



Centre Coordinator Handbook

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INTRODUCTION

NetSetGO is Netball Australia's only junior entry-level program, developed to provide children aged from 5 - 10 years with the best possible introduction to the sport of netball. The program incorporates skill activities, minor games and modified matches in a fun and safe environment, ensuring enjoyment and continued participation within the sport.

The major objectives of NetSetGO are:

1. To provide every primary school aged child in Australia with the opportunity to experience netball.
2. To deliver a national junior development program that promotes netball participation.
3. To address the issue of childhood obesity by providing a low cost, easily accessible and community based exercise option for primary school aged children, in particular young girls.
4. To provide primary school aged children, especially girls with the opportunity to meet and interact with elite netball role models.
5. To provide a skill development program that provides young girls with the same opportunities to experience sport, develop self-esteem and learn new skills.

The program has been designed to complement the existing netball infrastructure by providing community groups such as associations, clubs, schools and community groups with quality resources and equipment to deliver an age and skill appropriate netball program.

To find the latest news and updates please regularly visit the NetSetGO website netsetgo.asn.au

NATIONAL ATHLETE PATHWAY FRAMEWORK

NetSetGO is the first tier on the National Athlete Pathway and is within the Foundation stage of the Long Term Athlete Development Plan.

The program initially concentrates on the acquisition of fundamental motor skills. These skills provide a wide base of movement abilities from which more advanced skills can be developed.

Children who do not develop fundamental motor skills are more likely to experience frustration and difficulty in learning advanced skills which reduces their enjoyment.

NetSetGO is a vital part of the athlete development pathway as it establishes solid foundation skills and a sense of achievement and success that encourages children to continue to participate in netball.

INTERNATIONAL
Australian Netball Diamonds
World Championships
Commonwealth Games



NATIONAL
Suncorp Super Netball
Australian Netball League
SIS/SAS



STATE
National Championships
State League
Schoolgirls



REGIONAL
Association/Club
State Titles
Association Championships
Association Club Matches



ACCREDITED NETSETGO CENTRES

How to become a NetSetGO Centre

Clubs, associations, schools or community groups can apply to become an accredited NetSetGO Centre. Clubs and associations are required to be affiliated with their State Netball Association while schools and community groups need to ensure they have their own public liability.

Contact your State Netball Association (refer to appendix 7 or visit their website for a registration form).

What is expected from an accredited NetSetGO Centre?

In keeping with the philosophy of NetSetGO, it is expected that all accredited Centre's will provide:

- A program that enables all individuals to experience personal achievement in terms of competence, enhanced self-esteem, social cooperation, maximum participation and skill development in a fun environment.
- A parent information session to outline the philosophy of the NetSetGO program (refer to appendix 6).
- Appropriate warm-up activities.
- Appropriate skill teaching in a sequential program.
- Appropriate skill activities and games.
- Appropriate modified netball matches using the NetSetGO competition rules.
- Appropriately trained/accredited coaches and umpires.
- Ethical behaviour meeting Netball Australia's Codes of Behaviour.

PROGRAM BENEFITS

NetSetGO enables all individuals to experience personal achievement in terms of competence, enhanced self-esteem, social cooperation, maximum participation and skill development in a fun environment.

Participants

- Participant pack including a size 4 netball, NetSetGO t-shirt, Healthy Habits Heros activity book and Suncorp Super Netball player trader cards.
- The opportunity to participate with their friends.
- Social interactive learning.
- Development of motor skills and confidence through fun and games.
- Participation in a safe learning environment.
- Fun for all participants, regardless of ability.
- Increased junior participation and lifelong involvement in an active lifestyle.
- Netball skills developed in modified matches using age appropriate equipment.
- Reduction of social health issues, such as childhood obesity, through physically active involvement.
- Opportunity to be involved in the demonstration activities at Diamonds matches.

Parents

- Value for money.
- Peace of mind that their child is participating a quality controlled accredited program.
- Child learning social interaction skills in a safe environment.
- The opportunity to spend time with their children in a positive sporting environment.
- Enhancing their child's social and motor skill development.
- Ability to share skills and knowledge within the netball community.

Association/Club/Centre

- Free Centre equipment kit or equipment voucher to assist with the delivery of NetSetGO.
- State/Territory Netball Association to assist with the administration and the promotion of your NetSetGO program.
- Opportunity to deliver a program that is nationally branded and endorsed.
- Participant packs to offer participants.
- Opportunity to increase participation and therefore increased revenue.
- The ability to introduce new children to an established introductory netball program.
- A recognised program to offer to schools and other community groups.
- Age and skill appropriate coaching resources.
- Flexibility regarding the structure and timeframes for delivery.

PROGRAM CONTENT & DELIVERY

NetSetGO provides a sequential learning program that has been devised matching appropriate skill development activities with the participants' abilities and needs. The progression of programs means that every child is involved at all stages and improvement occurs across the board, assisting young netballers develop health and social benefits, skills, knowledge and positive attitudes. The emphasis is on fun activities conducted in a safe environment.

To encourage long-term involvement, it is important that young people are able to participate in netball at the right level for their interests and abilities.

Programs differ for stages of participation in the:

- Nature and duration of activities.
- Style of instruction.
- Education in the rules and etiquette of netball.
- Emphasis on competitive elements.

Planning of competitive experiences should reflect the level of physical, social and emotional development of the participants while providing a progressive bridge to adult competition.

