



PRINCIPAL PARTNER



# RETURN TO COMMUNITY NETBALL GUIDELINES





## COMMUNITY GUIDELINES – SUMMARY

The Netball WA Return to Community Netball Guidelines have been developed to provide our community with clear direction to support our participants and venues for their Return to Training. In developing these guidelines, Netball WA has relied on the most up to date information and advice from the Federal and State Governments and their relevant departments. We have also worked collaboratively with Netball Australia and other sporting bodies to work through the COVID-19 impact.

Netball WA has closely considered the ***National Principles for Resumption of Sport & Recreation Activities***, the ***AIS Framework for Rebooting Sport in a COVID-19 Environment***, the ***Netball Australia - Return to Play Guidelines*** and the State Government's ***COVID-19 Safety Guidelines Sport and Recreation*** to help shape our approach to the development of our guidelines.

The guidelines provide a baseline standard for how we reintroduce netball and specifically court training in an informed environment that prioritises the health and safety of our community. The four key principles that will be addressed within these guidelines include:

1. **Education**
2. **Assessment and preparation of the netball environment**
3. **Participant considerations**
4. **Delivery and management**

To support the implementation of the above principles, several key resources for use within the community at all levels have been developed by Netball WA including:

**Return to Community Netball Guidelines** – an overview of the guidelines detailed in the following documents

**Return to Community Netball Roadmap** – an overview of the phased approach to returning to netball in WA

**Conditions of Venue and Training** – a summary document that outlines the key conditions that must be met across both your venue and training environment before returning to training

**Return to Training Protocols** – a more detailed outline of the protocols that must be followed in the training environment over the coming weeks

**Intent to Train Form** – for Teams to complete and submit to their Club or Association before returning to training

**Participant Training Register & Checklist** – for Team Coaches to complete prior to the commencement of each training session

**Return to Netball - Poster Resources** – for players, officials and display at your local facility

**Return to Training - Frequently Asked Questions** – to address your questions for the return to Community Netball





## EDUCATION

The following education is required to be undertaken to ensure all participants are return to training ready;

- Associations, Clubs and entity teams must read the **COVID-19 Safety Guidelines - Sport and Recreation**.
- It is strongly recommended that participants download the Australian Government COVID-19 contact tracing app (COVIDSafe) to assist with the tracking of the virus. The App is available to download via the Apple app store or on the Google play app store.
- The **COVID-19 Infection Control Training** online course to be completed by all coaches, managers, first aid personnel and committee members prior to the return to training. The course may take up to 30 minutes to complete.
- Clubs and team briefings to outline the Netball WA Return to Training Protocols must be held prior to the commencement of the first training session, to ensure that the protocols are reinforced consistently.
- Provide a suite of educational materials promoting the required behaviours within the sporting environments. These resources are listed on the last page of these guidelines.

## ASSESSMENT AND PREPARATION OF THE NETBALL ENVIRONMENT

It is important that the Netball community has a safe environment to return to, therefore a thorough risk assessment must be conducted with any gaps addressed prior to any resumption of netball.

The following must be demonstrated to support resumption of community netball:

- A risk assessment MUST be carried out and needs to be specific to the netball environment. A Risk Assessment Template **COVID-19 Safety Plan Sport and Recreation** has been provided by the State Government to assist with this process. Associations and Clubs are required to complete this documentation and develop the strategies to fill any gaps. Upon completion of the COVID-19 Safety Plan ensure that the certificate is printed and display in your venue. This assessment must be made available to Netball WA or relevant government authority if requested.
- Associations, clubs and entity teams must adhere to the guidelines regarding multi-functional venues and outdoor venues found on page 4 of the **COVID-19 Safety Guidelines - Sport and Recreation**.
- **Associations** to prepare their venue for return to training in the following way:
  - » Develop a hygiene plan for venue, including goal post padding
  - » Engage with and communicate to Clubs the **Return to Training Protocols**
  - » Establish designated entry and exit point/s to the venue if required
  - » COVID-19 signage to be displayed on entry
  - » Develop court spacing and venue capacity plan that aligns to the COVID-19 Safety Plan for Sport and Recreation.
  - » No access to club rooms or change rooms
  - » Prepare venue toilets for emergency use only
  - » No access to communal water fountains
  - » Canteen/kiosk is closed
  - » Remove seating or access to seating where possible
  - » COVID-19 related signage displayed around venue
  - » To reduce the risk of transmission, ensure surfaces and indoor court surfaces are sanitised and cleaned regularly with disinfectant. All venues must provide alcohol-based hand sanitiser.
  - » Read **Conditions of Venue and Training**
  - » Must read the **Return to Training - Frequently Asked Questions**



