

Boroondara Netball Association Inc.

Registration No: AOO33297P ABN: 82656813717

Incorporating Boroondara **EXPRESS** Victorian Netball League Teams

Boroondara **POWER** Association Representative Teams

www.bna.org.au

<u>Correspondence to:</u> Postal: 9 Logan Street Canterbury, 3126

Phone: 9836 7671

Email: <u>admin@bna.org.au</u>

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 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 Covidsafe Australia National principles for Resumption of Sport |
|--|---|
| Australian Institute of Sport 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 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 See Document 1 | Understanding the transmission patterns of COVID-19 & relevance to netball Vulnerable participants |
|-----------------------------------|--|
| SYMPTOMS See Document 2 | Symptom recognition Management of contacts & confirmed cases Contact Tracing |
| PERSONAL HYGIENE See Document 3 | Responsibilities relevant to all INDIVIDUAL participants "Get in, Train / Play, Get out" philosophy |
| GENERAL See Document 4 - 7 | Match Day protocols Pavilion / kiosk protocols Spectator / Parent protocols Club responsibilities |

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

| | | Relevance to NETBALL |
|---|---|---|
| INFECTIVITY | The virus is highly contagious Incubation period (time from exposure to symptoms) ~ 5 - 14 days Can be infectious 2-3 days before symptoms develop | Density quotient of 1 person per 4m2 = total area divided by 4 Stay away if unwell > get tested Self isolation for 14 days if exposed to the virus |
| DIRECT CONTACT | Droplets fly out of our mouths / nose when we cough, sneeze or spea Droplets can potentially be propelled to approx. 2metres Droplets are then directly inhaled by people close by | k No direct close contact 1.5m distancing Personal hygiene measures when coughing / sneezing |
| INDIRECT CONTACT | Droplets land on a surface and we pick them up on our hands and the touch our face Droplets are transferred to an infected person's hands when they tou their face and then to you when you shake their hand / hug etc | Hand and face hygiene |
| OTHER *controversial, inconclusive evidence | Airborne: particles remain in the air for periods of time and then i Faecal-Oral: the virus is excreted in faeces Blood Mother to Baby transmission in utero or via breast milk Animal contact (pets) | hhaled Facemasks not considered necessary in Australia but are now being considered for use on public transport and in "hot spots" Gloves not considered necessary (can increase transmission risk) |
| SEVERITY | Mild 81% Severe 14% * Critical 5% * Diabetes, Hypertension, Obesity, Smoking Chronic lung / kidney / liver disease Cancer Immunocompromising conditions / medicate Age Dementia | Vulnerable participants are at increased risk - 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 - Note: not just players, includes team personnel, admin |

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 - increases the likelihood of infection | 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 | DHHS Fact sheet – close contact 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 | 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 | DHHS Fact Sheet – confirmed case Individual care: 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 |
| | Contact Tracing: Notify BNA Medical Officer of infection <u>sue@bna.org.au</u> (GP) Every group will be required to keep an accurate record of every person attending each session so contacts can be advised The <u>COVIDSafe app</u> will be used by Public Health Officers to track and advise contacts (if they have downloaded the app!-essential!) |
| | Player returning to netball: 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

| HEALTH | DO NOT ATTEND: |
|-----------------------|---|
| | If UNWELL in any capacity |
| *see previous section | If you have had CLOSE* CONTACT with a confirmed case within the last 14 days |
| section | 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 |
| "GET IN, | Shower at home before and after training |
| TRAIN / PLAY, | Hold match training preparation meetings on-line before the session where possible |
| GET OUT" | Go to the toilet before arriving as toilet facilities may not be readily available |
| 51. 55. | 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 |
| | Enter & exit the venue via the designated points |
| HANDS | 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 |
| | |
| FACE | Avoid touching your eyes, nose & mouth as this provides a direct portal if you unknowingly |
| | have COVID-19 on your hands |
| RESPIRATORY | Sneeze / cough into your arm or a tissue |
| | Immediately discard the tissue into a bin |
| | Wash your hands |
| | vvasn your namas |
| SPACE | Always maintain a distance of 1.5m from other participants when not competing on court. |
| EQUIPMENT | Drive your hand continue to you fill FD drive bettle avecage in holes which is |
| EQUIPIVIENT | 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. |
| | That area people have coaghed, sheezed or shouted. |
| CONTACT | Download the COVIDSafe app so that you can be contacted and advised if you have been |
| TRACING | unknowingly in contact with an active case. |
| | Refer: <u>COVIDSafe app</u> |
| INCLIDANCE | All DADTICIDANTS MALIST HAVE CHEDENT ANY STATE MASS ASSESSMEN |
| INSURANCE | All PARTICIPANTS MUST HAVE CURRENT NV STATE MEMBERSHIP |