Netball Australia has developed a series of coaching resources which focus on the fundamental motor skills of all young children including run, balance, jump, catch and throw. Additional resources aimed at older and more advanced participants focus on specific netball skills such as movement (dodge, change of pace, pivoting, landing), ball handling (passing, throwing, shooting) and attack and defence including minor games.

All resources are available at netsetgo.asn.au/resources

NETSETGO TIERS

- Net (Target age 5-6) – casting the net to engage eager children in their junior development journey. Encouraging fun and friendships through netball related dance, games and activities.
- Set (Target age 7-8) – Setting up the next generation of netballer with netball skills, teamwork and enthusiasm to take develop their game to the next level.
- Go (9-10) – Players are part of modified netball matches where the focus is on netball specific skill development to prepare players to progress into Junior netball, joining a local club and becoming a lifelong participant and fan.

5-6 years

net

Learn netball related fundamental motor skills with fun music, dance and games.

7-8 years

set

Refinement of fundamental motor skills and introduction to modified netball matches.

9-10 years

go



Be a part of modified netball matches with a focus on netball specific skill development.



NetSetGO NET TIER (FOR 5–6 YEAR OLDS)

Is a play based movement skills program. Emphasis is on the acquisition of basic movement skills, in a fun environment of games and activities including music and dance.

Children join the program as individuals, not as teams and the emphasis is on participation, developing skills and having fun. Refinement of skills and their application to the game will be introduced when they reach the next stage.

NetSetGO Net Tier provides:

- A program appropriate to the age and ability of the participants.
- All children with the opportunity to participate and experience a feeling of success from their participation.
- An opportunity for children to develop and expand their motor skills in a non-competitive environment.
- An environment where children can participate with their friends.

It is recommended NetSetGO Net Tier program utilises the Game Sense coaching philosophy. Game Sense aims to enhance the learning process for both skill and technique development and create a fun and inclusive environment. This approach ensures children of all abilities are engaged in the activities and have a positive and successful experience.

Game Sense utilises a problem solving approach and is underpinned by the following concepts:

- **THE GAME IS THE FOCUS** – The coach enables players to develop netball skills and tactics through playing fun games, with each session planned with a particular skill outcome in mind. The emphasis is on the participants making decisions within the game, rather than the coach telling the participants where to run and where to pass.
- **COACH IS A FACILITATOR** – Rather than direct players how to perform skills, the coach acts as a facilitator and sets challenges for the players to find solutions through games. By 'playing the game' the coach is able to set challenges and the players find solutions through activities. This approach allows the participant to determine the best way to achieve success.
- **DISCRETE COACHING** – The coach's role in a game sense approach is generally to design or develop the playing environment. The environment should challenge the participants and also focus on an aspect of the game that the coach believes will assist the participant's development. Whilst the participants 'learn from the game' the coach also needs to recognise that each participant may learn something different from the activity.
- **PLAYER ROLE MODELLING** – Coaches use players during games to highlight skilful play and demonstrate good technique.
- **ASK THE PLAYERS** – Coaches can ask the players questions on how they think the changes can be made easier or harder. This is also a good way to engage players and increase participation. Players have ownership of the activity that is inclusive of all levels of ability.
- **CHANGE IT** – The introduction of simple variations to games to create a fun, safe, inclusive and challenging environment.

NetSetGO SET TIER (FOR 7–8 YEAR OLDS)

Is an introduction to the sport of netball and incorporates skills, activities, modified matches and uses modified equipment. It is a skill and competition based program that allows children to learn and develop their skills in a series of fun activities and minor games, which they can then apply in a game situation.

NetSetGO Set Tier provides:

- A program appropriate to the age and ability of the players.
- All children with the opportunity to participate and experience a feeling of success from their participation.
- An opportunity for children to play in a cooperative way and to develop their skills in an appropriate competitive environment.
- An environment where the emphasis is not on “win at all costs” but rather on the development of skills, the discovery of new ones and sharing the play with other teammates.

The rules and equipment for NetSetGO Competition have been designed to align the game with the psychological and physical capabilities of young children. The NetSetGO rules have been developed to make the game more fun and maximise participation. For NetSetGO Competition rules (refer to appendix 6).

The program has been developed under the guidelines of the Netball Australia Junior Sports Policy, which emphasises “The introduction of children to organised competitive Netball should be gradual and is best achieved through minor games/activities and modified rules.”

Program Duration

Accredited NetSetGO Centres have the flexibility to determine the duration of the program though we recommend that it runs as a minimum 8–10 week program. Centres may choose to deliver a longer program as this enables schools to conduct the program within a term as well as Associations / Clubs to conduct the program alongside their other competitions.

NETSETGO GO TIER (FOR 9-10 YEAR OLDS)

The GO tier has been introduced to ensure a smooth transition for participants into Junior Netball. The modified rules and equipment allow for participants to experience success while learning the correct technique and executing skills with greater proficiency.

NetSetGO GO Tier provides:

- A program where the participants are introduced to more netball-specific skills as well as refining their fundamental movement skills.
- Participants have a chance to enjoy practicing skills they learn and seeing their own improvement.
- Competitive elements, however the focus should not be on winning
- Each participant with equal court time and exposure to a variety of positions so they are gaining the full experience on court.

The rules are still modified in the GO tier as it is critical that children use sporting equipment that is matched to their size and age (ie smaller netball and shorter goal posts). Matching the right sized equipment, will not only promote the development and refinement of the children's sporting skills but also reduce the likelihood of injury.

Program duration

Accredited centres have the ability to set their own program length however in this tier majority of clubs and associations will align their NetSetGO competition with their junior competition. We also encourage clubs and associations to run a skills/activities session with their GO program and utilize the session plans that have been provided.

