



FRAMEWORK FOR RETURN TO SPORT

Community Guidelines

19 May 2020





Introduction

Netball Queensland has developed the following guidelines to provide minimum standards for how netball activity should resume in a cautious and methodical manner.

Restarting activities in stages will ensure we keep everyone safe and healthy, and is in line with directions from National Cabinet and [Queensland's Roadmap](#) to easing restrictions.


These guidelines are based on the best available evidence and advice to optimise participant and community safety and should be used in conjunction with the directives and guidelines of [Queensland Health](#). It sets out key considerations that should be considered when restrictions start to lift, including a **Return to Community Netball Checklist** to assist in this process.

All community netball participants (this includes players, parents/guardians, coaches, officials, volunteers, administrators, spectators, and netball organisations) must play a role in helping to slow the spread of COVID-19. The priority must always be preservation of public health and minimisation of the risk of community transmission.

These directions are subject to change however provide clear information on activities and any exceptions that may apply.

The proposed restrictions and dates for Stage 2 and 3 are not guaranteed and subject to further consideration by the Queensland Government based on managing the spread of COVID-19.

COMMUNITY NETBALL
RETURN TO PLAY ROADMAP



STRICT HYGIENE AND SOCIAL DISTANCING PROTOCOLS APPLY AT ALL STAGES

STAGE 1

- Outdoor activity ONLY, no indoor activity permitted
- Running/aerobic/agility training
- Non-contact skills training including shooting (outdoor or own ring only) or individual ball skills
- No sharing of equipment
- At least 1.5m must ALWAYS be maintained between participants
- Prepare safe venues

STAGE 2

- Groups of up to 20 (including coaches and support staff)
- Outdoor or indoor non-contact activity permitted
- Some sharing of sporting equipment permitted such as passing a ball in pairs
- Non-contact training environment
- Get in, train and get out
- At least 1.5m must ALWAYS be maintained between participants

STAGE 3

- Groups of up to 100 (including coaches and support staff)
- Contact permitted in training drills and activities
- Competitions to recommence
- Social distancing requirements to still be adhered to off-court

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Key Principles

Education of All Participants on Covid-19 Risk Mitigation Strategies

This is essential and will help to promote and set expectations for the required behaviours before netball resumes. Participant education includes:

- Supply of all materials found in Appendix 2 of this document.
- Prominent display of these materials in all relevant sporting environments and facilities

Assessment and Preparation of the Netball Environment

It is important for Member Organisations, associations, clubs and venues to safely prepare the netball environment for all participants. Netball activity should not occur until appropriate measures are in place to ensure safety of all community members. This includes:

- A thorough risk assessment of each specific netball environment and appropriate preparation (see Appendix 3).
- Assessment of the likely number of participants, the number of courts per venue/stadium and the level of restrictions currently imposed by the state and federal governments. The guidelines are minimum requirements and Netball Australia encourages all members to minimise attendance of non-participants
- Ensuring that all balls, shared equipment, benches/surfaces and court surfaces are sanitised and cleaned regularly with disinfectant. All venues must provide sanitising hand-rub dispensers in prominent places around the facility.

Assessment of Participants Prior to Resuming Training and Competition

In order to minimise the possible transmission of COVID-19, participants must adhere to the following:

- Do not attend netball training or competition if you are feeling unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Do not attend netball training or competition if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.
- Any participant that is unwell should be referred to a doctor in accordance with local Public Health Authority guidelines.
- Participants should apply a graded return to training and competition to mitigate the risk of injury.
- Extra consideration of vulnerable participants who may be at increased risk.



Education of all Participants on COVID-19 Risk Mitigation Strategies

Apply a 'Get in, train/play and get out' philosophy. Participants are:

- Encouraged to shower at home with soap before and immediately after all netball activity.
- Encouraged to arrive at the venue ready to train/play.
- To bring all relevant personal items with them. For example, players must bring their own towel and drink bottle; umpires bring their own whistle. Do not share with others.
- To avoid unnecessary body contact, for example no hand shaking or high fives.

