



Boroondara Netball Association Inc.

www.bna.org.au

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*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 	3 Step Framework for a Covidsafe 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 	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 	Roadmap for re-opening Sport and exercise, Step 3 > Not in metro until October 26
Sport & Recreation Victoria / Vic Sport	Return to Play for Community Sport & Recreation (Step 3)
Netball Australia	Return of Community Netball & Return to Netball Guidelines
Netball Victoria Quick Reference Guide ***	Covid-19 Information Return to Community Netball Resources

BNA GENERAL INFORMATION & PROTOCOLS

1.TRANSMISSION	<ul style="list-style-type: none"> Understanding the transmission patterns of COVID-19 & relevance to netball Vulnerable participants
2.SYMPTOMS	<ul style="list-style-type: none"> Symptom recognition Management of contacts & confirmed cases / Contact Tracing
3.PERSONAL HYGIENE	<ul style="list-style-type: none"> Responsibilities relevant to INDIVIDUAL participants “Get in, Train / Play, Get out” philosophy
4.GROUP PROTOCOLS	<ul style="list-style-type: none"> Number of participants Spectators 18&U vs over 18 Facilities & equipment Contact Tracing

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 now considered necessary</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"> • Immunocompromising conditions / medications • Cardiovascular disease • Diabetes, Hypertension, Obesity, Smoking • Chronic lung / kidney / liver disease • Cancer • Age / Dementia / Frailty • Alcohol & drug dependency • Homeless, public housing, residential facilities 	<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!</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 15 minutes before training commences • Do recovery session at home • No socialising before or after the session • Enter & exit the venue via the designated points and with social distancing of 1.5m
<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 • Wear a mask before & after your match / session
<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 – Boroondara Netball Centre Step 3, from Oct 26

NUMBER of PARTICIPANTS	<ul style="list-style-type: none"> Density quotient of 1 person per 4m² Training: no more than 20 people (2 gps of 10) per court in addition to the coach +/- manager Matches for 18&U: number of people required to play the game ie) 2 x team, coach, umpire, team manager, scorer. Players & coaches must avoid moving between groups Training / Match 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"> Spectators are not permitted; parents may remain in cars or walk in the park Siblings are not permitted; if unavoidable, parents are advised to take them to the adjacent park. If a child or person with special needs require supervision, a maximum of 1 supervisor per participant is permitted; must abide by "gathering" restrictions (groups of <10, 1.5m apart); must stand well away from the playing area.
SKILLS	<p><u>For > 18yrs of age:</u></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 Accidental contact may occur When delivering skills using the “7 step progression” – up to Step 4 only <p><u>For 18&U:</u></p> <ul style="list-style-type: none"> Full contact training & competition permitted
FACILITIES	<ul style="list-style-type: none"> Outdoor only Limited use of communal facilities = toilets, for participants ONLY There is a public Council exe-loo in the park for anyone else 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

	<ul style="list-style-type: none">• All frequently used surfaces must be wiped down after each session ie) door handles, benches, equipment boxes
HYGIENE	<ul style="list-style-type: none">• Personal hygiene measures as above will be adhered to at all times• Equipment will be treated as above• 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

NUMBER of PARTICIPANTS	<ul style="list-style-type: none">•
SPECTATORS	<ul style="list-style-type: none">•
SKILLS	<ul style="list-style-type: none">•
FACILITIES	<ul style="list-style-type: none">•
INJURY	<ul style="list-style-type: none">•
EQUIPMENT	<ul style="list-style-type: none">•
HYGIENE	<ul style="list-style-type: none">•
CONTACT TRACING	<ul style="list-style-type: none">•