SESSION INFORMATION

Session Duration

Net Tier (5-6 year olds):

Session length should be 45-60 minutes – skills and activities

Set Tier (7-8 year olds):

Session length should be 60-75 minutes *up to 45 minutes of skills and activities and 40 minutes of match play

GO Tier (9-10 year olds):

Session length should be 60-75 minutes *up to 30 minutes of skills and activities and 45 minutes of match play

- Determining factors may include: group size, the age of the participants, the ability of the participants and their health status etc.

Group Size

An ideal session will consist of the following:

- 15 children
- 1 court (facility ratio 1:15)
- 1 coach working directly with children (coaching ratio 1:15)

STAFFING

NetSetGO Centre Coordinator

Each accredited NetSetGO Centre shall appoint a Centre Coordinator. The Centre Coordinator will be the link between the State Netball Association and the NetSetGO Centre and will be responsible for the administration and management of the program. It is recommended that only one person makes contact with the State Netball Association to ensure continuity.

Responsibilities include:

- Be the first point of call for all NetSetGO enquiries.
- Distribute all marketing collateral (including school newsletter stories, posters)
- Assist with online participant registration set up.
- Recruit and manage NetSetGO coaches and volunteers.
- Facilitate participation by parents.
- Receive NetSetGO equipment kit OR order equipment through the online equipment shop with equipment voucher.
- Keep all members of the group accounted for.
- Ensure parents collect their children after each session.
- Be vigilant of the surrounding area and any unusual situation that may occur.
- Ensure coaches have the necessary Working with Children Check (refer to appendix 2).
- Complete participant withdrawal process as required.

NetSetGO Coaching Coordinator

The Coaching Coordinator manages the delivery for the NetSetGO Program and must have a current coaching accreditation.

Responsibilities include:

- Coordinate and deliver NetSetGO sessions.
- Organising coaching allocation and set up of the session layout.
- Provide coach training and guidance to NetSetGO Volunteer Coaches.
- Ensure the NetSetGO values are adhered to for all sessions and matches.
- Conduct warm-up, skill activities and games.
- Provide feedback and encouragement to volunteers and children.
- Ensure playing area is safe prior to commencement of session.
- Direct children to parents when required.
- Coordinate children to get to and from activities, including drinks break.
- Be vigilant of the surrounding area and any unusual situation that may occur.
- Ensure all equipment is distributed to coaches prior to the commencement of the session.
- Ensure all equipment is in good working order and report any damaged equipment to the Centre Coordinator.
- Coordinate modified netball matches using NetSetGO Competition rules.
- Appoint a competent umpire/umpires to NetSetGO Competition matches.

NETSETGO VOLUNTEER COACHES

The Volunteer Coach assists the NetSetGO Coach with the delivery of the NetSetGO sessions. This is a great opportunity for parents to get involved with their child's netball.

Responsibilities include:

- Supervise a small group of children under the guidance of the NetSetGO Coach.
- Conduct warm-up games.
- Conduct skill activities and games.
- Provide feedback and encouragement.
- Assist with the conduct of modified netball matches.
- Assist with umpiring NetSetGO competition matches if required.
- Have fun while contributing to the development of the children under your supervision.

PROGRAM MANAGEMENT

How to start a NetSetGO program:

- Appoint an NetSetGO Centre Coordinator and NetSetGO Coaching Coordinator.
- Determine the length of your season. For example:
 - Clubs and teams that participate in a local association competition can use the NetSetGO program as their weekly training session.
 - You may also like to run a short program as an introduction to netball to encourage the participants to sign up for the following season/ year.
 - You may wish to conduct NetSetGO during the school term as an 8- 10 week program.
- Determine the length of each session. This will depend on the availability of courts and coaches.
- Approach coaches, parents and/or older players to take on volunteer coach roles. Conduct an information night/coach development session to outline the roles and responsibilities of the Volunteer Coach.
- Determine cost of membership. Make sure you factor in the NetSetGO fee as well as your costs.
- Complete the Getting to know NetSetGO online module

HOW TO PROMOTE YOUR SUNCORP NETSETGO PROGRAM

We want to give every child aged between 5 and 10 in Australia the chance to play netball. And your Suncorp NetSetGO centre is one of the first places we can start. So now you've planned your program, it's time to start promoting it!

Here's a few tips to help get you started.

Use our marketing toolkit

We've created a few templates that will help you promote your program. You can download these from netsetgo.asn.au/resources

Request our image bank

Looking for Suncorp NetSetGO photos and graphics? Get in touch with your State Member Organisation.

Consider your audience

Think about the demographic of your local community, who you're trying to reach and the best ways to reach them.

Every community is different, but here's a few questions to help get you started:

- How old are the parents you want to reach? Do they work or stay at home? Why is Suncorp NetSetGO the right choice for their child?
- Where are the nearest local schools? Do they have a newsletter you can advertise in?
- Are you in a small, close-knit community that had an active community group, library or newsletter? Or do you have a local fair or fete that you could have a stall at or offer a little come and try session?
- Is your club or association on Facebook or Instagram? Do you have a little bit of money to place an advert here?

Plan where you're going to market your program

Now you've given a bit of thought to who you're trying to reach, here are a few places you can start promoting:

Local papers – great for general awareness

A popular place to advertise! Before you place an advert, research and find out who the typical reader is and if they fit into your target market. Talk to other clubs and organisations who have placed ads in the same paper about their response rate. You may find that while a club had a successful open day, not many saw the ad.