Member Organisations, Associations, Clubs and Venues are to:

- Ensure all staff, court supervisors and umpires who interact with participants have access to alcohol-based sanitisers and instructions on how to keep safe.
- Develop plans for the arrival and departure of all participants (entry/exit patterns) and provide alcohol-based hand sanitiser for all upon entry.
- Develop a plan to enact hand hygiene protocols during training and competition.
- Ensure all netballs are sanitised before use each day and in between each game.
- Schedule training and match timing to ensure a minimum of a 20-minute break between one training/game and the next training/game. This is designed to allow one group to leave the venue before the next group arrives, and for staff to complete sanitisation requirements.
- Have a plan for capacity control and maintenance of social distancing rules.
- Have a plan for cash handling with aim to develop cash-free procedures.
- Have a plan for communal spaces; it is recommended that changerooms, umpire rooms, canteens, public water fountains and general seating areas are closed or roped off to the general public in accordance with the relevant restriction.
- Regularly clean all bathrooms and communal areas and maintain a cleaning log.

Management of a suspected or confirmed COVID-19 case:

- Participants must follow Public Health Authority/State Government processes upon confirmation of a positive COVID-19 case.
- Member Organisations, associations, clubs and venue managers to assist the Department of Health in contact-tracing and potentially shutting/reducing access to training and competition if there has been a positive case in the area.

Managing a return to training or competition of a confirmed COVID-19 case:

- • Ensure the participant no longer poses any infection risk to the community.
- • Ensure the participant has sufficiently recovered to safely participate in netball.
- • In both instances, obtain clearance from their Doctor/local Public Health Authority.

Key Considerations

Physical Distancing

Physical distancing is a vital tool in reducing the spread of viruses by decreasing the exposure from other people.

Anyone intending on opening facilities or delivering activities (in the appropriate stage) must look to minimise the risk of spreading infection by implementing measures to protect any participants, spectators and visitors. If an activity cannot be undertaken using physical distancing requirements, it should not be undertaken during that stage.



Hygiene

Everyone can slow the spread of COVID-19 by washing their hands frequently and maintaining good personal hygiene practices. For participants, coaches, officials and volunteers, these hygiene practices are a must in this COVID-19 environment:

GENERAL HYGIENE



WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.



WASH OR SANITISE YOUR HANDS BEFORE EATING.



IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITISER.



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.



COVER YOUR MOUTH TO COUGH OR SNEEZE.



STAY HOME AND SEEK MEDICAL TREATMENT WHEN YOU ARE SICK.



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

NETBALL HYGIENE



DO NOT SHARE DRINKS, TOWELS, LIP BALM OR SUNSCREEN WITH OTHERS.



PLACE HAND ALCOHOL-BASED SANITISER AROUND THE VENUE AND IN TOILET / CHANGE ROOM FACILITIES.



ASSOCIATIONS AND CENTRES SHOULD ENSURE ALL VENUES ARE MAINTAINED AND CLEANED TO A HIGH STANDARD.



NO PHYSICAL CONTACT PRE OR POST GAME. NO HIGH FIVES, FIST BUMPS OR OTHER FORMS OF PHYSICAL CELEBRATIONS DURING GAMES.



MINIMISE POSITION ROTATIONS AND / OR HAVE MULTIPLE SETS OF BIBS.



WIPE AND CLEAN NETBALLS AFTER TRAINING AND GAMES.

We will continue to take the advice of the Government and the World Health Organisation and will prepare based on that advice. A healthy community is our priority and we thank everyone for the role they'll play in ensuring this is the outcome.

Return to Play Guidelines

Players

To minimise the risk of contracting or transmitting COVID-19, players must adhere to the following:

- Do not attend netball training or competition if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Do not attend netball training or competition if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.
- Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- Participants should gradually return to training and competition to reduce the risk of injury.
- Consider vulnerable participants as they may be at increased risk.

Apply a 'Get in, train/play and get out' philosophy. Players are:

- Encouraged to shower at home with soap before and after all netball activity.
- Encouraged to arrive at the venue ready to train/play.
- To bring all personal items to participate. For example, a player to bring their own towel and drink bottle; an umpire to bring their own whistle. Do not share with others.
- To avoid unnecessary body contact, for example no hand shaking or high fives.

PREPARING FOR TRAINING & GAMES



DO NOT ATTEND TRAINING OR GAME IF YOU ARE UNWELL



PREPARE & DRESS FOR YOUR GAME AT HOME



SHOWER AT HOME WITH SOAP BEFORE & AFTER ALL NETBALL ACTIVITY



WASH OR SANITISE YOUR HANDS BEFORE & AFTER YOU TRAIN/PLAY



ARRIVE AT THE VENUE READY TO TRAIN/PLAY



BRING ALL PERSONAL ITEMS TO PARTICIPATE; TOWEL & DRINK BOTTLE ETC.



