



COVIDSAFE CLUB GUIDELINES

RETURN TO NETBALL PROCESS

APPROVED TO LEVEL B

12th May, 2020

CONTAX MEMBERS COVIDSAFE GUIDELINES – LEVEL B

Thank you for supporting Contax Netball Club as we navigate our way safely back to the court for training and return of competition in the near future.

The purpose of these Guidelines is to provide our members with clear understanding of the return to play protocols and guidelines all clubs must meet as directed by the National & State Government and SA Health. Netball Australia and Netball SA provided guidelines and as an affiliate club we are required to adopt these standards to ensure we can minimize risk and provide the safest practice to resume training and commence competitions for Winter 2020.

Netball SA has completed a risk assessment for stadium usage and provide all Clubs with guidelines for return to play in this state. A number of documents have been made available to the club and can be found on our club website under COVID directory. Netball SA community guidelines requires our club to adopt recommended process applicable to our club, ensure members are educated, our own risks assessment conducted and adoption of our own club Agreed Protocols culminating in our [Contax COVIDSafe Guidelines 2020](#). This document will continue to evolve and be updated along with member communication provided as we progress through government approved Stages of Return to Play.

Contax has reviewed our processes to ensure we adapt to our new normal as the safety of our Members, families, and our community remains our priority. We have committed to educate members and ensure everyone understands the role they have to play.

Education – We have provided communications to all members, developed guidelines and conducted remotely run meetings with the leaders of our club including Coaches, Management, Umpires and Management Committee to ensure we are all informed and committed to adhering to guidelines and ready to commence training under the restrictions applicable to Level B for Netball

Thank you for your commitment to Contax Netball Club and playing your part in the safe return of our beloved sport of Netball to the courts!

COMMUNITY NETBALL & PREMIER LEAGUE RETURN TO PLAY ROADMAP

STRICT HYGIENE AND SOCIAL DISTANCING PROTOCOLS APPLY
AT ALL STAGES

LEVEL A



EDUCATION, PREPARATION,
SOLO TRAINING

- Keep your community safe, download the COVIDSafe App
- Prepare safe venues
- Education
- Solo training or pairs with at least 1.5m distance and no contact (e.g. agility, aerobic, resistance and skills training)

LEVEL B



FROM MONDAY 18 MAY

SMALL GROUP OUTDOOR
TRAININGS

- Skills using a netball (e.g. passing and shooting)
- No close contact drills
- No more than 10 people (players and staff included)
- Outdoor venues only
- Additional protocols as per Netball Community Guidelines

LEVEL C



FULL TRAINING AND
COMPETITION

- Begin full squad training with contact
- Indoor and outdoor venues
- Competition can commence
- Additional protocols as per Netball Community Guidelines



CURRENT STATE – LEVEL B

SA CURRENT NETBALL APPROVED – LEVEL B

The State Government approved return to play following protocols, in line with current advice permitting netball trainings to return at 'Level B' restrictions as per the AIS Framework for Rebooting Sport in a COVID-19 environment from Monday 11th May 2020 – Netball SA approval to commence outdoor training from Monday 18th May, 2020:

- Small group trainings of no more than 10 athletes plus 1 coach/facilitator per court (Outdoors only)*Note: Government approval provided to increase of numbers per court approved subsequent to original roadmap
- Training activities will be strictly non-contact
- Changeroom facilities not to be used
- Social distancing of 1.5 metres to be upheld
- Some sharing of limited sporting equipment permitted, such as throwing a netball, using a skipping rope, weights and mats
- Players must not arrive more than 10 minutes prior to training commencing
- Spectators are not permitted. For juniors, one parent/caregiver is permitted for supervision purposes and if feasible they are encouraged to wait in car/outside venue to avoid gatherings
- Each club to determine an individual within each team to be responsible for ensuring all patrons adhere to the protocols (Coach)
- Hand hygiene available at all facilities and increased hygiene practices
 - View to move to Level C from 8th June which will enable return to full training and competition return subject to approved by State Government
 - https://ais.gov.au/_data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf

SOUTH AUSTRALIAN ROADMAP FOR EASING COVID-19 RESTRICTIONS

CURRENT IN SA



1 per 4sqm



10 max

- Work from home where possible
- Take away from restaurants, cafes, pubs, wineries and breweries
- Retail not restricted
- Outdoor exercise
- Social gatherings
- Schools open
- Aged care visits limited
- Outdoor playgrounds

STEP 1: FROM 11 MAY



1 per 4sqm



10 max

- Regional travel
- Uni and TAFE face-to-face tutorials
- Outdoor dining for restaurants and cafes
- Community, youth and RSL halls
- Auctions and inspections
- Local government libraries
- Sport training (outdoor only)
- Funerals (20 indoor / 30 outdoor max)
- Worship, weddings and ceremonies
- Pools (limits apply)
- Campgrounds and Caravan parks