You can also speak to local papers about running a story about your Suncorp NetSetGO centre and participants. End the story with a call to action – how can readers find out more?

Local radio – great for general awareness

This is usually a bit more expensive than the local paper. You'll need to provide a script, voice over and production facilities (radio stations often build this into costs). Ask your local radio station for their target demographics and rates, before deciding on this method.

Local billboards – great for general awareness

Depending on where your target market is located, this could be an effective method of advertising, particularly in highly visible locations outdoors, on bridges or in shopping centres.

Social media – great for targeted advertising and engagement

Facebook and Instagram are great ways to engage potential customers. You can use these platforms as an engagement tool by publishing regular photos or videos (organic posts), boost organic posts by identifying your target audience and putting a small \$10 or \$20 spend (boosted posts) or creating paid targeted advertisements aimed at your target audiences (targeted advertising).

Website - great for targeted advertising and engagement

Your Suncorp NetSetGO centre features on netsetgo.asn.au as part of our Centre Finder. And it's a great way for individuals to connect with your centre – they simply search for their nearest program by using their postcode. Please make sure your centre registration on MyNetball is accurate and up to date.

Local newsletters – great for targeted advertising

Often a less expensive option to the local paper. Check with your local primary school to see whether they publish a newsletter.

Posters and flyers – great for general awareness

These materials can be distributed to the local community notice boards, library, recreation centres, primary schools or letter box drop in the local area.

Download our templates from netsetgo.asn.au/resources.

A few helpful tips!

- Make sure there's a link from your centre's website to netsetgo.asn.au
- Share your stories, photos and videos on social media, tagging Netball Australia on Facebook and Instagram and using #NetSetGO
- Send us your content (photos, videos, articles and events) to netsetgo@netball.com.au and we'll share these and tag your centre in them – helping you reach more people.

INCLUSIVE NETSETGO

Netball Australia is committed to making netball an inclusive sport. We aim to increase the number of people from diverse communities that participate in netball and as an Accredited NetSetGO Centre you can also play an important role.

Netball administrators are integral to developing a welcoming and supportive culture in their club or sporting organisation. At a practical level, this means understanding and identifying ways to engage and include children and adults from all communities in your NetSetGO Centre.

Make your NetSetGO Centre more inclusive and welcoming to the broader community by undertaking some of the following initiatives:

- **APPOINT A WELCOME/INCLUSION OFFICER** to support potential and new club members as they register. Responsibilities might include assisting with the completion of registration forms, making regular contact with new players and their families when they first join the club and providing support to members with needs that are unique to their culture, religion or level of ability.
- **PROMOTE MEMBERSHIP OF YOUR CLUB TO A BROAD AUDIENCE** including local schools, community centres, local councils, multicultural groups and clubs, resettlement service providers and other groups in your community.
- **CELEBRATE THE DIVERSITY OF YOUR CLUB** by acknowledging and participating in national awareness initiatives and events such as Harmony Day, which is held in March every year.
- **SHOW YOUR CLUB'S SUPPORT FOR THE 'RACISM. IT STOPS WITH ME.' ANTI-RACISM CAMPAIGN**, which Netball Australia endorses. Contact Netball Australia at infontet@netball.asn.au if you would like posters to put up at your NetSetGO Centre.
- **RECOGNISE AUSTRALIA'S RICH INDIGENOUS HERITAGE** by incorporating Welcome and Acknowledgement of Country messaging into your presentation days. You can also celebrate National Reconciliation Week at your NetSetGO Centre by including traditional Indigenous games into your training sessions from the Australian Sports Commission's Yulunga resource (ausport.gov.au/participating/resources/indigenous/full_resource).

You can learn more about the ways to make your NetSetGO Centre inclusive by visiting the One Netball website at onenetball.org.au which provides news, resources and free online training to assist netball clubs and administrators, officials, coaches, players and spectators to keep our sport safe, fair and inclusive.

Netball Australia has policies that promote a welcoming, safe and inclusive club philosophy. These include the Member Protection and Junior Netball policies. For more information regarding these either contact your State Netball Association or visit the Netball Australia website netball.com.au

OPERATIONAL CHECKLIST

Program

- Have you advertised the program in local schools, community newspapers etc.?
- Have you sent the online registration link to last year's participants?
- Have you considered the best time to run the program e.g. after school, during senior training sessions, Saturday mornings?
- Have you got a suitable venue to run the program e.g. school courts, local community centre, netball association courts?
- Have you organised a registration day?
- Do you have enough coaches?
- Do you have a contingency plan if a coach does not turn up?
- Have you conducted information session/training for the coaches/potential coaches?
- Have you appointed a weekly registration point and a person to 'mark the roll'?

Equipment

- Is the equipment kit easily accessed?
- Do you have equipment suitable to the age of the participants e.g. size 4 netballs, adjustable goal rings?
- Do you have enough equipment? (If no, you may wish to purchase a second equipment kit).
- Is the equipment in good condition and safe to use?

Risk Management

- Have you conducted a court inspection and completed the appropriate form? (Appendix 1)
- Have the weather conditions changed making participation unsafe? (Appendix 5)
- Is there a first aid kit readily accessible and well stocked? (Appendix 4)
- Is there any ice or cold packs ready for use?
- Do you have a qualified first aid person present at each session?
- Do you have a system for recording injuries that occur? (Appendix 4)
- Do you have appropriate child protection procedures in place? (Appendix 2)

Emergencies

- Is there a phone available?
- Do you have readily available phone numbers for emergency services?
- Do the emergency services know where your facility is?
- Do you have a medical consent form for each participant & coach? (Appendix 4)
- Do you have emergency contact numbers for parent/guardians?