AVOID UNNECESSARY BODY CONTACT. NO HAND SHAKES OR HIGH FIVES



MINIMISE POSITION ROTATIONS/ OR HAVE MULTIPLE BIBS



WIPE & CLEAN NETBALLS AFTER TRAINING AND GAMES



WHERE POSSIBLE MAINTAIN SOCIAL DISTANCING



Volunteers

To minimise the risk of contracting or transmitting COVID-19, volunteers must adhere to the following:

- Do not attend netball training or competition if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Do not attend netball training or competition if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.
- Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- Participants should apply a graded return to training and competition to mitigate the risk of injury.
- Consider vulnerable participants as they may be at increased risk.

Member Organisations, Associations, Clubs and Venues to:

- Ensure all staff, court supervisors and umpires who interact with participants have access to alcohol-based sanitisers and instructions on how to keep safe.
- Develop plans for the arrival and departure of all participants (entry/exit patterns) and provide alcohol-based hand sanitiser for all upon entry.
- Develop a plan to enact hand hygiene protocols during training and competition.
- Ensure all netballs are sanitised before use each day and in between each game.
- Schedule training and match timing to ensure a minimum of a 20-minute break between one training/game and the next training/game. This is designed to allow one group to leave the venue before the next group arrives, and for staff to complete sanitisation requirements.
- Have a plan for capacity control and maintenance of social distancing rules.
- Have a plan for cash handling with the aim to develop cash-free procedures.
- Have a plan for communal spaces; it is recommended that changerooms, umpire rooms, canteens, public water fountains and general seating areas are closed or roped off to the public in accordance with the relevant restriction.
- Regularly clean all bathrooms and communal areas and maintain a cleaning log.

Management of a suspected COVID-19 case or confirmed COVID-19 case:

- Participants must follow Public Health Authority/State Government processes upon confirmation of a positive COVID-19 case.
- Member Organisations, associations, clubs and venue managers to assist the Department of Health in contact-tracing and potentially shutting/reducing access to training and competition if there has been a positive case in the area.

Managing a return to training or competition of a confirmed COVID-19 case:

- Ensure the participant no longer poses any infection risk to the community.
- Ensure the participant has sufficiently recovered to safely participate in netball.
- In both instances, obtain clearance from their Doctor/local Public Health Authority.

WHAT YOU CAN DO TO SLOW THE SPREAD



DO NOT ATTEND TRAINING OR GAME IF YOU ARE UNWELL



PREPARE & DRESS FOR YOUR GAME AT HOME



SHOWER AT HOME WITH SOAP BEFORE & AFTER ALL NETBALL ACTIVITY



WASH OR SANITISE YOUR HANDS BEFORE & AFTER YOU OFFICIATE



WASH OR SANITISE ANY OFFICIATING EQUIPMENT BEFORE & AFTER USE



PLACE HAND ALCOHOL-BASED SANITISER AROUND THE VENUE AND IN TOILET/CHANGE ROOMS



ARRIVE AT THE VENUE READY TO TRAIN/PLAY/OFFICIATE



BRING ALL PERSONAL ITEMS TO PARTICIPATE; WHISTLE, TOWEL & DRINK BOTTLE ETC.



AVOID UNNECESSARY BODY CONTACT. NO HAND SHAKES OR HIGH FIVES



WIPE & CLEAN NETBALLS AFTER TRAINING AND GAMES



WHERE POSSIBLE MAINTAIN SOCIAL DISTANCING

DO NOT ENTER THE STADIUM IF YOU EXHIBIT ANY OF THESE SYMPTOMS:

FEVER

COUGH

FATIGUE

SORE THROAT

SHORTNESS OF BREATH



Appendices

Appendix 1

National Sport Principles and Framework For Resumption Of Sport [Click Here](#)

AIS Framework for Rebooting Sport In A Covid-19 Environment [Click Here](#)

Roadmap to easing Queensland's restrictions [Click Here](#)

Appendix 2

Hand Washing Guidance [Click Here](#)

Good Hygiene for Coronavirus (COVID-19) [Click Here](#)

Appendix 3

Resumption of Community Netball Risk Assessment Guidance Template [Click Here](#)