

**BOROONDARA NETBALL ASSOCIATION: RECOMMENDED COVID MANAGEMENT GUIDELINES***as at 28/4/2022*

<b>COVID POSITIVE:</b> <i>mild illness</i>	<ul style="list-style-type: none"><li>• Isolate for 7 days from when tested positive (not from first symptoms)</li><li>• Can leave isolation Day 8 ie) a FULL 7 days</li><li>• Re-testing is not necessary prior to leaving isolation</li> <li>• If ongoing symptoms, remain at home until fully recovered; await clearance from your GP</li> <li>• Return to training when YOU FEEL 100% fit and well – this may be Day 8 or Day X (individual)</li><li>• You may need to ease back into a full training regimen but be guided by your symptoms &amp; performance</li></ul> <hr/> <ul style="list-style-type: none"><li>• Household contacts do not have to isolate for 7 days IF they:<ol style="list-style-type: none"><li>1) Test negative (RAT) on 5 days of the 7 days (&gt;24 hrs apart)</li><li>2) Wear a mask when indoors, outside of home</li><li>3) Do not visit hospitals or care facilities</li><li>4) Notify employer / school</li></ol></li><li>• Social contacts = those in contact with positive case 2 days before symptoms / the day they tested positive:<ol style="list-style-type: none"><li>1) must monitor for symptoms and test if symptoms develop</li><li>2) recommend RAT test daily for 5 days</li></ol></li></ul>
<b>TESTING</b>	<ul style="list-style-type: none"><li>• PCR or RAT testing</li><li>• A negative RAT test is unreliable &amp; should be followed up if symptomatic.</li><li>• A Positive RAT test indicates that infection is highly likely &amp; should be reported to <a href="https://coronavirus.vic.gov.au/report">https://coronavirus.vic.gov.au/report</a></li></ul>
<b>VACCINATION</b>	See <b>BNA Vaccination Requirements 2022</b> <ul style="list-style-type: none"><li>• Personal choice</li><li>• Does not prevent infection but prevents (90%) against severe illness requiring hospitalisation</li><li>• Less likely to transmit infection &amp; infectious period shorter</li><li>• Consider the health &amp; well-being of other participants and vulnerable people</li><li>• Some types of venue require mandatory vaccination ie) gyms, indoor venues, club rooms, kiosks.</li><li>• Booster doses are highly recommended after the initial 2 doses.</li></ul>
<b>EDUCATION</b>	<ul style="list-style-type: none"><li>• Understand the transmission patterns and symptoms of Covid-19 – see <a href="#">BNA guidelines</a></li></ul>
<b>CHECK IN</b>	<ul style="list-style-type: none"><li>• Not required</li></ul>
<b>GROUPS</b>	<ul style="list-style-type: none"><li>• <i>Recommended: minimum number required for the session / essential staff only</i></li><li>• Work in small group sizes &amp; avoid cross-over of groups where possible</li><li>• Train / Play outdoors where possible</li></ul>
<b>MASKS</b>	Masks must be worn if: <ol style="list-style-type: none"><li>1) unable to socially distance.</li><li>2) Are with people who are vulnerable to Covid-19</li><li>3) You have symptoms</li></ol>
<b>HYGIENE</b>	<ul style="list-style-type: none"><li>• Personal hygiene measures must be adhered to at all times:<ul style="list-style-type: none"><li>- Stay home if unwell or close contact</li><li>- Hand sanitise ++</li><li>- Respiratory hygiene</li><li>- Social distancing - maintain a distance of 1.5m apart when not competing</li><li>- No sharing of personal items ie) drink bottles, phones, food</li></ul></li><li>• Avoid touching surfaces</li></ul>