APPENDICES

Appendix 1 – Child Safe Statement

Appendix 2 – Working with Children Check Requirements

Appendix 3 – First Aid Kits

Appendix 4 – Weather

Appendix 5 – NetSetGO Rules

Appendix 6 – Parent Information Session

Appendix 7 – State Netball Association Contacts

Appendix 8 – Gilbert Netball Inflation Instructions

APPENDIX 1: CHILD SAFE STATEMENT

The NetSetGO Centre is committed to the safety and well-being of all children and / or young people participating in our sport.

We support the rights of the child and will act to ensure a child safe environment is maintained at all times.

We also support the rights and well-being of our volunteers and encourage their active participation in building and maintaining a secure environment for all participants.

Association / Club Appointed Personnel

- Are responsible for the safety of the children in their care at all times.
- The minimum age of NetSetGO Centre personnel appointed to supervise children is 18 years. Assistants may be younger, but must be under the direct supervision of an adult.
- An NetSetGO Centre appointed adult would not be left alone with a child in a place that cannot be observed by others. No closed doors.
- An appointed adult will not take a child to their home, or encourage meetings outside the program activity. If meeting in a public place, only with the prior knowledge of a parent.
- The adult:child ratio should be appropriate for the activity in terms of the age and stage of development of the children.
- Appointed personnel (coaches, team officials) are to be screened as per the Netball Australia Member Protection Policy.
- Appointed personnel are to be suitably trained to work with children (eg. appropriate coaching accreditation, first aid training etc.).
- Personal information gathered by any adult appointed by the association/club must be kept confidential, stored securely and destroyed appropriately at the conclusion of the season.
- Any suspected breach of the Netball Australia Member Protection Policy will be reported. All information will otherwise be kept confidential.

Supervision at Training/Matches/Other Activities

- Adults supervising children must know where they are at all times.
- Two adults appointed by the committee must supervise all training/matches. A roster will be developed, requiring at least one parent to remain at training/match to supervise and assist each week to ensure that an adult is not left alone with a child (or group of children).
- Mixed groups to be supervised by at least one male and one female adult.

Collection

- Parents will be informed of start and finishing times. It is the parent's responsibility to collect their child on time.
- Those responsible for supervising children should be aware of who is collecting the child from training/matches and must ensure no unauthorised person has access to the child whilst under their supervision.
- Two adults must remain at the courts/venue until all children are collected.
- Adults appointed by the association/club may not drive a player home without another adult present in the car unless the adult has a relevant Working with Children Check.

Physical Contact or Touching

- Touching should be in response to the need of the child, not the adult.
- Let players know there is a need to use physical demonstration – to facilitate better learning.
- Explain what the touching will include and ask the child's permission – resistance from the child should be respected.
- Be explicit about where you will be touching. Touching should avoid breasts, buttocks and groin.
- Touching should be open and not secretive.
- Touching or other physical contact should be governed by the age and developmental stage of the child.
- Explain that some touching may occur to ensure the child's safety.

Unsafe Situations

The NetSetGO Centre is aware that children may feel especially vulnerable / unsafe in the following situations:

Being away from home	Billeting/staying away overnight
One on one coaching	Being left behind
Driven home alone with someone	Medical treatment
Night/dark	Supervised by a stranger
Using toilets/change rooms	Isolated during sport activity
Large groups	Drug testing
Uniform fittings	

The association/club will take steps to ensure that children are made to feel safe by either avoiding or modifying the above situations.

Travelling Away

- When arranging a trip away with children, the NetSetGO Centre will obtain written and signed permission from a parent.
- The NetSetGO Centre will provide information regarding the location, accommodation, transport, meals, departure and arrival times, any association/club appointed personnel travelling with the children and the nature of any activity to be undertaken.
- A medical indemnity form must be completed by all children participating and will be taken on any overnight stay.
- An adult appointed by the NetSetGO Centre must not share a room/bed with a child/children whilst staying away overnight. Each child will have its own bed whilst travelling away from home.

Car Rosters

- The NetSetGO Centre is not responsible for any car rosters arranged by parents.
- Any transport arranged by the NetSetGO Centre for children will ensure that two adults supervise them unless the adult has a relevant Working with Children Check.

APPENDIX 2: WORKING WITH CHILDREN CHECK REQUIREMENTS

STATE/TERRITORY BASED CHILD PROTECTION LEGISLATION

Netball Australia, Member Organisation and Affiliates are committed to the safety and wellbeing of all children and young people who participate in netball and access netball's services. Netball supports the rights of the child and will act at all times to ensure a child safe environment is maintained.

Please refer to the **Netball Australia Member Protection** policy for more information.

Each State and Territory governs their own operations for child protection services and is responsible for the administration of these services. The following information is provided as a guide only and is subject to change at any time. Please regularly check the federal and state government policies and if unsure contact your local State netball organisation.

ACT

Working with Vulnerable People

For more information go to: www.accesscanberra.act.gov.au

NEW SOUTH WALES

Working with Children Checks

For more information visit: screening.dcsi.sa.gov.au

NORTHERN TERRITORY

Working with Children Clearance Notice and an Ochre Card

For more information visit: nt.gov.au

QUEENSLAND

Blue Card

For more information visit: www.bluecard.qld.gov.au/

SOUTH AUSTRALIA

Child related employment screening

For more information visit: screening.dcsi.sa.gov.au

TASMANIA

Working with Children Registration

For more information visit: www.justice.tas.gov.au/working_with_children

VICTORIA

Working with Children check

For more information visit: www.workingwithchildren.vic.gov.au/

WESTERN AUSTRALIA

Working with Children check

For more information visit: www.workingwithchildren.wa.gov.au/

APPENDIX 3: FIRST AID KIT

To manage any injuries that may occur, it is important that associations and clubs have a well-maintained First Aid Kit. The First Aid Kit should be stored in a designated position and all appropriate personnel (court supervisors, umpires and coaches) should know where it is and have access to it.

