



Assessment of Participants to the Resumption of Netball Activities, Training and Competition

Dear Queenscliff Netball Club Community

As we begin to return to Netball training, it is important to consider your teammates, volunteers and their families as we navigate a world that now includes Covid-19. We are currently working on a range of options to ensure a safe and healthy environment in this return to training and games. We anticipate training will commence for those Teams who choose to do so, from the week commencing Monday 15 June 2020. If there is a delay to this you will be notified. There is no pressure to participate and we want to communicate that this initial communication is simply to give all of you an overview of what will be required to get teams training with the current Department of Health Protocols and Federal Government Guidelines for a return to sport. At the moment this return to training is applicable to teams in our U10 through to Senior Teams only. Net Set Go teams will be able to return once the restrictions ease and we can accommodate a few more people on each court to manage the application of social distancing within this age group.

You will receive further information and directions specifically in relation to your team training as we approach this date but for now we want to educate all our Members on what is expected.

A Warning & Waiver will need to be signed prior to participation in any QNC training session and this will be circulated in the next 48-72 hours.

BE AWARE OF COVID-19 SYMPTOMS AND COMMUNICATE WITH THE CLUB IF YOU'RE CONCERNED. *It's better to be safe than sorry.*

A well documented and widely publicised way to slow the spread of viruses, such as Covid-19, is physical distancing (also called social distancing). The more space between people, the harder it is for the virus to spread. There is a range of measures netball can take to support physical distancing and reduce transmission within the practical limitations of a sporting environment.

- Do not attend netball training or competition if in the last 14 days you have tested positive to Covid-19 or been in close contact with a positive case of COVID-19.
- Do not attend training if you or someone you have had close contact with is awaiting the results of a Covid-19 test.
- Any participant that is unwell should be referred to a doctor or Covid-19 Testing Cnt in accordance with local Public Health Authority guidelines.
- Do not attend training if you have any of the following symptoms; **cough, runny nose, sore throat, fever, fatigue, or shortness of breath.**
- Trainings will maintain social distancing through specific non contact drills
- Parents are not permitted to stay for training or socialise during.

MANAGING UNWELL PLAYERS / TEAM MEMBERS

1. Message for parents: if your child is sick, they must not go to any netball activities, training, and competition. You must *keep them at home* and isolated away from others. Please inform team personnel and your club secretary if your child is sick or starts to feel unwell. Ensure your child's emergency contact(s) is/are current.

Remember to maintain the recommended physical distancing from other parents and team personnel when attending any netball activity, training, or competition, including when dropping off and picking up your children.

2. Message for children: tell your parent, guardian, or coach/manager/club secretary if you are feeling sick or start experiencing any symptoms when you are at a netball activity, training, or competition. Your parents will be contacted to pick you up. Please follow the directives of your Coach and maintain social distancing during training.

3. Message for team personnel: do not come to netball activities, training or competition games if you are sick, experiencing any symptoms or in a vulnerable person category. Carry your team personnel's emergency contact details in case of sickness and the need to send a participant home may then arise. Please inform team personnel/club secretary if you're feeling sick or experiencing any symptoms. Ensure your emergency contact(s) is/are current.

4. Message for all adults/players/volunteers: the greatest risk of transmission in the sporting environment is between adults. It is of utmost importance that team personnel and parents alike maintain the recommended physical distancing between themselves and each other at all netball activities, training and competition. Please inform team personnel/club secretary if you're feeling sick or start to experience any symptoms. Ensure your emergency contact(s) is/are current.

Message for all participants: Any participant that is sick, showing the signs of Covid-19 or suspects they may have the virus should seek medical advice in accordance with local Public Health Authority guidelines. Please let your club secretary/ team officials/teammates know if tested and positive and whether a graded return to training and competition should apply to mitigate the risk of injury / further illness. **Clubs are aware of the extra consideration of vulnerable participants, which may be at an increased risk. A medical certificate indicating the participant is well / recovered / tested negative is required before resuming participation in or attending any netball activities.**

Further, if the Club is concerned over any member and requests a medical certificate or Covid-19 test to continue participation in training, we would ask that you willingly agree to this request.

