

NETBALL COMMUNITY GUIDELINES

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These guidelines have been developed in line with the '*National Sport Principles and Framework for Resumption of Sport*' and the '*AIS Framework for Rebooting Sport in a COVID-19 Environment*' released by the Australian Government and the Australian Institute of Sport on 1 May 2020. https://ais.gov.au/_data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf

These *Framework's* provide a timely tool of minimum baseline of standards, for 'how' reintroduction of netball activity will occur in a cautious and methodical manner, based on the best available evidence to optimise participant and community safety. Decisions regarding the timing of resumption (the 'when') of netball activity **must** be made in close consultation with Federal, State/Territory and Local Public Health Authorities. The priority at all times must be to preserve public health and to minimise the risk of community transmission.

All community netball participants (players), parents/guardians of participants, coaches, spectators, officials, volunteers and netball organisations must play a role to help slow the spread of COVID-19. The safe reintroduction of community netball requires thorough planning and safe implementation.



FRAMEWORK FOR COMMUNITY RESUMPTION OF NETBALL IN A COVID-19 ENVIRONMENT

a. PREPARATION FOR NETBALL RESUMPTION

- a.** Education
- b.** Assessment/Preparation of the netball environment
- c.** Agreed protocol for a possible case of COVID-19

b. PROPOSED CRITERIA FOR RESUMPTION OF NETBALL ACTIVITIES

- a.** Level A Netball:
 - Running/aerobic/agility training (solo), resistance training (solo), skills training (solo), including shooting (outdoor or own ring only) or ball skills e.g. against a wall to self.
- b.** Level B Netball:
 - Skills using netball passing, shooting, defending. Small group training (not more than 10 players plus one coach/deliverer in total, per court and one parent/guardian per junior player) based on skills with set drill, but no close contact including defending/attacking/match play drills.
- c.** Level C Netball:
 - Full training and competition.

c. ASSESSMENT OF PARTICIPANTS/OTHER PERSONNEL PRIOR TO RESUMPTION OF FORMAL TRAINING ACTIVITY

- a.** Key elements to ensure a safe resumption for participants
- b.** Vulnerable groups

d. ONGOING MANAGEMENT

- a.** Monitoring of all community netball participants
- b.** Managing a suspected COVID-19 case
- c.** Managing/returning a confirmed COVID-19 case



TABLE 1: RECOMMENDED LEVEL A, B, C ACTIVITIES FOR COMMUNITY NETBALL (HIGH LEVEL SUMMARY)

Level A (moderate to high prevalence and transmission of outbreaks)	Level B (low but controlled prevalence and limited outbreaks)	Level C (almost eliminated, dormant, eliminated, or vaccine available)
<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between participants and/or other personnel.</p> <p>Strength and sport-specific training permitted if no equipment required or have access to own equipment (e.g. weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 participants and one coach/deliverer personnel in total, per court) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted.</p> <p>Non-contact skills training however accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training/competition.</p>
<p>No sharing of exercise equipment or communal facilities.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>‘Get in, train and get out’ — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 participants and one coach/deliverer in total).</p> <p>Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p> <p>Separate spectators from participants. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each use.</p> <p>Limit unnecessary social gatherings.</p>



1. PREPARATION FOR NETBALL RESUMPTION

Prior to the resumption of netball, it is important for sports clubs/groups to safely prepare the netball environment. A thorough risk assessment must be carried out and preparation needs to be specific to the netball environment. A resumption of netball activity should not occur until appropriate measures are implemented to ensure safety of all community netball members.

The following must be demonstrated to support resumption of community netball:

a. EDUCATION

Education of community netball members about COVID-19 risk mitigation strategies is essential and will help to promote and set expectations for the required behaviours prior to recommencing netball activities.

Education measures to be provided to all community netball members include:

- Supply/provision of education materials to promote required behaviours and netball specific behaviours (e.g. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/sneezing). Suggested Australian Government and WHO resources:
 - Good hygiene for coronavirus (COVID-19)
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19>
 - Hand washing guidance
https://www.who.int/gpsc/clean_hands_protection/en/
 - Keep that cough under cover
<https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-that-cough-under-cover>
 - Self-isolation (self-quarantine) for coronavirus (COVID-19)
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/self-isolation-self-quarantine-for-coronavirus-covid-19>
 - Advice for people at risk of coronavirus (COVID-19)
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19>
- Display appropriate education material within sporting environments and facilities. Suggested Australian Government and WHO resources:
 - Good hygiene practices poster for businesses
<https://www.health.gov.au/resources/publications/coronavirus-covid-19-good-hygiene-practices-poster-for-businesses>



- Good hygiene is in your hands
<https://www.health.gov.au/resources/publications/coronavirus-covid-19-print-ads-good-hygiene-is-in-your-hands>
- Hand washing guidance
https://www.who.int/gpsc/clean_hands_protection/en/
- Keep that cough under cover
<https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-that-cough-under-cover>
- Recommend community netball members download the Australian Government COVID-19 contact tracing app (COVIDSafe).

b. ASSESSMENT/PREPARATION OF THE NETBALL ENVIRONMENT

The specific considerations for a safe resumption of community netball will be dependent upon the local environment. Consideration to the following areas must address:

- i. Anticipated number of community netball members:
 - What training can still be adequately be done from home?
 - How can training be staggered to minimise numbers and reduce contact?
 - How can the numbers at the venue be managed to maintain some social distancing?
 - Modifying training times so that there are less people present at one time.
- ii. Cleaning:
 - Ensure all balls and equipment are sanitised after each group's use.
 - Change rooms, surfaces and objects in other relevant spaces to be cleaned between training sessions/matches with disinfectant
 - Identify shared facilities including bathrooms/change rooms and kitchens and ensure there is a protocol and frequency of cleaning.
 - Suggested Government resources for environmental cleaning and disinfection principles:
 - In a healthcare setting
 - Routine household cleaning
- iii. Handwashing facilities:
 - Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant.
 - Promote regular and thorough hand washing by volunteers and participants.
 - Provide sanitising hand rub dispensers in prominent places around the venue.
 - Ensure sanitising hand rub dispensers are regularly refilled.
 - Ensure soap dispensers in toilets are regularly refilled.



- Ensure bins are provided around the venue and put used tissues in the bin straight away.
- iv.** 'Get in, train and get out' philosophy:
- Ensure the implementation of a limit to the time spent by participants in netball environments/venues and a reduction of the person-to-person contact on site.
 - When small groups train, sessions should be staggered with no overlapping between groups.
 - Where possible, outdoor activities are safer as exercise in the fresh air make it easier to keep to distance rules and reduce the risk of infection through the permanent exchange of air.
 - Ensure participants:
 - Arrive dressed and ready to train.
 - Minimise use of change rooms, bathrooms and communal areas.
 - Where possible, to shower at home instead of at training venues.
 - Eat off site.
 - Participants must bring their own water bottles (clearly labelled) and hand towels and these items must not be shared with anyone else.
 - Each team is required to provide their own first kit with sufficient supply of gloves and sanitizer. Gloves must be worn when administering. A CPR face shield/mask must be available in the event that CPR is required.
 - Between training efforts, maintain at least 1.5m apart (e.g. when getting a drink, between sets or efforts).
 - There should be no unnecessary body contact (e.g. hand shaking, high fives).
 - Complete any tasks that they may have normally done to home (e.g. recovery sessions, online meetings).
 - Only essential people are to attend (i.e. players, coaches, match officials, staff and volunteers involved in operations and one parents/carer of participants).
 - Teams must have two sets of bibs within their training kit and these must be washed after each use.
 - Whistles must not be shared.



- v. Organisation of community netball activities:
 - Community netball organisations to minimise unnecessary huddles of spectators. Spectators should be encouraged or directed to spread out and maintain social distance.
 - Where possible any communal areas should be well ventilated.
 - Consideration should be given as to whether it is appropriate to serve food and drink at community netball, as this will likely encourage spectators to come into close proximity with each other.
 - Identify what spaces can be used for the purpose of isolation if a participant or personnel becomes unwell.
 - There may be a limitation to the number of courts that can be in operation at any one time at any one venue subject to Government regulations.
 - There may be a restriction of spectator numbers and position.
 - Limit the number of teams training at the one venue by exploring alternative training nights and venues.

- vi. Assessment of participants/other personnel prior to resumption of formal training activity
 - a. Key elements to ensure a safe resumption for participants:
 - Community netball participants should not return to netball if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19.
 - In an environment of community transmission of COVID-19, any person with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should be considered a possible case of COVID-19.
 - All community netball participants must be made aware not to attend netball environments if they are unwell and should use a cautious approach.
 - Anyone who is unwell should be referred to a doctor in accordance with local Public Health Authority guidelines.
 - Any person with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.
 - It should be considered that anyone returning to netball after a period of social isolation and not exercising regularly may be at an increased risk of injury.
 - Clubs and participants should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

 - b. Vulnerable groups:
 - Participants/other personnel with concurrent medical conditions including; respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication may be at increased risk.



- Other groups that require special consideration include; individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.
- Potential considerations for vulnerable groups include –
 - Delaying a return to netball.
 - Maintaining social distancing measures.

vii. Ongoing management

a. Managing a suspected COVID-19 case

- Develop guidelines to support and liaise with Public Health Authority/Government processes upon confirmation of a positive COVID-19 case.
- Be prepared to assist Department of Health in tracing contacts and potentially shutting/reducing access if there has been a positive case in the area.
- The participant to ensure they no longer pose any infection risk to their netball community declaring 14 days of symptom free.
- Any concerns to be managed by local Doctor.

b. Managing/returning a confirmed COVID-19 case

- There are two separate areas to consider for participants and other personnel who have been infected with COVID-19, prior to returning to netball:
- Ensure the participant no longer poses any infection risk to their community.
- Ensure the participant has sufficiently recovered to safely participate in netball.
- In both instances, clearance from their Doctor/local Public Health Authority will be required.

FUTURE DEVELOPMENT OF GUIDELINES FOR ‘LEVEL C’

Netball Australia and its Member Organisations are currently working through the development of guidelines for Level C. Further information will be updated in this document and distributed once available.

