are cancelled no earlier than 15 mins prior to each timeslot. As such, players are required to arrive at Dales Park at their usual pre-game warm up time, with an expectation that games will go ahead. Cancellations due to weather will be posted on the KDNA Facebook page and announced at the courts via the loudspeaker.

The Omega weather training policy is based on the guidelines of Netball Victoria and is subject to change. There will always be an element of discretion and as weather can change frequently, we won't always get it right. However, the safety of players will always be given the highest priority.



General:

Coaches and players should always plan to arrive at the courts prepared to train at their allocated training timeslot. If the courts or the weather conditions are deemed unsafe to play, training will be cancelled.

When it is clear that the weather will be unsuitable for training, a decision on cancellation may be made up to one hour prior to training. Cancellations will be announced via the Omega WhatsApp community, the Omega Netball Club Facebook page. Coaches will also pass on cancellation messages through team WhatsApp groups as soon as possible but may be delayed if the coach is at work (or school); or travelling to Dales Park when the decision is made.

Cancellation decisions are made per age group / training timeslot. No teams are permitted to train, if their session has been cancelled by the club.

If training is abandoned mid-session due to weather, a notification will be posted in team WhatsApp groups. When this occurs, parents / carers are asked to collect players as soon as possible to allow coaches to depart the courts in a reasonable timeframe.

Wet Weather:

The Head Coach for each age group, in consultation with President / Vice President, will make the decision as to whether the conditions are unsafe to play and either commence, postpone or abandon training accordingly.

Lightning:

As per Netball Victoria guidelines we will apply the 30 / 30 safety guideline:

- Stop training if the time between seeing a lightning flash and hearing thunder is less than 30 seconds. Immediately seek safety under appropriate shelter such as under the pavilion or in a vehicle. The courtside bench shelters are not considered safe as lightning shelters.
- Do not resume training until at least 30 minutes has passed since the last thunder was heard. If appropriate, training should be abandoned.

Thunderstorm Asthma:

Players or parents / carers should monitor relevant Thunderstorm Asthma Forecasts and make an individual assessment as to whether it is safe to train. If unsafe, players / parents should notify their coaches that they will be unable to participate in training due to Thunderstorm Asthma risk.

More Information can be found:

Thunderstorm Asthma Forecasts for Victoria regions can be found at [Vic Emergency](#).

Vic Emergency also provide guidelines on [Preparing for Thunderstorm Asthma](#).

Asthma Australia [here](#).



Hot weather:

During the warmer months, training will proceed unless the temperature exceeds 34 degrees celsius, in accordance with the [KDNA Extreme Weather Policy](#)

Players should wear sunscreen and appropriate SunSmart clothing, hats / visors are acceptable at training. Players should also bring additional drinking water and cold towels or water spray bottles.

Coaches will modify training sessions as needed, allowing for extra rest breaks and use of shade. Ice and ice packs are also available from the storeroom at the rear of the pavilion if required.