

# COVID-19 SAFETY PLAN

## Return to Play Guidelines

Applicable to all levels of Netball from 1 July 2020 (As at 1 July 2020)

### Introduction

The priority of Netball NSW has been to safeguard the health and wellbeing of the community to undertake its social responsibility to do everything it can to slow down the spread of COVID-19. The key point of reference in all considerations and guidelines has been the measures recommended and implemented by both the Federal and State Governments.

COVID-19 is most likely spread through direct close contact with a person while they are infectious (usually face to face contact for at least 15 minutes; or being in the same enclosed space for at least 2 hours). With the majority of community level netball played outdoors, the risk of infection through playing sport is minimal, and now with the rate of infection greatly reduced, it is time to cautiously reintroduce community netball competitions.

These Return to Play Guidelines and the COVID-19 Safety Plan have been developed in line with the template provided by the NSW Government but may require alteration(s) as Public Health Orders change.

### Return to Play Guidelines

These 'Return to Play' Guidelines reflect the movement to Level C of the AIS Framework for Rebooting Sport. The guidelines provide for the resumption of full training, competitive matches and other netball activities at all ages and for all levels across the various leagues and competitions in New South Wales.

Having had 4 - 5 weeks of training with the previous Return to Training Guidelines, we need to continue to satisfy players, volunteers and their families that it is safe to do so, and to ensure that venue operators (typically Local Councils) and others are satisfied that our Associations and Clubs are taking reasonable steps to keep people safe.

These are guidelines, not regulations and are provided to ensure the health and safety of everyone involved in our game.

*Please note: On Wednesday 1 July, NSW Government released its updated COVID-19 Safety Plan Template for Community Sporting Organisations. Under the current Public Health Order it is a requirement for any organisation running community sport to have a COVID-19 Safety Plan.*

*Netball NSW has also been advised, some Local Councils may require this to be submitted prior to allowing ground hirers to return to competitive netball, while for other authorities the submission of the Netball NSW Return to Play Guidelines and other related resources will suffice. Netball NSW has updated the COVID -19 Safety Plan Template for the benefit of Associations/Clubs can be found [here](#).*

To further aid the fight against COVID-19, Netball NSW supports the Australian Government's COVIDSafe app and strongly encourage all members of the netball community to get behind this initiative.

The app can be downloaded from the Apple App store and Google Play.



### Prior to attending training, games or other netball activities

Before participating in any netball activity, participants should not attend training or play in a match, if:

- unwell or had any flu-like symptoms, or
- been in contact with a known case of COVID-19 in the past 14 days, or
- been overseas or exposed to someone with COVID-19 in the last 14 days, or
- any sudden loss of smell or loss of taste, or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Check the NSW Government website link advice regarding the full list of symptoms associated with COVID-19 infection: <https://www.nsw.gov.au/covid-19/symptoms-and-testing>

### For Further Information and other Resources

Netball NSW encourages the regular use of the following resources and websites in order to obtain accurate information:

Australian Government Department of Health

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

NSW Government Department of Health

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx>

World Health Organisation:

<https://www.who.int/>

Australian Institute of Sport:

<https://ais.gov.au/health-wellbeing/covid-19>

Sport Australia:

<https://www.sportaus.gov.au/>

A range of COVID-19 ‘campaign resources’ produced by the Federal Government, including posters outlining hygiene practices (e.g. promoting regular and thorough hand washing) can be found at:

<https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources>

### Level C Training – What is permitted

Level B - Training	Level C - Training (from 1 July)
Netball training to be conducted in small groups of no more than 20 people.	Full training is allowed with no restrictions on group size.
Social distancing of 1.5 metres between players.	Full training with all drills is allowed on court.
Non-contact skills training such as passing, shooting, defending and fitness.	Full training with body contact drills and practice games are allowed.
Minimise sharing of equipment such as netballs, cones, skipping ropes, weights.	Sharing of equipment should be minimised where possible, however continue to maintain cleaning and disinfectant measures. NO sharing of whistles.
Ideally there should be a minimum of 1 set of bibs per team. The same set should not be used again without disinfecting.	Ideally there should be a minimum of 1 set of bibs per team. We understand that players may change position during a game, but that same set should not be used again without disinfecting.
Use of changerooms is not permitted.	Use of changerooms or wet areas should be limited to players and team staff and thorough cleaning is recommended. Observe social distancing and capacity limits.
No use of communal facilities (e.g. gyms).	Return to use of communal facilities is permitted, observing social distancing and capacity limits.
No social activity is to occur once training has concluded.	Once training has concluded, social activity should be limited with players encouraged to leave as soon as practical.

### Organising Training sessions

Full squad training is now allowed. Due to NSW Public Health Orders, it was recommended that under Level B only 20 people were permitted to be on one court at a time for 60 minutes. With the move to Level C and the return to full community netball from 1 July 2020, this has now been relaxed and the amount of space and time that a team trains within is up to the Association or the court allocators.

Essentially, the organisation of training sessions can resume largely as they were prior to COVID-19, however, no more than 500 participants can be at a community sport activity at any one time. That said Netball NSW continues to encourage practices of good hygiene and responsible distancing of spectators.

### Level C Playing – What is permitted?

Level B	Level C – Playing (from 1 July)
No netball games – training, friendly or competitive – are permitted.	Full competitive matches permitted within the normal Laws of the Game.
<b>Level C Playing – What should be avoided?</b> <ul style="list-style-type: none"> <li>• Team handshakes prior to start of the game</li> <li>• Team huddles, handshakes and high fives</li> <li>• Multiplayer celebrations</li> <li>• Spitting</li> </ul>	Training/Friendly matches allowed.
	Full netball activities conducted at all levels.
	Team benches organised to ensure spacing between coaching staff and substitutes where possible.
	Match fixturing and court allocations arranged to maximise spaces between courts if possible.
	Spectators (eg parents) to observe social distancing of 1.5 metres
	Competitions, Leagues and Tournaments permitted.
	Changerooms and/or wet areas limited to players and team staff and thorough cleaning between use recommended.

### Facility Attendance

Netball complexes vary greatly in size and configuration around NSW. We have considered the number of participants in/on the venue at one time. This will vary from location to location.

#### Proposed total numbers per court

	Num.
Players (7) and substitutes (3) x 2	20
Coaches and Team Staff (3 per team)	6
Umpires	2
Parents / Spectators	0
<b>Average sum of people per game</b>	<b>28</b>

The minimum number per court will be dependent on each Association's venue (ie number of courts in operation and configuration). Numbers may increase moderately from 28 people, however this needs to be monitored carefully.

It is understood that not all teams will have 10 players, nor 3 support staff for teams. This will allow teams at their discretion to increase spectators numbers per court, in consultation with Associations.

### Consideration around the 500 participants

The current Public Health Order directs the organizer of a community sporting activity must ensure that gathering for the activity involved has no more than 500 participants, at any one time.

Participants include the following:

- A person engaged in the sporting activity
- An official involved in the conduct or organization of the sporting activity
- A spectator of the sporting activity

In order to ensure compliance with the order the following options can be used as required:

- Limiting the number of spectators allowed
- Longer gaps between games
- Ensure there is a safe drop off and pick up point for participants, similar to “kiss and drop” at schools
- Organised collection points for participants for coaches / managers of teams
- Limiting the number of courts in use at any one time
- Competitions played across multiple days
- Competitions being played at night under lights
- Competitions being played across multiple venues
- Splitting of venues into separate discrete areas
- Consideration given to reducing the number of divisions Associations conduct in 2020

### **Conditions and guidelines for return to training, playing or other netball activities**

These are the steps Netball NSW recommend that clubs take to ensure they keep participants and their families safe.

