



Boroondara Netball Association Inc.

www.bna.org.au

Registration No: AOO33297P

ABN: 82656813717

Incorporating *Boroondara **EXPRESS** Victorian Netball League Teams*
*Boroondara **POWER** Association Representative Teams*

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RETURN TO NETBALL GUIDELINES FOR BNA.

ALL Boroondara Netball Association participants – players, parents, spectators, coaches, umpires, administrators, volunteers and any other team personnel – must abide by the structured approach to the reintroduction of community netball as advised by Government in conjunction with specialists in sports medicine, infectious diseases and public health. Failure to abide will result in, not only costly fines, but more importantly risking the safety of ourselves and the wider community - and the subsequent return to previous community lockdown policies.

IMPORTANT LINKS relevant to NETBALL:

Australian Federal Government <ul style="list-style-type: none"> 3-Step framework to return to “normal” activities. Timing for the introduction of each step will depend on the relevant State Government decisions STEP 2 (22/6/2020) 	3 Step Framework for a Covi-safe Australia National principles for Resumption of Sport
Australian Institute of Sport <ul style="list-style-type: none"> 3-Level outline for the reintroduction of sport Currently we are at LEVEL B 	AIS Framework for Rebooting Sport in a Covid-19 Environment Or click here for the full document
Victorian Government DHHS <ul style="list-style-type: none"> Some modifications of the Federal Gov 3-Step framework but Sport & Rec are consistent 	Sport & Recreational Activities restrictions Restricted Activities Directions
Sport & Recreation Victoria / Vic Sport	Return to Play for Community Sport & Recreation Resumption of Sport & Recreation Activities
Netball Australia	Return of Community Netball & Return to Netball Guidelines
Netball Victoria	Covid-19 Information

BNA PROTOCOLS

TRANSMISSION <i>See Document 1</i>	<ul style="list-style-type: none"> Understanding the transmission patterns of COVID-19 & relevance to netball Vulnerable participants
SYMPTOMS <i>See Document 2</i>	<ul style="list-style-type: none"> Symptom recognition Management of contacts & confirmed cases Contact Tracing
PERSONAL HYGIENE <i>See Document 3</i>	<ul style="list-style-type: none"> Responsibilities relevant to INDIVIDUAL participants “Get in, Train / Play, Get out” philosophy
PROTOCOLS	<ul style="list-style-type: none"> Outdoor training (4) Indoor Training (5) Match Day (6) Spectator / Parent (7) Pavilion (8) Club Responsibilities (9)

1. TRANSMISSION - Understanding the TRANSMISSION patterns of the Covid-19 virus:

		Relevance to NETBALL
INFECTIVITY	<p>The virus is highly contagious</p> <p>Incubation period (time from exposure to symptoms) ~ 5 - 14 days</p> <p>Can be infectious 2-3 days before symptoms develop</p>	<p>Density quotient of 1 person per 4m² = total area divided by 4</p> <p>Stay away if unwell > get tested</p> <p>Self isolation for 14 days if exposed to the virus</p>
DIRECT CONTACT	<p>Droplets fly out of our mouths / nose when we cough, sneeze or speak</p> <p>Droplets can potentially be propelled to approx. 2metres</p> <p>Droplets are then directly inhaled by people close by</p>	<p>No direct close contact</p> <p>1.5m distancing</p> <p>Personal hygiene measures when coughing / sneezing</p>
INDIRECT CONTACT	<p>Droplets land on a surface and we pick them up on our hands and then touch our face</p> <p>Droplets are transferred to an infected person's hands when they touch their face and then to you when you shake their hand / hug etc</p>	<p>Surface disinfection including balls</p> <p>Hand and face hygiene</p> <p>Consider: ball handling, changing bibs, sharing whistles, towels, drink bottles, sunscreen, phones, food</p> <p>Consider when touching door handles, handrails, tables, cups, electronic devices, pens, toys, phones, light switches</p>
OTHER *controversial, inconclusive evidence	<ul style="list-style-type: none"> • Airborne: particles remain in the air for periods of time and then inhaled • Faecal-Oral: the virus is excreted in faeces • Blood • Mother to Baby transmission in utero or via breast milk • Animal contact (pets) 	<p>Facemasks not considered necessary in Australia but are now being considered for use on public transport and in "hot spots"</p> <p>Gloves not considered necessary (can increase transmission risk)</p>
SEVERITY	<ul style="list-style-type: none"> • Mild 81% • Severe 14% * • Critical 5% * <p>*Associated with co-morbidities:</p> <ul style="list-style-type: none"> • Cardiovascular • Diabetes, Hypertension, Obesity, Smoking • Chronic lung / kidney / liver disease • Cancer • Immunocompromising conditions / medications • Age • Dementia 	<p>Vulnerable participants are at increased risk</p> <ul style="list-style-type: none"> - Discuss personal safety with relevant medical specialist - "Opt in" participation - Consider a delay a return to netball or a graded return - Strict social distancing measures - <i>Note: not just players, includes team personnel, admin</i>