## ASSESSMENT OF PARTICIPANTS OF THE RESUMPTION OF NETBALL TRAINING

Participants must adhere to the following to ensure community transmission of COVID-19 is limited:

- Participants must not attend training if unwell, experiencing symptoms such as a cough, sore throat, fever, fatigue or respiratory conditions or have been in contact with anyone who has been ill or had close contact with a suspected case of COVID-19.
- Advise Coach or Club if you are unwell. Stay home and seek medical treatment.
- Vulnerable groups such as people aged over 70, those living in remote and regional areas, those who are immunocompromised, have concurrent medical conditions including respiratory conditions should strongly consider whether they attend training.
- A gradual return to training should be applied to mitigate risk of injury after illness or injury.

## DELIVERY AND ONGOING MANAGEMENT OF NETBALL TRAINING

Must read the Return to Training - Frequently Asked Questions

Associations, clubs, teams and venues must adhere to the following:

- **COVID-19 online Infection Control Training** is completed by all coaches, managers, first aid personnel and committee members
- Clubs/Teams must abide by the **Return to Training Protocols** and communicate these to all participants and their parents/guardian
- **Up to 20 participants** (exclusive of coaches, managers and volunteers) is permitted per court as per State Government restrictions and following the “**Get in, Train, Get Out**” principle.
- Prior to commencing training the **Intent to Train Form** to be completed by each team coach.
- The **Participant Training Register and Checklist** must be completed at each training session and records kept. These must be available upon request by either NWA or Health authorities.
- Ongoing review of COVID-19 Safety Guidelines – Sport and Recreation document
- Social distancing of 1.5m must always be maintained, along with ensuring only 1 person per 4sqm.
- Strictly no physical contact between players can occur no, defending, small sided games or match simulation at training.
- Netballs can be used for small group training, however no additional equipment such as bump bags, weights, etc. can be used. Ensure all netballs are sanitised with alcohol-based sanitiser or wipes.
- Bibs cannot be used.
- Participants must arrive at the venue ready to train. Players are responsible for own strapping if required.
- Ensure administration staff, desk staff, court supervisors and umpires who interact with participants have enough access to sanitisers and instructions on how to keep safe.
- Ongoing review for the arrival and departure of all participants and provide hand sanitiser for all upon entry.
- Schedule training time to allow for breaks between groups with a minimum of a 20-minute between the scheduled training sessions.

### Participants must adhere to the following hygiene measures:

- Where possible shower at home prior to and immediately following training.
- Bring own towel and drink bottle clearly labelled.
- Bring own whistle and do not share with others.
- Ensure you do not share asthma inhalers.
- No high fives, handshakes, huddles or other physical contact.
- Sharing of any food, drinks, snacks, fruit or lollies is not permitted
- If wearing a mouthguard, please disinfect at the end of each training session.

### Coaches, Managers and Committee Members:

- Must complete any relevant requirements as outlined in this document.
- Must keep training sessions within the guidelines set out within the **Return to Community Netball Roadmap** and **Return to Training Protocols**
- Must read and understand the **Return to Training - Frequently Asked Questions**

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

- Participants to refer to the State Government health departments 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 if there has been a positive case in the area.

### Managing a return to training 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, clearance from their Doctor or the WA State Government Health Department is required.



## **NETBALL WA ASSOCIATION AND CLUB RESOURCES**

- *Return to Community Netball Guidelines*
- *Return to Community Netball Roadmap*
- *Conditions of Venue and Training*
- *Return to Training Protocols*
- *Intent to Train Form*
- *Participant Training Register & Checklist*
- *Return to Training - Poster Resource*
- *Return to Training - Frequently Asked Questions*

## **OTHER RESOURCES FOR ASSOCIATIONS AND CLUBS**

- *Netball Australia Community Return to Play Guidelines*
- *National Sport Principles and Framework for Resumption of Sport*
- *AIS Framework for Rebooting Sport in a COVID-19 Environment*
- *COVID-19 Safety Guidelines - Sport and Recreation*
- *COVID-19 Safety Plan Sport and Recreation*
- *COVID-19 Infection Control Training*
- *Good Hygiene for Coronavirus (COVID-19)*
- *Hand washing guidance*
- *Keep that cough under cover*
- *Self-isolation (self-quarantine) for coronavirus (COVID-19)*
- *Advice for people at risk of coronavirus (COVID-19)*
- *Good hygiene is in your hands*

