

MEMORANDUM

To	Netball WA – Member Association Presidents & Primary Contacts and Gold Industry Group WANL Presidents & Coordinators
From	Liz Booth, General Manager – Community Netball
Re.	Coronavirus Update
Date	13 March 2020

The purpose of this communication is to provide an update in relation to the ongoing situation with coronavirus (Covid-19) and give practical measures to avoid any risks with this virus outbreak. Please ensure you read this note in full.

Netball WA is committed to protecting the health of all staff, players and members in general terms, and regarding the coronavirus (COVID-19) outbreak, and are regularly consulting with Netball Australia, State and Australian Government regarding best practice concerning this outbreak. Trusted sources of information for all is the dedicated page set up by the Australian Government's Department of Health, the Smart Traveller website, or <https://www.health.gov.au/>.

Competitions, Events & Programs

Following a meeting of the COAG today, with effect from Monday 16th March, non-essential public gatherings of more than 500 people are to be suspended.

Clearly, this will have a potential impact on how we coordinate and deliver our various competitions, events and programs in the short term. As a precautionary measure, the Metro League fixtures scheduled to take place Friday 13th March have been postponed. Over the coming days we will review a range of options to ensure that the competition resumes as soon as possible and anticipate confirming these details with all participants early next week.

At this juncture we do not anticipate any material changes to our regular season, however we will keep you updated weekly as things evolve.

General Practices

The current understanding is that Covid-19 is spread from person-to-person when people are in close contact or when an infected person coughs or sneezes, releasing the virus into the air as droplets. These droplets can then enter another person's mouth or nose or possibly be inhaled into the lungs. Infection may also be spread by



touching a surface contaminated with Covid-19 then touching your mouth, nose or eyes.

Symptoms of Covid-19 infection typically begin 2-14 days after exposure and include fever, fatigue, muscle aches and cough. More severe symptoms include diarrhea, difficulty breathing, and pneumonia. If you have not been in an area where Covid-19 is spreading or been in close contact with someone who has and is now infected, your chances of getting Covid-19 are currently low. However, it's understandable that people may feel anxious about the situation.

The precautions outlined below are recommended to limit your exposure and prevent the spread of germs. We encourage everyone to ensure they are practising good hand and sneeze/cough hygiene as this is the best defence against most viruses. We therefore ask everyone to undertake the following precautions:

- wash hands thoroughly and frequently with soap and water, before and after eating, and after going to the toilet
- cover coughs and sneezes, dispose of tissues, and use alcohol-based hand sanitiser
- avoid basic contact with others (kissing hello, hugging, and hand shaking)
- allowing space between people (recommended of 1.5m) within closed room meetings where possible
- maintain basic immune system support (balanced diet, hydration, exercise, vitamin supplements, quality rest)

Overseas Travel

If you are traveling overseas on holiday, please be mindful that you may be required to submit to a quarantine self-assessment on your return to Australia which may prevent you from working within an office environment.

Restrictions related to overseas travel are subject to frequent change. For the latest information please visit Smart Traveller website, or <https://www.health.gov.au/>.

Netball WA will provide additional information to our members as it becomes available and to keeping our community updated on any disruptions to the delivery of regular programs or events, should they occur. The health and well-being of our participants is our highest priority, but it is important that people remain calm and act on the best health advice available.

For sport specific advice, please refer to the AIS webpage, dedicated to providing evidence based, real time advice, including travel as well as FAQs relating to COVID-19 (Coronavirus).

ADVICE TO ASSOCIATIONS AND CLUBS

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All of our Member Associations and Clubs should stay up-to-date with advices issued by the Department of Health <https://healthywa.wa.gov.au> regarding COVID-19 and should also follow health and safety practices regarding regular cleaning of equipment and facilities, including bathrooms, change rooms, offices, canteens and common areas. You can also call the WA Coronavirus Health Information Line on 1800 020 080.

TO OUR PARTICIPANTS:

COVID-19 is transmitted from person to person, usually when an infected person coughs or sneezes. Transmission may occur from contaminated surfaces, so it is important to frequently wash your hands.

To protect yourself and others from infection practice good hand and respiratory hygiene including:

- cleaning hands with soap and water or alcohol-based hand rubs regularly;
- covering your nose and mouth with a tissue or flexed elbow when coughing or sneezing;
- to avoid additional contact we suggest teams don't shake hands after games until the risk subsides;
- do not share water bottles or other items that require personal contact;
- do not share food containers between team members;
- avoiding contact with anyone who has symptoms such as fever, a cough, sore throat, fatigue, and shortness of breath;
- staying home if you are unwell.

FEELING UNWELL

If you are feeling unwell, please see your doctor immediately. Before your appointment, please call ahead and advise of your symptoms and recent travel so necessary precautions can be undertaken.

Any participants who have been in contact with a person with confirmed COVID-19 case must not attend any training sessions, games, trials, events or other activities conducted by NWA or any affiliated NWA Associations or Clubs until 14 days after exposure to the infected individual, providing they do not show Coronavirus symptoms.

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This is a challenging and rapidly changing point in time; we will provide regular updates to keep you as up to date as possible on the virus and its impact on our sport.

We will continue to provide information as it comes to hand.

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