Emergency phone numbers - Ambulance, Doctor, Physiotherapist, Health Clinic and Police and an Emergency Procedure Plan should be displayed by the phone and in the First Aid Kit.

The content of the First Aid Kit can vary depending on the length of the season, the budget of the association or club, the number of players / teams competing at the venue and level of competition.

Find below a list of basic essentials for an Association or club First Aid Kit (as recommended by Sports Medicine Australia):

STARTING QUANTITY	CONTENTS
1	Antiseptic liquid (e.g. Rapid Spray)
1	Antiseptic solution (e.g. Germ buster gel)
12	Disposable antiseptic cleansing wipes
2	Basic dressing pack
1	Gauze swabs 5cm x 5cm - 100
2	Sterile eye pads
2	Combine dressing pad 9 x 10cm
1	Band-Aids 50
1	Fabric dressing strips 6.3 x 1m
6	Non adhesive dressings 5cm x 5cm
2	Non adhesive dressings 10cm x 10cm
2	Heavy crepe bandage 7.5cm
2	Conforming elastic gauze bandage 7.5cm x 4m
1	Micropore tape 12mm
1	Sports tape (e.g. rigid tape 3.8cm x 13.7m)
1	Triangular bandage/ sling 110cm x 110cm
1	Safety pins packet
1	Resuscitation mask
4	Disposable gloves
1	Scissors (stainless steel)
1	Freezer Bag Packet

All prescription medications and products such as Ventolin, Panadol or aspirin, antifungal creams and powders, antibiotic creams and ointments, anti-inflammatory tablets and sunscreen should be supplied by the individual participant.

A supply of ice should be available, crushed in bags or gel ice packs – stored in an esky or refrigerator.

A volunteer should be allocated to maintain the First Aid Kit supplies. An inventory should be completed on a weekly basis.

Associations and clubs have a duty of care to respond appropriately in the case of an injury, illness or an emergency to mitigate the risk of loss, damage or liability; however this does not imply Association or club personnel need to be experts. All injuries should be referred to a medical expert for diagnosis and treatment.

First Aid Room

Associations and clubs should have a designated room or area for the treatment of injuries. The treatment area should:

- Have easy access to toilets.
- Be located in a position that allows access for ambulance.
- Provide privacy for person being treated.
- Have access to hot & cold water.
- Provide a bed/couch/chairs, pillow and blankets for treatment of injured participant.
- The room or area should be kept clean and accessible at all times.

Injury Reporting

It is important that each injury is recorded in an injury record booklet. Information should include:

- the name of the injured person
- the date and time of injury
- the date and time of treatment
- name of the person giving treatment
- brief summary of treatment
- brief note on cause of injury

For further information, please visit the Sports Medicine Australia website: sma.org.au

APPENDIX 4: WEATHER

HOT WEATHER

Hot weather can harm the performance and the health of all athletes. Exercising in hot weather conditions can place participants at risk of heat illness, and in extreme circumstances, even death.

Association administrators and competition supervisors have a duty of care to cancel or postpone competition or training if there is a foreseeable risk to participants.

The following information provides clear cancellation guidelines for competition organisers.

How do we know when it is safe for children to play in hot conditions?

Children's bodies are different to adults and they are at greater risk of heat illness. At an ambient temperature greater than 34°C there is an extreme risk of thermal injury to all children and also adolescent participants.

Sports Medicine Australia believes that events and activities involving children and adolescents that are conducted or scheduled for times likely to present conditions where the ambient air temperature is greater than or equal to 34°C should be postponed or cancelled.

What steps can be taken to prevent players getting heat injury?

There are circumstances when players are required to participate in hot conditions. The risk of experiencing heat illness, particularly in such conditions, can be reduced by employing any of a number of strategies. These include:

Timing of Games

Where possible, especially during the summer months, games should not be scheduled during the hottest part of the day (usually between 11am and 3pm, or noon and 4pm daylight saving time). Early morning or night games minimise the risk of encountering unacceptable playing conditions.

Hydration

- To diminish the risk of heat illness fluids should be consumed before, during and after activity. Thirst should not be relied upon as an indicator of a participant's fluid needs.
- Fluid taken should be cooler than the ambient (air) temperature. Research indicates that sports drinks such can be beneficial for replacing fluids, energy and electrolytes lost during exercise. Water is also considered an adequate option to replace fluids, but only for activities lasting up to one hour.

Player Rest and Rotation

- In conditions of high risk participants should be provided opportunities to rest through the use of player interchange or substitution.
- Shortening the length of the match or extending the time allowed for $\frac{1}{4}$, $\frac{1}{2}$ & $\frac{3}{4}$ breaks may be appropriate. The positive effects of rest breaks should also be maximised by employing the following strategies:
 - Allowing players to rest in naturally shaded areas, or providing portable structures that create shade where and when required.
 - Providing fans, ice packs (for application to groin and armpits) or ice vests.
 - Providing additional fluids to allow participants to spray or douse themselves

Clothing

Light coloured, loose fitting clothes, of natural fibres or composite fabrics, with high wicking (absorption) properties, that provide for adequate ventilation are recommended as the most appropriate clothing in the heat.