2. SYMPTOM RECOGNITION AND MANAGEMENT:

SYMPTOMS OF COVID-19	Fever or chills, cough, shortness of breath Runny nose, sore throat Nausea, diarrhoea, loss of smell / taste, fatigue, headaches, conjunctivitis
EPIDEMIOLOGY <i>– increases the likelihood of infection</i>	<ul style="list-style-type: none"> • Overseas travel within the last 14 days. • From areas where clusters of cases have occurred • Close contact with a confirmed/ suspected case in the past 14 days
What to do if you have a close contact with a confirmed case of CV	<p>DHHS Fact sheet – close contact</p> <ul style="list-style-type: none"> • Note: Close contact = face to face contact for > 15 mins OR sharing a closed space for > 2 hours • Self-isolate for 14 days from the date of last close contact if no symptoms • See your GP for testing if you develop symptoms
What to do if you are unwell	<ul style="list-style-type: none"> • See your GP • Get tested & self-isolate until results are back • If negative test, must self-isolate until all symptoms have resolved • Notify your club &/or BNA Medical officer sue@bna.org.au (GP)
Managing a confirmed case of COVID-19	<p>DHHS Fact Sheet – confirmed case</p> <p>Individual care:</p> <ul style="list-style-type: none"> • Follow the advice of your GP • Self-isolate with strict personal hygiene measures • You will be notified by a Public Health Officer via your GP when it is safe to cease isolation
	<p>Contact Tracing:</p> <ul style="list-style-type: none"> • Notify BNA Medical Officer of infection sue@bna.org.au (GP) • Every group will be required to keep an accurate record of every person attending each session so contacts can be advised • The COVIDSafe app will be used by Public Health Officers to track and advise contacts (<i>if they have downloaded the app!-essential!</i>)
	<p>Player returning to netball:</p> <ul style="list-style-type: none"> • Medical clearance by a doctor is required for both their own safety and the safety of other participants. • Long term decreased exercise capacity has been noted following other related Coronavirus infections (too early for specific Covid-19 research) • Graded return to sport

