



## KIA ORA! TALOFA LAVA!

## MALO E LELEI! KIA ORANA! HELLO!

Five months into the year already and our lives have been impacted by Covid-19.

As we adjust through increased hygiene practices, isolation rules and checking in on our loved ones, we hope that you are continuing to keep safe and healthy.

It is important that we continue to adhere to the rules of alert level 3 so that the country is able to continue to make progress on the efforts we have already made.

## porirucity

We have started to see further progress on the Mungavin Redevelopment Project and the changes to the surrounding area.

Prior to lockdown, the new footpaths and stairs by court 6 were completed.

The team from Sierra Civil Construction returned to Mungavin Park this week. They are currently completing the seating structure by court 1 and creating the new pathway from court 2 (to the pavilion).

## 2020 ANNUAL GENERAL MEETING

Kapi Mana Netball held their Annual General Meeting on Wednesday 18 March 2020. We are pleased to advise that at this meeting Aroha Marsh (Rockz) was appointed the new President of Kapi Mana Netball. Aroha comes with plenty of netball experience as current President of the Rockz Netball Club, Netball Convenor for Porirua College and Head Selector for Netball Central Zone. In addition, she is also the Chair of the Board of Trustees at Porirua College and Porirua East School.

Also appointed were Gavin Picknell (Waves Netball Club) and Frances Solia (Independent).

Gavin is currently the Secretary for Waves Netball Club and was Assistant Coach for the Kapi Mana Under 17 team in 2019. His passion will be to ensure our community game continues to grow.

Frances Solia has played netball at all levels, including the Central Pulse and Waikato-Bay of Plenty Magic in the ANZ Championship.

She also runs her own Netball Academy programme, coaches the Samoa national netball team and is currently the Sports Co-ordinator at Queen Margaret College in Wellington.

There was significant discussion around the 2018 and 2019 Financial Statements and the funding received from charity funding agencies. Further information will be provided via Club and School contacts once audited accounts have been received.

During this meeting we were pleased to award Noeline Fisher with Life Membership of Kapi Mana Netball. In current times, she is the voice of our Saturday mornings. Appointed as a Board member in 1982, Noeline was also an active umpire during that time. She has been involved Norths Netball Club (and the former Titahi Bay Netball Club) assisting them in a range of roles, from umpire, manager, gear steward and currently, Patron.

This award is well deserved! Congratulations Noeline!



*Pictured is Life Member Val Aldridge presenting Noeline Fisher with her Life Membership badge; and with Ngahiwi Meroiti, Norths Netball Club.*

## WHAT IS HAPPENING WITH THE 2020 SEASON?

A Season Recovery Plan has been developed with the Board and looks at the status of our regular season in line with the Government's announcements on the Alert levels as well as advice from Netball New Zealand.

The Centre has been involved in meetings led by Netball New Zealand, involving other netball centres similar in size to Kapi Mana. The information that has been shared in this forum has been helpful in assisting the Centre to further our planning for 2020. In addition to this, Centre Managers around the Wellington region are meeting on a fortnightly basis as we consider the implications of COVID-19 on our sport.

Two key documents have been developed by Sport New Zealand (SNZ) and Netball New Zealand (NNZ) respectively, which will give you an understanding of what you can do within each alert level. These are included in this newsletter and will be posted on our website.



# KAPI MANA NETBALL CENTRE

To summarise some of the points raised in these guidelines, you can:

- Under level 3, you can continue to exercise within your bubble. You are encouraged to stay home when not at work, travelling to shop for essential items or exercising;
- Return to non-contact team training under alert level 2, adhering to social distancing rules. There will be a requirement for contact tracing and hygiene protocols to be put in place by the Clubs, Schools and the Centre.
- Community netball will return to play under alert level 1, however there will be a requirement for some public health measures to be put in place and these will be confirmed by the Ministry of Health in due course.

We are continuing to receive information from SNZ and NNZ and we will continue to share this with you.

If you have any further questions or require more clarity about the guidelines particularly as they relate to netball, it is important that you get in touch.

With regard to the 2020 season, the Board have indicated that:

- Once the Government has confirmed the date for moving to alert level 1, the Board will confirm what scenario within the Plan will be implemented;
- From the start of alert level 1, the Centre will allow a 3-4 week window to allow clubs and schools to continue to prepare for any competition that the Centre puts in place;
- Clubs and players (if still interested in playing netball this year) must continue to register for the 2020 season to allow the Centre to continue to put a competition format in place. Without your registrations, we are unable to determine what our competition will look like.

Online meetings will be set up with relevant grades which will enable club contacts or representatives to ask any questions about the scenarios that have been developed and provide feedback on those. We will be in contact on Monday 4 May with more details.

## COACHING UPDATE

As you will see that non-contact team training will require some creative thinking in terms of the drills that you can undertake. For more ideas, Netball Central Zone have set up a facebook page specifically for coaches.