#### **When conducting training, games or other netball activities the following conditions are to be implemented by the coach/ club officials:**

- Where practical, observe recommended social distancing wherever possible.
- Any handling of equipment is to be kept to a minimum.
- Use of changerooms, gym, wet or inside areas should be limited to players and team staff and thorough cleaning is recommended between use.
- If bibs are used, these are required to be taken home and to be washed. These are not to be shared between teams.
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.
- Toilets are to be open for use. Clear signage indicating the restrictions of the number of people (dependent on the space of the amenities) entering the toilet facility at one time should be displayed.
- Soap and sanitiser to be available in the toilets at all times.
- Social activity once training sessions or games have concluded should be limited to essential gatherings and within government guidelines.

**When participating in training sessions, the following conditions are to be implemented by the player/ parent**

- Ideally, players are to come already prepared to train.
- Players should bring their own clearly labelled drink bottle. No sharing of drink bottles is permitted.
- Players should leave the venue as swiftly as possible once their training session has concluded.

**Apply a gradual return to training/competition for participants so as to mitigate injury risk from sudden increase in training loads.**

**Other considerations**

**Ongoing communication amongst members**

Ensure your Association/club is regularly communicating with all members and stakeholders. As much as possible, provide clear and coordinated guidance to participants and stakeholders across a range of communication channels on how your 'return to play' will be managed.

Reinforce clear messaging and actions across your Association/Club's digital media (e.g. website or Facebook page). This enables you to share timely and accurate information to members quickly. Teams should communicate via traditional platforms such as SMS/email/WhatsApp or through TeamApp - whatever method your team would normally discuss fixtures, cancellations and so on.

Use every opportunity to remind and encourage participants to maintain good hygiene behaviours so as to reduce risk of transmission.

Advise players, coaches and others not to attend training or games if unwell, if they have travelled overseas or if they have been exposed to a person with COVID-19 in the preceding 14 days or if they are an "at risk" individual due to age or medical condition.

Display posters and distribute information about COVID-19 across both your digital channels and at appropriate spots around your Association/ club house or venue.

Where appropriate, identify and address potential language, cultural and disability barriers associated with communicating COVID-19 information to players, members and other stakeholders.

**Attendance**

Parents/spectators may attend games upon full resumption of competitive netball activities provided precautions are taken to minimise transmission risk such as spreading spectators throughout viewing areas and designating the use of specific seats/areas that meet physical distancing requirements.

All players, coaches, team officials, technical officials and volunteers are required to register and provide contact details through Netball Australia's National online registration system - MyNetball.



All fixtures are administered through an online Competition Management System (CMS). If required the Competition Administrator can identify which clubs, specific teams, players, team officials and technical officials participated in any given fixture. The CMS is also complemented by team sheets.

For the purposes of contact tracing, accompanying parents/spectators will be able to be contacted through the relevant players' mandatory online registration. All participants are encouraged to download the COVIDSafe App.

## Facilities

Liaise and work with venue/facility owners - e.g. Local Councils, schools (public/private), or private owners to comply with any specific requirements they may have.

Determine physical distancing protocols to be used within shared facility spaces (e.g. bar/canteen, change rooms, toilets, spectator viewing areas, entrance foyers, corridors and club house/rooms), and where necessary, clearly demonstrate these protocols through marking tape and/or signage.