3. PERSONAL HYGIENE MEASURES – for EVERYONE > *players, coaches, spectators*

<p>HEALTH</p> <p><i>*see previous section</i></p>	<p>DO NOT ATTEND:</p> <ul style="list-style-type: none"> • If UNWELL in any capacity • If you have had CLOSE* CONTACT with a confirmed case within the last 14 days <p>If you have a chronic medical condition or are immunocompromised ie) are VULNERABLE* follow the advice of your health care professional & be aware of increased risk</p>
<p>“GET IN, TRAIN / PLAY, GET OUT”</p>	<ul style="list-style-type: none"> • Shower at home before and after training • Hold match training preparation meetings on-line before the session where possible • Go to the toilet before arriving as toilet facilities may not be readily available • Arrive dressed, strapped and ready to play • Do not arrive more than 10 minutes before training commences • Do recovery session at home • No socialising before or after the session • Enter & exit the venue via the designated points
<p>HANDS</p>	<ul style="list-style-type: none"> • No hand-shakes, High 5s • Wash hands frequently with soap if available (20 secs) • Use appropriate hand sanitiser BEFORE AND AFTER each session – must be at least 60% alcohol based Refer: WHO Clean Hands
<p>FACE</p>	<ul style="list-style-type: none"> • Avoid touching your eyes, nose & mouth as this provides a direct portal if you unknowingly have COVID-19 on your hands
<p>RESPIRATORY</p>	<ul style="list-style-type: none"> • Sneeze / cough into your arm or a tissue • Immediately discard the tissue into a bin • Wash your hands
<p>SPACE</p>	<ul style="list-style-type: none"> • Always maintain a distance of 1.5m from other participants when not competing on court.
<p>EQUIPMENT</p>	<ul style="list-style-type: none"> • Bring your own hand sanitiser, towel, FILLED drink bottle, sunscreen, lip balm, whistle • Do not share above or food, drinks • Do not share mobile phones • Do not use drinking fountains • Wash your training uniform after each session • Limit changing of over the shoulder bibs & contact with face - bibs may be carrying the virus after people have coughed, sneezed or shouted.
<p>CONTACT TRACING</p>	<ul style="list-style-type: none"> • Download the COVIDSafe app so that you can be contacted and advised if you have been unknowingly in contact with an active case. <p>Refer: COVIDSafe app</p>
<p>INSURANCE</p>	<ul style="list-style-type: none"> • ALL PARTICIPANTS MUST HAVE CURRENT NV STATE MEMBERSHIP

4. GROUP HYGIENE PROTOCOLS – FOR OUTDOOR TRAINING Boroondara Netball Centre

NUMBER of PARTICIPANTS	<ul style="list-style-type: none">• Density quotient of 1 person per 4m²• No more than 20 people per court in addition to the coach +/- manager Can be 2 groups of 10, each with a coach; no limits to group number if 18yrs and under• Groups must not cross over or mingle• Training times will be staggered to ensure to ensure minimal contact between groups• All participants must “get in, train, get out”
SPECTATORS	<ul style="list-style-type: none">• A maximum of 1 spectator per player will apply outdoors• Spectators must abide by “gathering” restrictions (groups of < 10, 1.5m apart) outdoor spread around the venue, away from the courts.
SKILLS	<p>FOR ADULTS > 18 yrs of age</p> <ul style="list-style-type: none">• Training only, no competition• Set drills with no close contact, one-on-one defending/ attacking, match play drills• When delivering skills using the “7 step progression” – up to Step 4 only <p>FOR 18YRS & UNDER: Full contact training and competition permitted</p>
FACILITIES	<ul style="list-style-type: none">• Limited use of communal facilities – toilets• Card access to the single disabled toilet permitted for participants only• Covid Safety Officer to provide the card access as required• Strict Personal Hygiene measures are to be adhered to by the user ie) handwashing etc.• Surfaces must be sanitised after each training session – toilet seat, taps, handles
INJURY	<ul style="list-style-type: none">• Be mindful that participants may not be “netball fit” after a long period of no training• Ensure a graded return to minimise the risk of injury• Groups must provide their own first aid kits including hand sanitiser and gloves• Must wear gloves when administering first aid & dispose of them after
EQUIPMENT	<ul style="list-style-type: none">• Balls are to be washed with disinfectant (wipes / spray) after each session Refer: Sanitising your balls• If a ball from another court rolls onto your court, gently kick it back (don’t pick it up)• Limit changing of over the shoulder bibs & contact with face - bibs may be carrying the virus after people have coughed, sneezed or shouted.• Bibs must be washed after each session• Sharing of equipment such as skipping ropes, weights, mats is permitted• All equipment including goal post padding, cones must be washed down after each session
HYGIENE	<ul style="list-style-type: none">• Personal hygiene measures as above will be adhered to at all times• Coaches will ensure that all players use hand sanitiser before and after the session.• All participants and spectators to maintain a distance of 1.5m apart• Coaches to consider vulnerable participants at increased risk of infection• Each team will be required to nominate ONE person who will be responsible for maintaining all above protocols at each session
CONTACT TRACING	<ul style="list-style-type: none">• All coaches must maintain an accurate record of participants at each session• This record must include all personnel, spectators, parents etc• Coaches should strongly advise all team members to download the COVIDSafe app

5. GROUP HYGIENE PROTOCOLS – SPECIFIC FOR INDOOR TRAINING, Boroondara Sports Complex

❖ Stadium map and team rosters will be provided to each participant.