This page is an open forum and enables coaches to network and share ideas, not only as we move into a new style of training delivery (with social distancing) but also to continue your own personal development.

Click on the link below to join this group.  
<https://www.facebook.com/groups/2455912328072116>

## REPRESENTATIVE PROGRAMME

The Board at its meeting in early April confirmed that the 2020 representative programme will be cancelled due to Covid-19. Discussions with other Centres, Netball New Zealand's announcements regarding the Under 18 and Open tournaments, and information received regarding Class 4 funding (from charity funding agencies like New Zealand Community Trust and Pelorus Trust) were all considered in the Board's decision.

## UMPIRES CORNER

One of the key themes that came back from the feedback received at the end of the 2019 season, was umpiring. This ranged from game management, teams not turning up for duty and lack of development opportunities.

We are pleased to announce that Ngahiwi Meroiti has accepted the role of Umpire Convenor for Kapi Mana Netball. Over coming weeks, we will be working collectively with Netball Central's Umpire Development Manager, Ann Hay to better support this area.

## HELPFUL RESOURCES

Below are some helpful resources as you begin to prepare for netball beyond Covid-19.

[www.netballsmart.co.nz](http://www.netballsmart.co.nz)

<https://netfitnetball.com.au/netfit-clinic-nz/>

and remember to tune into Irene van Dyk's Future Ferns activity sessions on Netball Central Zone's facebook page – these are great skills that you can continue to work on with your young ones at home!

<https://www.facebook.com/Netball-Central-Zone-135043246706787/>



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# KAPI MANA NETBALL CENTRE

## Sport and recreation activities at Alert Levels 1 – 4



	Alert Level 1	Alert Level 2	Alert Level 3	Alert Level 4
<b>Non-contact activity</b>	No restrictions (other than general public health measures at this alert level).	Non-contact activity can take place in outdoor and indoor facilities with public health measures. These include sanitation/hygiene guidance, advisory to minimise non-essential travel and conditions on gatherings. A condition on gatherings is that indoor facilities cannot exceed 100 people, outdoor facilities cannot exceed 500 people. People feeling unwell must stay home.	<b>Outside bubble</b> Non-contact organised sports not allowed outside bubble. Virtual games and activities are allowed. No sharing of equipment outside bubble. <b>Within bubble</b> Activities allowed if permitted by travel rules at this alert level. Simple exercise, non-contact physical activity can take place, including in outdoor places. Low-risk activities only: care must be taken not to be injured and require medical care. Remain within your current abilities. Examples are easy walks, picnics, backyard soccer, biking, including riding on easy, local mountain bike tracks. Public parks may open, but need to maintain physical distancing with people outside extended bubble.	<b>Outside bubble</b> Non-contact organised sports not allowed outside bubble. Virtual games and activities are allowed. <b>Within bubble</b> Simple exercise, non-contact physical activity can take place, including in outdoor place that can be readily accessed from home. Low-risk activities only: care must be taken not to be injured and require medical care.
<b>Contact activity</b>	No restrictions (other than general public health measures at this alert level).	Further advice is being developed on whether and what, contact sport will be possible under Alert Level 2 Conditions on gatherings would have to be met, eg indoor facilities cannot have more than 100 people, and outdoor facilities cannot have more than 500 people. People feeling unwell must stay home.	<b>Outside bubble</b> No contact sports outside bubble allowed. <b>Within bubble</b> Can train at home or outside with bubble members if personal contact is limited to bubble, activity is low risk, any associated travel is within allowed amount. Low-risk activities only: care must be taken not to be injured and require medical care.	<b>Outside bubble</b> No contact sports outside your bubble allowed. Can train alone at home, or places readily accessible from home without the need to drive. If exercising outdoors, maintain physical distancing. Low-risk activities only: care must be taken not to be injured and require medical care. <b>Within bubble</b> Contact sports can take place, including in outdoor place that can be readily accessed from home. Low-risk activities only: care must be taken not to be injured and require medical care.
<b>Water sports (e.g. swimming, kayaking, surfing, boating)</b>	No restrictions (other than general public health measures at this alert level).	Water-based activities able to be conducted. Physical distancing recommended. Contact tracing in place. Mass gathering restrictions apply.	Keep it alone or in your bubble, (no congregating) keep it low risk (no activities you have not tried before or are inexperienced in), and also keep it non-motorised. Allowed: swimming, surfing, kayaking, canoeing, rowing, windsurfing and paddle boarding, but stay close to shore. Not allowed: Boating, sailing and jet skis. All public aquatic facilities are closed.	No water sports because these activities expose participants to danger or may require search and rescue services. All public aquatic facilities are closed.
<b>Active recreation (e.g. hunting, tramping, fishing)</b>	No restrictions (other than general public health measures at this alert level).	Hunting and camping allowed in line with overall public health and travel advice. Also check with Department of Conservation for activities on public conservation land. Mountain Biking allowed. Gyms open. All non-commercial fishing allowed.	Advice on hunting is still being developed. Also check with Department of Conservation for activities on public conservation land. Biking, including riding on easy, local mountain bike tracks is allowed. Gyms closed. Recreational and other non-commercial fishing or line-fishing allowed from shore only.	Keep exercise simple. Gyms closed. Mountain biking, hunting and tramping not allowed because of higher risk of needing emergency services. Bike-riding allowed on road and low-risk paths.
<b>Play</b>	No restrictions (other than general public health measures at this alert level).	Public play facilities open.	Play must be contained within your extended bubble. Outdoor parks and fields are okay, but playgrounds are closed.	Play must be contained within your bubble. Outdoor parks and fields are okay, but playgrounds are closed.



