



**COVID-19 Policy**  
**for**  
**TRAINING AND COMPETITION**  
**in a COVIDSafe Environment**

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## INTRODUCTION

While the COVID-19 pandemic has had a devastating effect on the activities of thousands of communities, it is widely recognised that the resumption of sport can have a significant impact on the re-establishment of normality in Australian life.

It is critical, however, that the resumption of sport and recreation proceeds carefully and methodically to minimise the risks of a resurgence of the virus.

## PURPOSE OF THIS POLICY

This policy represents our approach to dealing training and competition in a COVID-19 environment.

The priority must always be preservation of public health and minimisation of the risk of community transmission. 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.

Our members health and safety is our number 1 priority, and we are actively reviewing and taking steps to ensure that our members remain safe.

The purpose of this policy document is to outline the actions we have taken and our strict procedures for members in line with the broader framework for community netball in a COVID-19 environment.

## DEFINITIONS

**Community Netball participants** - includes players, parents/guardians, coaches, officials, volunteers, administrators, spectators, and netball organisations.

**Vulnerable participants/volunteers** - netball participants/volunteers who are most at risk of serious infection from COVID-19 include:

- older people - 70 years of age and older or those 65 years and older with chronic medical conditions
- people with weakened immune systems (e.g. cancer).
- people with diagnosed chronic medical conditions (such as high blood pressure, heart and lung conditions, kidney disease and diabetes)
- Aboriginal and Torres Strait Islander people, who have higher rates of chronic illness



## WHAT SPECIFIC MEASURES ARE WE TAKING?

To protect our members Beacon Hill Netball (BHN) is committed to the following policies and actions in relation to Covid-19 and any NSW Public Health Orders (PHO) that are in place :

- We will monitor and follow the advice of our Health Authorities and Netball member organisations with regard to Covid-19.
- We will monitor our members for cases of Covid-19.
- We have assigned a Covid-19 Safety Coordinator to answer any questions members may have and to oversee all Covid-19 policies & procedures.
- We have implemented procedures to record who attends training/games.
- We will implement the Get In, Train & Get Out philosophy and endeavour to provide and maintain a safe training/game environment for all members.
- We will provide information, instruction and supervision to you so far as we can to promote your health and safety.
- We will ensure our community netball participants have access to alcohol-based sanitisers and instructions on how to practice good hygiene and keep safe.
- We will develop plans for the arrival and departure of all participants (entry/exit patterns)
- We will develop a plan to enact hand hygiene protocols during training and competition.
- We will ensure all netballs are sanitised before and after each use.
- We will 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.
- We will implement team training protocols to limit the number of participants in groups (in accordance with PHO) so that they come into contact with each other as little as possible.
- We will review all social gatherings, events, parties, functions in line with PHO.
- We will ensure that the BHN Committee regularly reviews the current circumstances and advice of Health Authorities to ensure our policies and actions remain adequate, effective and fully compliant.
- We will keep our members informed of changes to our policies and any other matters of importance.
- If a suspected or confirmed case of Covid-19 is traced to one of our members, we will immediately establish an action plan based on the advice of Health Authorities and MWNA.
- If a member is confirmed to have COVID-19, we will obtain clearance from their Doctor/local Public Health Authority before their return to netball.
- We will ensure that we regularly monitor adherence to our COVID-19 policy and procedures.



### To ensure safe physical distancing, we will:

- Display notices reminding community netball participants to maintain safe physical distancing (1.5m).
- Educate members to comply with "Get in, Train & Get Out philosophy" to minimise contact with other groups on arrival and departure from the venue. *To arrive no more than 10 mins prior to training and depart within 10 mins at the end of training session. No gathering in large groups.*
- Regulate training start/finish times at Curl Curl Courts to limit unnecessary contact and to ensure safe distancing between teams/groups.
- Advise our members that only essential people can attend training sessions in line with PHO.
- Advise our coaches to ensure training is conducted in line with current PHO.
- Advise our participants to ensure their bags and personal items are kept in their own space and not piled together with other team members' belongings.
- Remind coaches and participants about safe distancing.

