



## BOROONDARA NETBALL ASSOCIATION

### RETURN TO NETBALL: STAGE 3

## PARTICIPANT REQUIREMENTS

#### BEFORE TRAINING / MATCH:

|                        |   |
|------------------------|---|
| <b>Education</b>       | Ensure you understand the transmission patterns and symptoms of Covid-19 – see BNA guidelines <i>(this enables you to understand WHY we are taking these precautions)</i>   |
| <b>Contact Tracing</b> | Download the <b>COVIDSafe app</b> so that you can be contacted if you have been unknowingly in contact with an active case. Refer: <a href="#">COVIDSafe app</a>  |
| <b>Insurance</b>       | ALL participants must have 2020 Netball Victoria state membership   |
| <b>Health</b>          | <ul style="list-style-type: none"><li>• DO NOT ATTEND TRAINING if you are UNWELL</li><li>• DO NOT ATTEND TRAINING if you have had close contact with a confirmed case recently</li><li>• If you have a chronic medical condition or are immunocompromised follow the advice of your health care professional &amp; be aware of increased risk</li></ul>   |
| <b>Preparation</b>     | <ul style="list-style-type: none"><li>• Shower / eat / go to the toilet at home before training to minimise contact at the facility</li><li>• Arrive in training uniform, with taping / strapping done</li><li>• Apply sunscreen / lip balm, earring tape at home</li><li>• Do not arrive more than <b>10 mins</b> before your session / match commences</li><li>• Wash your hands with hand sanitiser before the first drill</li></ul> |
| <b>Bring NAMED</b>     | <ul style="list-style-type: none"><li>• Drink bottle filled with water from home</li><li>• Hand Sanitiser, Towel</li></ul>  |

#### DURING TRAINING:

|                       |   |
|-----------------------|---|
| <b>Space: outdoor</b> | <ul style="list-style-type: none"><li>• Always make sure there is 1.5 m between you and any other person when not competing</li><li>• No more than 20 people per court + coach + manager / scorer</li><li>• Do not move between courts ie) to get a ball &gt; gently kick it back</li><li>• Spectators limited to 1 / player; must abide by “gathering” restrictions = groups of &lt;10, 1.5m apart</li></ul>   |
| <b>Space: stadium</b> | <ul style="list-style-type: none"><li>• As above except spectators are <b>not</b> permitted into the stadium</li><li>• Enter &amp; exit via the designated points for your court</li><li>• Toilet in the designated block relevant to your court</li></ul>  |
| <b>Hygiene</b>        | <ul style="list-style-type: none"><li>• Avoid touching your face <i>as this provides a direct portal for the virus, which may be on your hands</i></li><li>• Sneeze / cough into your arm or a tissue &gt; dispose in bin immediately &amp; wash hands</li><li>• Hand sanitise <b>before and after</b> each session</li><li>• <b>Avoid touching bibs &amp; then face / allowing bibs to touch your face when swapping – they may be carrying the virus after people have coughed, sneezed or shouted.</b></li></ul> |
| <b>Contact</b>        | <ul style="list-style-type: none"><li>• No high 5's, hand shakes, hugs</li><li>• Avoid touching surfaces ie) door handles, light switches, benches, seats</li><li>• Do not share phones, drink bottles, towels etc</li><li>• Do not use drinking fountains</li></ul>  |

#### AFTER TRAINING:

- Wash hands with hand sanitiser straight after the session
- Go straight home without socialising
- Shower at home
- Wash your training uniform after every session