# KAPI MANA NETBALL CENTRE



**NETBALL**  
NEW ZEALAND  
POITARAWHITI AOTEAROA

## Alert Level 3

Tuesday 28 April – Monday 11 May TBC

### All Netball Activity postponed

#### Sport New Zealand Guidelines

**Please note – due to the physical nature of Netball and the inability to maintain 1 metre distancing requirements Netball is considered to be a contact sport.**

#### Contact sport

Outside bubble **No contact sports** outside bubble allowed.

Within bubble Can train at home or outside with bubble members if personal contact is limited to bubble, activity is low risk, any associated travel is within allowed amount. Low-risk activities only: care must be taken not to be injured and require medical care.

#### Netball New Zealand guidelines

- No organised Netball activity.
- All events and competitions postponed, on hold or cancelled.
- National Domestic Championships – Netball NZ Under18's and Netball NZ Open Champs – postponed till 2021.
- All trainings, programmes, activities on hold – (except on an individual basis or within designated bubble or online)
- Participants are encouraged to stay fit and healthy within their bubble. The NetballSmart website provides simple programmes to support this at [www.netballsmart.co.nz](http://www.netballsmart.co.nz) alongside the NetFit NZ platform at <https://netfitnetball.com.au/netfit-clinic-nz/>
- The Netball community are encouraged to engage in online Netball development opportunities which are outlined in the weekly Community Netball Newsletter.
- The Netball Community are invited to consider how they may return to or get involved in Netball volunteering via the NNZ Channels and Community Netball Newsletter.
- All workshops and meetings to be conducted online.
- NNZ, Zone and Centre offices and facilities closed.
- All staff and volunteers work from home.



**NETBALL**  
NEW ZEALAND  
POITARAWHITI AOTEAROA

## Alert Level 2

### Prepare to Play

As at 20/04/20 – subject to change

#### Sport New Zealand Guidelines

**Please note – due to the physical nature of Netball and the inability to maintain 1 metre distancing requirements Netball is considered to be a contact sport.**

#### Contact sport

Further advice is being developed on whether and what, **contact sport** will be possible under Alert Level 2 Conditions on gatherings would have to be met, e.g. indoor facilities cannot have more than 100 people, and outdoor facilities cannot have more than 500 people. People feeling unwell must stay home

#### Netball New Zealand guidelines (Based on Netball classified as a contact sport)

**1 metre physical distancing requirements are adhered to for all netball activities.**

#### Hygiene, equipment and tracing protocols implemented (tbc MOH)

- Non-contact team trainings are allowed with a focus on preparation for return to play.
- Face to face workshops and meetings are allowed.
- All development activities must adhere to the Ministry of Health guidelines.
- NNZ, Zone and Centre offices can open with appropriate measures in place (refer to workplace measures [here](#))
- Prepare to Play resources can be found at the NetballSmart website [www.netballsmart.co.nz](http://www.netballsmart.co.nz) alongside the NetFit NZ platform at <https://netfitnetball.com.au/netfit-clinic-nz/>
- The Netball community are encouraged to engage in online Netball development opportunities which are outlined in the weekly Community Netball Newsletter.
- National Domestic Championships – Netball NZ Under18's and Netball NZ Open Champs – postponed till 2021.



# KAPI MANA NETBALL CENTRE



**NETBALL**  
NEW ZEALAND  
POITARAWHITI AOTEAROA

## Alert Level 1

### Return to Play

As at 20/04/20 – subject to change

#### Sport New Zealand Guidelines

No restrictions (other than general public health measures at this alert level)

#### Netball New Zealand guidelines

- Netball activity may resume.
- Netball competitions resume at Centre level.
- Centres encouraged to concentrate on local delivery - Competitions other than at local Centre level are not permitted.
- All trainings, programmes, activities resume.
- Face to face workshops and meetings are allowed.
- NNZ, Zone and Centre offices can open with appropriate measures in place (refer to workplace measures [here](#))
- Appropriate hygiene, equipment and tracing protocols implemented (tbc MOH)
- General public health measures implemented (tbc MOH)
- Injury prevention strategies can be found at the NetballSmart website [www.netballsmart.co.nz](http://www.netballsmart.co.nz)
- National Domestic Championships – Netball NZ Under18's and Netball NZ Open Champs – postponed till 2021.