NUMBER of PARTICIPANTS	<ul style="list-style-type: none">• Density quotient of 1 person per 4m²• No more than 20 people per court in addition to the coach +/- manager Can be 2 groups of 10, each with a coach• Players & coaches must avoid moving between groups
SPECTATORS	<ul style="list-style-type: none">• Spectators are not permitted.• Parents may use the drop off points at the front entrance or remain in their cars• All seating has been removed from the stadium
ENTRY / EXIT	<ul style="list-style-type: none">• Each training group must enter and exit via designated points We will provide a map* to each team• Participants will have their temperature checked upon entering the stadium• Training times have been staggered to reduce contact between groups• Participants cannot enter the stadium UNTIL their designated session starts as per your team's rostered time* ie) players cannot enter the stadium and sit to wait for their session to commence / strap etc• Participants must exit promptly at the end of the session; no gathering to socialise.
FACILITIES	<ul style="list-style-type: none">• Courts 2 & 3 use the toilets located nearest to court 2• Courts 4 & 5 use the toilets located at the end of court 4• The cafeteria will be closed
SANITISING	<ul style="list-style-type: none">• Each team to continue using the sanitiser kit provided• All equipment used must be sanitised after each session• Covid Safety Officers are to wipe down frequently-used surfaces after their session ie) door handles, benches, equipment boxes• Sanitising must be done within the group booking time to allow entry of the next group on the court.
NOTE	<p>All protocols outlined in numbers 3 (Personal Hygiene) and 4 (Group Hygiene) must continue to be adhered to.</p>

6. MATCH DAY PROTOCOLS:

Boroondara Netball Centre *from July 18*

NUMBER of PARTICIPANTS	<ul style="list-style-type: none"> Density quotient of 1 person per 4m² No more than 20 players per court in addition to 1 coach + 1 scorer + 1 covid safety officer per team + 2 umpires
WARM UP	<ul style="list-style-type: none"> The usual warm up area will NOT be available for teams to gather. Teams will need to warm up / stretch away from the courts ie) on a surrounding oval.
ENTRY/EXIT: See map	<ul style="list-style-type: none"> All participants must “get in, play their match, get out” Parents are encouraged to drop off players as parking will be a significant issue. A 10 minute break between each game will allow teams to exit before the next round. Participants must not enter the court area any more than 10 minutes before their game & must exit immediately after their game. Participants will be required to enter and exit the venue via the designated points as outlined on the attached map – according to court.
SPECTATORS: <i>>see Spectator guidelines</i>	<ul style="list-style-type: none"> A maximum of 1 spectator per player will apply Spectators must abide by “gathering” restrictions (groups of < 10, 1.5m apart) Spectators are not permitted to enter the 8 court playing area Spectators may stand only around the perimeter of the 8 court playing area ie) not in between courts
COMPETITION	<ul style="list-style-type: none"> Players aged 18 yrs & under may play full contact competition Players over 18 may return to competition no earlier than July 25 Coaches must consider vulnerable participants at increased risk of infection (as above)
SCORING <i>>eliminate paper</i>	<ul style="list-style-type: none"> Scoring will be done on an electronic device (supplied) which will submit scores directly to our ladder software system 2 scorers may stand together, but only 1 person to enter scores Device will be sanitised after each match
EQUIPMENT	<ul style="list-style-type: none"> Groups must provide their own first aid kits including hand sanitiser and gloves Balls are to be washed with disinfectant (wipes / spray) after each session If a ball from another court rolls onto your court, gently kick it back (don't pick it up) Limit changing of over the shoulder bibs & contact with face - bibs may be carrying the virus after people have coughed, sneezed or shouted. All equipment including goal post padding will be washed down (by staff) after each match Team bibs must be taken home and washed after each match
HYGIENE	<ul style="list-style-type: none"> Personal hygiene measures as above will be adhered to at all times All participants and spectators to maintain a distance of 1.5m apart when not competing Clubs are expected to provide their teams with sanitising product & equipment Coaches will ensure that all players use hand sanitiser before and after the match Each team is encouraged to nominate ONE person who will be responsible for maintaining all above protocols at each session
CONTACT TRACING	<ul style="list-style-type: none"> All clubs must maintain an accurate record of participants at each match incl coach / scorer Coaches should strongly advise all team members to download the COVIDSafe app