### To ensure safe health and hygiene practices, we will:

- Distribute and promote Good Hygiene and How to sanitise netball guides to members.
- Provide sanitiser and alcohol spray in every kit bag.
- Remove non-essential equipment from Kit Bags.
- Implement strict hand hygiene practices at training and games to ensure all players
  - clean or sanitise their hands before and after training sessions and games.
  - practice cough etiquette (coughing into their elbow or into a tissue and immediately disposing of the tissue);
- Ensure that coaches sanitise all shared equipment (balls) before and after every training session/game.
- Prohibit the sharing of personal items - ensured that participants bring their own hand sanitiser, labelled water bottle & hand towel. No sharing of drink bottles, pens, whistles, nail clippers, etc.
- Remind coaches and players about good hygiene.



## WHAT SPECIFIC MEASURES DO WE EXPECT YOU TO TAKE?

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

- Follow all aspects of this policy;
- Apply a 'Get in, train/play and get out' philosophy.
  - Observe social distancing at all times.
  - Shower at home with soap before and after all netball activity.
  - Arrive at the venue ready to train/play.
  - Sanitise or wash your hands before and after training sessions or games.
  - Bring all personal items to participate. For example, a player to bring their own sanitiser, towel and drink bottle; an umpire to bring their own whistle. Do not share with others.
  - Avoid unnecessary body contact, for example no hand shaking or high fives.
  - When arriving and departing training you must move directly from your parent/carer to your training court while minimising contact with other people.
  
- 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.
- Do not attend netball training or competition if you believe you may have come into contact with someone who is unwell.
- Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- Report to the **Club Secretary** (as soon as practically possible), if you or any of your household or close contacts are unwell and experiencing COVID symptoms and/or have had close contact with a known or suspected case of COVID-19.
- Only attend training or games when cleared of all symptoms and given the "all clear" by medical professionals and BHN Committee.
- Take reasonable care to ensure your own health and safety, and that of other members;
- Not place others at risk or jeopardise the safety of our training or playing environment by any act or omission. For example, coming to training while unwell.
- Follow any procedures or protocols that we implement from time to time.
- Cooperate with us to meet our statutory health and safety obligations.
- Minimise use of shared facility spaces (eg toilets). When used ensure that physical distancing and hand washing protocols are adhered to.
- Participants should gradually return to training and competition to reduce the risk of injury.
- Consider vulnerable participants as they may be at increased risk.



## Should I attend training/games if I think that I may be diagnosed with COVID-19?

If you think that you may have symptoms of coronavirus, you should immediately do the following:

- Inform **Club Secretary, team coach and manager** via email or a telephone call;
- **Not attend training/games** under any circumstances; and
- Immediately seek medical advice.

## What if I am diagnosed with COVID-19?

If you are diagnosed with COVID-19, you must

- Immediately inform **Club Secretary, team coach and manager** via email or a telephone call;
- **Not attend training/games** under any circumstances; and
- Follow the advice of your medical practitioner.

## Can I come back to netball activity when my symptoms have resolved?

You should not return to training/games until you have received medical advice that you are not infected, and that it is safe and appropriate for you to return to netball.

If you wish to return to training/games, you must provide us with a medical certificate confirming that you are fit to return to training/games, which may (at our discretion, acting reasonably) include confirmation that you tested negative for coronavirus.

## COVID-19 SAFETY COORDINATOR

If you have any questions/concerns over returning to training or our Covid-19 protocols please contact Deb Harris [bhillnetball@gmail.com](mailto:bhillnetball@gmail.com) 0420 758 498

## DISCLAIMER

This document is not designed to replace any existing policies. It is intended to complement existing risk management systems to support the safe resumption of community netball. This policy is based on the best available evidence and advice to optimise participant and community safety. It should be used in conjunction with the directives and guidelines of the relevant state-based health and safety regulator, health department, the federal and state government, Netball Australia, Netball NSW and MWNA for the most current information, advice and compliance requirements.