REQUIREMENTS OF TRAINING

- Fitness and training of up to 10 participants per group including any team officials (coaches, managers) – per court.
- Social distancing to be implemented and followed throughout training – keeping 1.5m distances with all drills.
- Limited sharing of equipment. All equipment to be sanitised before and after training by Team Management using alcohol based cleaning solutions as provided
- No sharing whistles / limit whistle use
- Spectators are not permitted to socialise – “Get In, Train, Get Out “
- No use of positional patches or bibs
- Minimise use of toilets – please be prepared that the toilets may not be open.
- Players are to enter and leave the training area in a coordinated manner minimising contact with others.
- Parents must not gather in large groups. “Get in, Train and get out”
- No socialising or group meals before, during or after training.
- Players to arrive no more than 10 minutes prior to training commencing, and if arriving by car, remain in the car until training is due to commence accessing the court via the prescribed pathway.
- No utilising of change rooms
- No training at schools permitted
- No sharing food or drinks

EQUIPMENT AND HYGIENE

1. TEAM KITBAGS

It is essential the following are included in team kitbags and will be provided by the Club in the first instance. Should product be lost or damaged teams will need to replace the product at cost to those members. Used items will be replaced by the Club. All Teams will be contacted when an updated Kit Bag is ready for replenishment ;

- Hand sanitizer
- Alcohol wipes for equipment sanitisation
- Gloves for attending injuries, providing protection from blood and sweat
- Masks for attending injuries providing protection from blood and sweat
- Laminated copies of our Club COVIDSafe protocols ** May be replaced by an App **
- Normal First Aid kit
- Netballs and other training equipment – do not use bibs for now.
- Attendance Register ** May be replaced by an App **

All Equipment used is to be wiped down after any training session and game by the Coach.

2. PERSONAL KITBAGS

It is recommended that each Team Member brings their own personal kit bag including ;

- Hand sanitizer
- Drink bottle
- Snacks if required
- Tissues
- Personal Medications
- Nail Clippers
- Towel
- Warm Clothing
- Personal Rubbish Bag
- Tissues
- Band-aids
- Asthma Medication

Personal Kit bags will be kept separate from other Team Members.

All Equipment used is to be wiped down after any training session and game by the owner.

No sharing of any items

3. PERSONAL HYGIENE

- Players, officials, volunteers, and/or their parents/carers should carry hand sanitiser on their person to enable good personal hygiene.
- If using tissues, place them directly in the bins provided.
- Minimise the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Each player is to provide their own drink bottle that is clearly labelled and is only used by that individual. NO sharing of drink bottles. Drink bottles need to be separated.
- No sharing of positional bibs or patches
- Washing your hands frequently with soap and water, before and after eating, and after going to the toilet.
- Training outfit to be washed between trainings in warm water and detergent
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
- Wash hands with soap and water often.
- Do not touch your eyes, nose, or mouth if your hands are not clean.
- No spitting at any time
- Wipe down all your equipment with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched.
- Practice social distancing. If someone comes and stands next to you, move away to ensure that you implement social distancing requirements

If you have any questions, concerns, suggestions - we welcome them. None of us have been through this before and we navigating a huge unknown. As volunteers it is just as confronting for us as it is for any of our Members.

This is a fluid environment and the form of the actual competition is still being worked out. We have an Association Meeting at the end of June to discuss the format. We all need to be aware that with hot spots and spikes and second waves being very real the look and feel of our Season will be very different any competition will need to be flexible for these reasons.

What is certain is that we all need to understand these requirements and do our best to work together to achieve a safe, happy and healthy training environment.

It is essential that these requirements are explained to the players by parents and that they are adhered to.

For the safety of all participants - there will be a **'one-strike' policy**. Any serious breach of the rules will result in the player being stood down from training.

There is a Coronavirus mobile phone app provided by the Australian government. We strongly recommend that this is used by members and their families. There is no need however for this to be used by players during our training sessions, because we are already keeping an attendance register and have contact details for all participants. Likely via the Team App which we are currently investigating.

Fees

Netball NSW and MWNA are yet to advise us what their fee policy will be regarding a rebate or refund for a partial season – mainly because we are still yet to have a date confirmed for a return to competition. We have not paid MWNA any registration fees. As soon as we know what the rebate / refund policies are from NNSW & MWNA we will communicate with all Members.

Participation

We are very aware that this is a new and strange world. Our first thoughts are with those QNC members who are vulnerable or live with high risk family & friends. We want to hear from you. To date we have only heard from a handful of Members regarding this category of risk. We also want to make this return as normal as we can for our younger members and above all work together to keep this return safe, healthy & positive.

This is overwhelming – we understand and appreciate that – but together we can all achieve lots and we are all in this together.

Kindest regards

**Fiona Pearse on behalf of the Committee
Queenscliff Netball Club**