

BOROONDARA NETBALL ASSOCIATION: RECOMMENDED COVID MANAGEMENT GUIDELINES*as at 3/6/2022*

COVID POSITIVE: <i>mild illness</i>	<ul style="list-style-type: none">• Isolate for 7 days from when tested positive (not from first symptoms)• Can leave isolation Day 8 ie) a FULL 7 days• Re-testing is not necessary prior to leaving isolation• If ongoing symptoms, remain at home until fully recovered; await clearance from your GP• Return to training when YOU FEEL 100% fit and well – this may be Day 8 or Day X (individual)• You may need to ease back into a full training regimen but be guided by your symptoms & performance <ul style="list-style-type: none">• Household contacts do not have to isolate for 7 days IF they:<ol style="list-style-type: none">1) Test negative (RAT) on 5 days of the 7 days (>24 hrs apart)2) Wear a mask when indoors, outside of home3) Do not visit hospitals or care facilities4) Notify employer / school• Social contacts = those in contact with positive case 2 days before symptoms / the day they tested positive:<ol style="list-style-type: none">1) must monitor for symptoms and test if symptoms develop2) recommend RAT test daily for 5 days
TESTING	<ul style="list-style-type: none">• PCR or RAT testing• A negative RAT test is unreliable & should be followed up if symptomatic.• A Positive RAT test indicates that infection is highly likely & should be reported to https://coronavirus.vic.gov.au/report
VACCINATION	See BNA Vaccination Requirements 2022 <ul style="list-style-type: none">• Personal choice• Does not prevent infection but prevents (90%) against severe illness requiring hospitalisation• Less likely to transmit infection & infectious period shorter• Consider the health & well-being of other participants and vulnerable people• Some types of venue require mandatory vaccination ie) gyms, indoor venues, club rooms, kiosks.• Booster doses are highly recommended after the initial 2 doses.
EDUCATION	<ul style="list-style-type: none">• Understand the transmission patterns and symptoms of Covid-19 – see BNA guidelines
CHECK IN	<ul style="list-style-type: none">• Not required
GROUPS	<ul style="list-style-type: none">• <i>Recommended: minimum number required for the session / essential staff only</i>• Work in small group sizes & avoid cross-over of groups where possible• Train / Play outdoors where possible
MASKS	<ul style="list-style-type: none">• Masks must be worn <u>off court</u> if:<ol style="list-style-type: none">1) You are unable to socially distance.2) You are with people who are vulnerable to Covid-193) You have symptoms• Masks are not recommended whilst playing netball (for the player's safety); but may be worn <u>on court</u> if an exemption is obtained from BNA. Straps will be required to be taped to the face (for other players' safety).
HYGIENE	<ul style="list-style-type: none">• Personal hygiene measures must be adhered to at all times:<ul style="list-style-type: none">- Stay home if unwell or close contact- Hand sanitise ++- Respiratory hygiene- Social distancing - maintain a distance of 1.5m apart when not competing- No sharing of personal items ie) drink bottles, phones, food- Avoid touching surfaces