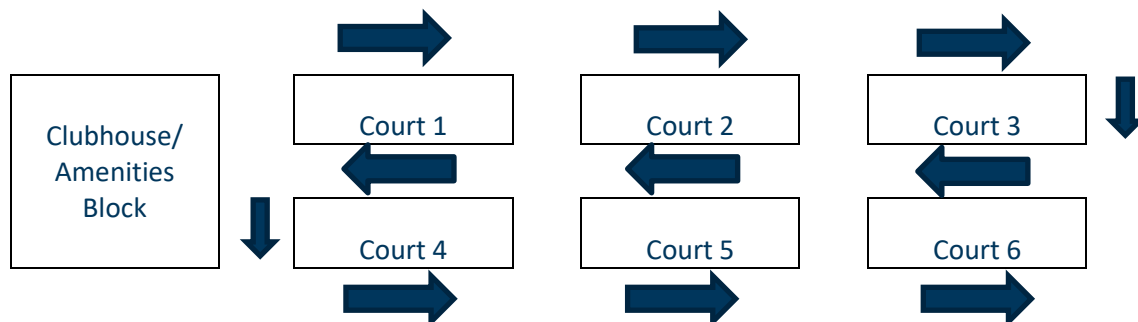
Encourage individuals to be respectful of shared space, minimise time spent in these areas and observe physical distancing measures.

Consider whether to permit bar/canteen operations – if so:

- Implement queuing requirements to maintain physical distancing;
- Ensure appropriate food/beverage and cash handling arrangements;
- Implement low(er) risk menu options such as those requiring less direct food handling/contact; and
- Implement hygiene measures including hand sanitiser at point of sale, gloves and facemasks for bar/canteen volunteer and consider the use of protective physical barriers/shields. Ensure volunteers understand the protocol of regularly changing gloves between customers.

Encourage traffic flow around the facility allows the ability to maintain physical distancing. This could include recommending a one-way traffic flow around the venue and providing directional signage.

For example



Every Association must provide Netball NSW with their facility and traffic flow management plans for each of their competition venues for approval. Please send your plans to [community@netballnsw.com](mailto:community@netballnsw.com)

### Clothing and Equipment

Implement arrangements to minimise the shared use of equipment where possible.

For the immediate future, players should be responsible for the cleaning of their own playing and training uniform.

Where possible players uniforms should be washed between matches.

Also, avoid sharing of articles of clothing such as volunteer high visibility vests (jacketed marshals should take their own vest home to wash).

Players and coaching staff should not share personal equipment including playing equipment, playing uniform, drink bottles and towels and should not leave personal equipment on surfaces.

Avoid sharing of stationery (pens, clip boards etc.), other personal IT equipment (laptops, iPads, headphones, etc.); and technical officials should not share whistles or other equipment.

Where possible, shared equipment (particularly balls and bibs) should be rotated, washed or wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each use and at each activity break. In the case of bibs, there should be at a minimum of 1 set of bibs per team.

Personal equipment bags should be arranged to permit physical distancing of participants (1.5 metres).



## General Safeguards

In addition to the conditions outlined above for training and the playing of competitive matches, it is recommended that everyone involved in netball continue to practice good hygiene by implementing the following measures:

### Hygiene – Association & Clubs

- Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant.
- Provide hand washing guidance to all participants and volunteers  
[http://www.who.int/gpsc/clean\\_hands\\_protection/en/](http://www.who.int/gpsc/clean_hands_protection/en/)
- Promote regular and thorough hand washing by volunteers and participants.
- Provide sanitising hand rub dispensers in prominent places around the venue.
- Ensure sanitising hand rub dispensers are regularly refilled.
- Ensure soap dispensers in toilets are regularly refilled.
- Ensure bins are provided around the venue.

### Hygiene – Individuals

- Players, officials, volunteers and/or their parents/carers should carry hand sanitiser on their person in order to enable good personal hygiene.
- If using tissues, place them directly in the bins provided.
- Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Each participant is to provide their own drink bottle that is clearly labelled and is only used by that individual. No sharing of drink bottles.
- Each participant is to take their uniform home to wash individually.
- No sharing of pens or clip boards, each volunteer must bring their own to venues.
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.

### Behaviour

- 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.
- Use hand sanitiser gel if soap and water are not available.
- Do not touch your eyes, nose or mouth if your hands are not clean.
- No spitting at any time.
- Wipe down all surfaces and objects with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas.
- Do not share drink bottles.
- Practice social distancing. If someone comes and stand next to you, move around the field and ensure you implement social distancing requirements.