WET WEATHER

Netball is played all year round and has traditionally been a winter sport. This means that on more than one occasion during the year an association, club or centre will be faced with making a decision to cancel or continue to play matches/programs during wet weather.

It is obviously preferable that games/programs are not cancelled. However, if the courts become dangerous it is in the best interest of all to cancel games. Safety of members is paramount.

The committee of management is responsible for making decisions in relation to wet weather. This may be to postpone the game, move to another court/venue or cancel the match/program. The decision should be based on participant safety, determining whether the wet weather increases the risk of injury beyond an acceptable level. If in a match situation, it is advisable to consult the officiating umpires when making this decision.

The playing environment should be reviewed in light of changes in the weather conditions. As each court may vary in surface condition, position, drainage etc. courts should be audited individually and decisions made accordingly.

The age and skill level of players should also be considered. Children are susceptible to illness in cold climates, in particular thin/lean children because they have greater body surface to mass ratio from which to lose heat. Children also have a less developed perception of when they are cold and therefore may continue to exercise when they should actually stop. Coaches should pay particular attention to these factors when children are subjected to wet conditions, as water will enhance the loss of body heat.

COLD WEATHER

Physical performance decreases if the body core temperature drops as little as 1°C, and shivering may occur. Shivering interferes with coordination and performance of fine movements and also depletes muscle stores of glycogen (a storage form of energy) leading to early fatigue and hypoglycaemia (low blood sugar).

Most cold-related injuries can be prevented with planning, adequate preparation and proper equipment.

- Cold muscles, tendons and ligaments are vulnerable to injury. Warm up and stretch thoroughly before playing your chosen winter sport.
- Remember to take cold temperatures into account and spend more time warming up than usual.
- Make sure you cool down thoroughly afterwards. Include plenty of slow, sustained stretching.
- Wear suitable clothing (this will often include a hat and gloves)
- Replace fluid loss – warm, sweet fluids (e.g. 2 ½% glucose solution)

For further information, please visit the Sports Medicine Australia website: sma.org.au

APPENDIX 5: UNDERSTAND THE MODIFIED RULES FOR SUNCORP NETSETGO

RULE	SET	GO
Match Duration	4 x 8 minute quarters	4 x 10 minute quarters
Goal Post	2.4m	2.4m – 3.05m
Ball	Size 4	Size 4
Time to pass the ball	Up to 5 seconds	Up to 4 seconds
Stepping	1-2 steps (to regain balance) allowed	Shuffling on the spot (to regain balance) allowed, without moving down the court
Defending	Strict one-on-one defence Players may not defend a shot at goal	Strict one-on-one defence Players may defend a shot at goal
Centre pass	Taken by the non-scoring team	Alternate centre pass
Substitutions	Game time evenly distributed amongst all players Unlimited substitutions at any time Players should try all positions during the program/season	Game time evenly distributed amongst all players Unlimited substitutions at any time Players should try all positions during the program/season
Coaching	Coach may enter the field of play and give players immediate feedback If the game is one-sided, coaches must make sure all players have a good experience by: <ul style="list-style-type: none"> rotating players into different positions resting skilled players 	Coach may move along the sideline (but may not interfere with the umpire) to give players immediate feedback If the game is one-sided, coaches must make sure all players have a good experience by: <ul style="list-style-type: none"> giving centre pass to the non-scoring team rotating players into different positions resting skilled players
Awards & Scoring	No scores No finals No best and fairest awards	Scores may be kept No ladder No finals No best and fairest awards

APPENDIX 6: PARENT INFORMATION SESSION

An important part of the NetSetGO Program is an information session for parents to be conducted at the start of each season.

Suggested Components for an NetSetGO Parent Information Session

1. NetSetGO Overview

NetSetGO is Netball Australia's junior netball program. It has been developed to provide children from 5 to 10 years of age with the best possible learning and playing experience to develop a positive introduction to netball, ensuring enjoyment and continued participation within the sport.

NetSetGO incorporates skill activities, minor games and modified matches in a fun and safe environment. The weekly program will be coordinated by accredited coaches to ensure a quality experience for all.

2. Why modified sport?

Modified sports are a great way to introduce children to sport in a safe and fun way.

Many sports have recognised that the needs and abilities of children are different from that of adults and have developed modified sports. These modified games use equipment that better suit the size and ability of the children, smaller playing areas, goals that are smaller or lower, rule changes and smaller teams and/or more interchanges.

Research (McMahon et al in 1993) indicates that children playing a modified game of Australian Rules Football had the lowest rate of injury, compared with children playing other versions of the game.

Modified sport decreases the risk of injury for children by teaching them the correct rules and skills of the sport in a safe and fun environment. This then ensures children continue in sport in the long term through encouragement and an emphasis on fun and enjoyment.

For example, requiring an NetSetGO aged participant to use a 10 foot goal and size 5 ball and allowing only 3 seconds for them to pass or shoot the ball is the equivalent of asking adults to use a 12 foot goal and a 2kg medicine ball and allowing only 2 seconds to pass or shoot the ball.

It should be noted that research continues to suggest that early specialisation or competition does not increase a child's chances of reaching elite adult status in that sport. The comparatively recent introduction of formal organised competitions for under-eight and even under-six age groups has been accompanied by an increase in the number of children dropping out of sport, especially as they reach the junior secondary age group. Research has also showed that children at these young ages do not understand the concept of the team and need to be introduced to it slowly.