7. SPECTATOR / PARENT PROTOCOLS:

HEALTH:	DO NOT ATTEND: <ul style="list-style-type: none"> • If UNWELL in any capacity • If you have had CLOSE* CONTACT with a confirmed case within the last 14 days <p>If you have a chronic medical condition or are immunocompromised ie) are VULNERABLE* follow the advice of your health care professional & be aware of increased risk</p>
HYGIENE:	<ul style="list-style-type: none"> • Anyone entering the venue is expected to follow all personal hygiene guidelines as outlined: hand sanitising, respiratory etiquette, hand-shakes / hugging, sharing and social distancing.
NUMBER:	<ul style="list-style-type: none"> • Parents are encouraged to use drop off / pick up points or car pool as parking is limited • Maximum of ONE spectator per player permitted at the venue • If young siblings must attend, parents must maintain control and keep them away from the court area ie) no children on scooters, bikes, skate-boards etc
ENTRY / EXIT: <i>See map</i>	<ul style="list-style-type: none"> • Spectators must “enter, watch the match, leave”, just like players. • Spectators may not enter the venue more than 10 minutes prior to the game • Spectators are not permitted to socialise before and after the match • Spectators must adhere to the entry/exit points relevant to the court they are attending. This may mean additional walking distance but is essential to minimise contact as the next group of players / spectators enter
AREA:	<ul style="list-style-type: none"> • Spectators are not permitted to enter the court surface area. This includes the areas in between all courts • The only exemption to this is the team coach, scorer and Covid Safety Officer who will stand at the INNER end of each court, maintaining 1.5m social distancing. • All others are required to watch from the OUTSIDE perimeter of the courts • All must abide by Government “gathering” restrictions – not more than 10 people, 1.5m apart
FACILITIES:	<ul style="list-style-type: none"> • Spectators / parents are not permitted to enter the pavilion • Must abide by kiosk social distancing rules when queuing • Must ensure cashless transactions at the kiosk and office. • 1 parent only may accompany an injured player to first aid
TOILETS	<ul style="list-style-type: none"> • Toilet facilities are prioritised for participants only. There is a public exe-loo available. • Male toilet block will be closed – males can request access to the disabled toilet at the office • Female toilet block will be open - no more than 3 people are permitted at one time. • Strict Personal Hygiene measures are to be adhered to <u>by the user</u> ie) handwashing etc.
CONSEQUENCES:	<p>Should spectators not abide by the rules it is our Duty of Care to</p> <ol style="list-style-type: none"> 1) call the police to issue social gathering fines 2) ban spectators from the relevant club from attending in future <p>Please note: our priority is to allow players to play netball and should spectators / parents spoil the experience by flouting rules, we will be forced to ban all spectators from the venue.</p>
CONTACT TRACING:	<p>All SPECTATORS ARE ENCOURAGED TO DOWNLOAD THE COVID-SAFE APP - this means you can be contacted and advised if you have been unknowingly in contact with an active case.</p>