4. MATCH DAY PROTOCOLS:

| NUMBER of | Density quotient of 1 person per 4m2 |
|----------------|--|
| PARTICIPANTS | |
| PARTICIPANTS | |
| | team + 2 umpires |
| WARM UP | The usual warm up area will NOT be available for teams to gather. Teams will need to warm up |
| WARITIO | · · · · · · · · · · · · · · · · · · · |
| | / stretch away from the courts ie) on a surrounding oval. |
| ENTRY/EXIT: | All participants must "get in, play their match, get out" |
| | Parents are encouraged to drop off players as parking will be a significant issue. |
| See map | |
| See map | 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: | A maximum of 1 spectator per player will apply |
| >see Spectator | |
| • | Spectators must abide by "gathering" restrictions (groups of < 10, 1.5m apart) |
| guidelines | 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 | Diayors agod 19 yrs & under may play full contact competition |
| COMPETITION | 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 | Scoring will be done on an electronic device (supplied) which will submit scores directly to our |
| >eliminate | ladder software system |
| paper | 2 scorers may stand together, but only 1 person to enter scores |
| <i>pupu</i> . | Device will be sanitised after each match |
| | Device will be samused after each match |
| EQUIPMENT | 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 |
| | Team bibs must be taken nome and washed arter each mater |
| HYGIENE | 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 competiting |
| | 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 | All clubs must maintain an accurate record of participants at each match incl coach / scorer |
| TRACING | Coaches should strongly advise all team members to download the COVIDSafe app |
| | <u>''</u> |

| NUMBER of | Density quotient of 1 person per 4m2 |
|--------------|---|
| PARTICIPANTS | Each area in the pavilion will have signage advising the no. of people permitted at any one time |
| ROTUNDAS | 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 | 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 | Saturday staff & committee will sanitise: |
| | goal post padding after each round |
| | surfaces, door handles, light switches regularly |
| | toilet block before, during & after the day |
| TOILETS | 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 | Participants are encouraged not to use drinking fountains |
| | Participants should bring their own NAMED water bottle, filled at home |
| MONEY | 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 | 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 | 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 | 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 above APPLY |

6. SPECTATOR / PARENT PROTOCOLS:

| HEALTH: | DO NOT ATTEND: |
|---------------|--|
| | If UNWELL in any capacity |
| | If you have had CLOSE* CONTACT with a confirmed case within the last 14 days |
| | 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 |
| | · · · · · · · · · · · · · · · · · · · |
| HYGIENE: | 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: | 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: | Spectators must "enter, watch the match, leave", just like players. |
| See map | 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: | 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: | 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 | 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: | Should spectators not abide by the rules it is our Duty of Care to |
| | 1) call the police to issue social gathering fines |
| | 2) ban spectators from the relevant club from attending in future |
| | 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. |
| CONTACT | All SPECTATORS ARE ENCOURAGED TO DOWNLOAD THE COVID-SAFE APP - this means you can |
| TRACING: | be contacted and advised if you have been unknowingly in contact with an active case. |
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7. BNA CLUB RESPONSIBILITIES for Friday / Saturday Netball

| ESSENTIAL | 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 | 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 | Ensure a maximum of 0 – 1 spectator per player Encourage car pooling Monitor "gathering" restrictions for players & spectators 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 |
| MP ROOM | 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 | Clubs are responsible for: Ensuring all players bring their own hand sanitiser (available to purchase @ great price) 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 | 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 above APPLY |