3. Season and Session Information

- Provide information regarding the season length, including any breaks for holidays etc.
- Outline session times for training and/or competition (including drop off and pick up protocols).
- Provide the contact details for the relevant
- If playing NetSetGO competition explain that participants will be playing in all positions during the course of the program and will not be specialised.
- Explain that all participants will receive equal court time during the season. It is advisable to keep a record in a note book.

4. Volunteers Needed

- Outline the volunteer roles required to conduct the NetSetGO Program, providing a brief overview of the duties involved and time commitment required.
- Explain how the Association/Club/Other will provide support and training for volunteers (i.e. coach/umpire education, discounted fees).
- Ask people to help – the personal touch is the best way to get people involved.

5. Parents Roles & Responsibilities - NetSetGO Competition

Before the game:

- You don't need to tell your child that winning doesn't matter because they know it has some meaning. Instead, help them to develop a healthy competitive attitude for trying hard and having fun.
- Tell your child to "go for it, give it your best shot and have fun".

During the game:

- Don't yell instructions at your child during the game. The coach has given them instructions and their teammates are also calling out to them; too much input is confusing.
- Cheer and acknowledge good play by both teams.
- Never criticise a mistake, only make motivational comments.
- Respect the decisions made by the officials. Your child will learn to respect authority by seeing you do the same.
- Accept the decision of where your child may play during that game. All participants will play in all positions during the season.

After the game:

- Thank the officials and the coach.
- Congratulate your child and their teammates on their efforts.
- Compliment individual players on good plays they made during the game.
- Focus on the way your child played rather than winning or losing.
- If your child is upset with losing, help them not to focus on the outcome.

During the car ride home:

- Point out a good play your child made during the game.
- Avoid criticising or correcting mistakes.
- Ask questions like:
 - Did you have fun?
 - Did you give it your best effort?
 - What did you learn from the game?

Dealing with coaches:

- Parents should avoid asking a coach to clarify a decision during the course of a game. Support the coach in public, in front of other parents and fans.
- If a parent wishes to seek clarification or have a discussion with a coach after the game, then the following guidelines should be applied:
 - Allow high emotions to subside before engaging in any discussion.
 - Listen.
 - Avoid interrupting.
 - Clarify the issue.
 - Obtain closure.
 - Leave the door open for future discussion.
- Parents should leave the coaching to the coaches. Players should be able to hear the coach's instructions, from coaches only, during play, half time and practice sessions.
- Parents should find opportunities to recognise the effort their child's coach puts into developing their children and the sport.
- Avoid speaking negatively about the coach, especially in front of your child.

6. Parents Code of Conduct:

NetSetGO requires parents to abide by Netball Australia's Codes of Behaviour.

- If your child is interested, encourage them to participate in the appropriate netball activity. However, if your child is not willing to participate, do not force him or her. Remember, children are involved in organised activity for their enjoyment, not yours.
- Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach your child that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- Encourage your child to always play according to the rules.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best from example. Applaud good play by all players.
- If you disagree with an umpire or coach raise the issue through the appropriate channels rather than question their judgement and honesty in public.
- Support all efforts to remove verbal and physical abuse.
- Recognise and respect the value and importance of volunteer administrators, coaches and umpires. They give up their time and resources to provide recreational activities for players and deserve your support.
- Be a model of good sports behaviour for children to copy.
- Be courteous in communication with administrators, coaches, players and umpires. Teach children to do likewise.
- Support the use of age appropriate development activities and modified rules.

For more information about NetSetGO, please visit mynetball.com.au and complete the Getting to Know NetSetGO online module.

APPENDIX 7: STATE NETBALL ASSOCIATION CONTACTS

Netball ACT

Contact: Jessica King

Phone: (02) 6241 4088

Email: development@netballact.com.au

Web: act.netball.com.au/participation/anz-netsetgo

Netball NSW

Contact: Melanie Chapman

Phone: (02) 9951 5000

Email: netsetgo@netballnsw.com

Web: www.netballnsw.com/

Netball NT

Contact: Haylee Gillies

Phone: (08) 8945 1733

Email: community@netballnt.org.au

Web: nt.netball.com.au/

Netball Queensland

Contact: Erin Hodgkin

Phone: (07) 3848 6330

Email: netsetgo@netballq.org.au

Web: www.netballq.org.au/

Netball SA

Contact: Kara Richards

Phone: (08) 8238 0525

Email: kara.richards@netballsa.asn.au

Web: www.netballsa.asn.au/

Netball Tasmania

Contact: Joanne Marsh

Phone: (03) 6282 1825

Email: joanne.marsh@tasnetball.org.au

Web: tas.netball.com.au/play-netball/netsetgo/

Netball Victoria

Contact: Tanya Gamble

Phone: (03) 9321 2222

Email: netsetgo@netballvic.com.au

Web: netballvic.com.au

Netball WA

Contact: Carolyn Clancy

Phone: (08) 9380 3700

Email: netsetgo@netballwa.com.au

Web: www.netballwa.com.au/

APPENDIX 8: NETBALL INFLATION GUIDE

- Pull the ball into shape to avoid piercing the bladder when inserting the needle
- Moisten the needle with glycerine, vegetable oil or soapy water and insert gently into the valve using a twisting motion
- Inflate ball using a hand pump or compressor to the recommended PSI noted on the ball
- Children under the age of 12 should be supervised at all times when using a high pressure air compressor (in addition, always follow manufacturer's instructions for use of electric compressors)
- Before each use the PSI should be checked to ensure optimum performance



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