NUMBER of PARTICIPANTS	<ul style="list-style-type: none"> • Density quotient of 1 person per 4m² • Each area in the pavilion will have signage advising the no. of people permitted at any one time
ROTUNDAS	<ul style="list-style-type: none"> • Our Saturday netball market will be set up in the rotunda adjacent to court 6 • No more than 6 people may shelter in one rotunda, ensuring they are 1.5m apart
MP ROOM	<ul style="list-style-type: none"> • No more than 20 people are permitted in the MP room at any one time • The room will be divided into 2 areas: 1) for 10 umpires and 2) for 10 club administrators • No more than 2 club administrators are permitted to enter the room • Those entering the room will be temperature checked. • All will need to sign the attendance record of entry
SANITISING	<p>Saturday staff & committee will sanitise:</p> <ul style="list-style-type: none"> • goal post padding after each round • surfaces, door handles, light switches regularly • toilet block before, during & after the day
TOILETS	<ul style="list-style-type: none"> • Male toilet block will be closed – males can request access to the disabled toilet at the office • Female toilet block will be open - no more than 3 people are permitted at one time. • Toilets will be sanitised before, during and after each day • Strict Personal Hygiene measures are to be adhered to <u>by the user</u> ie) handwashing etc. • There will be no access to showers
WATER	<ul style="list-style-type: none"> • Participants are encouraged not to use drinking fountains • Participants should bring their own NAMED water bottle, filled at home
MONEY	<ul style="list-style-type: none"> • All purchases should be made via a card NOT CASH • Staff will wear gloves but if cash is used, it will be the participant's responsibility to manage the risk of Covid transmission to themselves / their children.
KIOSK	<ul style="list-style-type: none"> • There will be 2 lines set up for access to the kiosk. • All patrons must maintain a distance of 1.5 m apart – we will have chalk markings • If ordering coffee, please move away from the kiosk and wait until your name is called to collect • Kiosk staff will apply condiments (sauces, mustard, soy sauces) where applicable • The kiosk will not be open on Fridays (Year 4)
FIRST AID	<ul style="list-style-type: none"> • We have a qualified nurse (& doctor if needed) managing the first aid room • All injured / unwell will be temperature checked before entering • Anyone with a fever / symptoms will be required to report to a Covid testing centre immediately • Routine sanitising and recording will be maintained
RAIN	<ul style="list-style-type: none"> • Participants can shelter under rotunda, in the MP room, under the verandah etc but MUST adhere to the “gathering” rules of no more than 10 people, 1.5 m apart
NOTE	All protocols outlined in numbers 3 (Personal Hygiene) and 5/6 (Group Hygiene) APPLY

9. BNA CLUB RESPONSIBILITIES for Friday / Saturday Netball

ESSENTIAL	<ul style="list-style-type: none"> • Please forward the above guidelines to EVERY participant in your club or refer to website. • Strongly encourage all members to download the COVIDSafe app • Ensure all members are registered with Netball Victoria • Keep accurate records of all teams including coaches & scorers for every match. These records must be readily available if requested by the DHHS. • Make sure each participant knows before arriving which court they are playing on and therefore which entry & exit point to use. • Have 1 set of bibs and 1 ball specifically for each team • Appoint ONE person who will be responsible for maintaining all protocols for each team ie) Team Covid Safety Officer
NUMBER of PARTICIPANTS	<ul style="list-style-type: none"> • Maintain a density quotient of 1 person per 4m² - each area in the pavilion will have signage advising the number of people permitted at any one time • Ensure no more than 10 players per team per court • 1 coach + 1 scorer + 1 Team Covid Safety Officer permitted at the inner end of court.
SPECTATORS	<ul style="list-style-type: none"> • Ensure a maximum of 0 – 1 spectator per player • Encourage car pooling • Monitor “gathering” restrictions for players & spectators <p><i>Please note that if spectators / parents cannot abide by the Government rules, we may be forced to 1) call the police to issue fines and 2) ban all your club spectators from the venue in future weeks</i></p>
MP ROOM	<ul style="list-style-type: none"> • No more than 20 people are permitted in the MP room at any one time • The room will be divided into 2 areas: 1) for 10 umpires and 2) for 10 club administrators • No more than 2 club administrators / club are permitted to enter the room • Those entering the room will be temperature checked & names recorded.
SANITISING & HYGIENE	<p>Clubs are responsible for:</p> <ul style="list-style-type: none"> • Ensuring all players bring their own hand sanitiser (<i>available to purchase @ great price</i>) • Sanitising balls after each match • Washing bibs after each match • Providing your own first aid kit including gloves • Monitoring personal & group hygiene procedures of their own players
RAIN	<ul style="list-style-type: none"> • Participants can shelter under rotunda, in the MP room, under the verandah etc but MUST adhere to the “gathering” rules of no more than 10 people, 1.5 m apart
NOTE	<p>All protocols outlined in numbers 3 (Personal Hygiene) and 5/6 (Group Hygiene) APPLY</p>