STEP 2: FROM 8 JUNE*



1 per 4sqm



20 max

- Cinemas and theatres
- Seated dining
- Galleries and museums
- Beauty, nails, tattoo, massage (non-therapeutic)
- Driving instruction lessons
- Gyms and indoor fitness
- Funerals (50 max)
- Sport transition to competition without spectators, including indoor

FUTURE STEPS FOR CONSIDERATION

- Larger gatherings
- Licenced pubs and bars (non-food)
- Nightclubs
- Shisha/hookah bars
- International students returning
- Casino and gaming venues
- Stadiums and larger entertainment venues
- Food courts
- Spas and saunas
- State border restrictions
- Travel into protected communities

*subject to public health assessment at the time



If you have cold or flu symptoms, seek testing and stay home until you are well



Wash your hands often, wipe frequently touched surfaces, and cover coughs and sneezes



Keep 1.5 metres distance from others



Vulnerable people like the elderly and people with chronic health conditions should talk to their doctor about what is appropriate for them

SA.GOV.AU or **1800 253 787**

**KEEPING SA
SAFE & STRONG**



Government of
South Australia

CURRENT STATE – LEVEL B

- Netball SA Priceline Stadium available for training from 18th May 2020
- Training in groups of 10 outdoors only, max 10 Players + 1 coach 11 per court
- From 8th June Transition to competition including indoor max including coach 20 – further details to be confirmed by NSA and Contax COVIDSafe Guidelines will be updated subject to State Government approval being provided

FRAMEWORK FOR RESUMPTION OF NETBALL IN A COVID-19 ENVIRONMENT

a. PREPARATION FOR NETBALL RESUMPTION

- a.** Education
- b.** Assessment/Preparation of the netball environment
- c.** Agreed protocol for a possible case of COVID-19

b. PROPOSED CRITERIA FOR RESUMPTION OF NETBALL ACTIVITIES

- a.** Level A Netball:
 - Running/aerobic/agility training (solo), resistance training (solo), skills training (solo), including shooting (outdoor or own ring only) or ball skills e.g. against a wall to self.
- b.** Level B Netball:
 - Skills using netball passing, shooting, defending. Small group training (not more than 10 players/staff in total) based on skills with set drill, but no close contact including defending/attacking/match play drills.
- c.** Level C Netball:
 - Full training and competition.

FRAMEWORK FOR RESUMPTION OF NETBALL IN A COVID-19 ENVIRONMENT

c. ASSESSMENT OF PARTICIPANTS/OTHER PERSONNEL PRIOR TO RESUMPTION OF FORMAL TRAINING ACTIVITY

- a.** Key elements to ensure a safe resumption for participants
- b.** Vulnerable groups

d. ONGOING MANAGEMENT

- a.** Monitoring of all community netball participants
- b.** Managing a suspected COVID-19 case
- c.** Managing/returning a confirmed COVID-19 case

FRAMEWORK FOR RESUMPTION OF NETBALL IN A COVID-19 ENVIRONMENT

TABLE 1: RECOMMENDED LEVEL A, B, C ACTIVITIES FOR COMMUNITY NETBALL (HIGH LEVEL SUMMARY)

Level A (moderate to high prevalence and transmission of outbreaks)	Level B (low but controlled prevalence and limited outbreaks)	Level C (almost eliminated, dormant, eliminated, or vaccine available)
<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between participants and/or other personnel.</p> <p>Strength and sport-specific training permitted if no equipment required or have access to own equipment (e.g. weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 participants and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted.</p> <p>Non-contact skills training however accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training/competition.</p>

FRAMEWORK FOR RESUMPTION OF NETBALL IN A COVID-19 ENVIRONMENT

<p>No sharing of exercise equipment or communal facilities.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 participants/staff in total).</p> <p>Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p> <p>Separate spectators from participants. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each use.</p> <p>Limit unnecessary social gatherings.</p>
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CLUB RESPONSIBILITIES


The Management Committee will appointed COVIDSafe Supervisors & Coordinator and provide:-

- Conduct a Risk Audit in line with Netball SA Stadium usage prior to training
- To support Coaches, monitor guidelines are adhered to by players and parents at training and games
- Provide Member education information for Players, Coaches, Umpires and Volunteers prior to training commencement
- Ensure all Coaches and Committee have completed the COVID-19 Dept of Health Infection Control Training
- Provide spray sanitiser for balls and wipes along with Hand sanitisers for all player and larger bottle for team bag
- Communicate Contax Members COVIDSafe Guidelines and store on Club Website – ensure Members agreement
- Ensure all changes to restrictions are communicated to Members, Guidelines updated
- Ensure procedures are in place & communicated of how to respond to suspected case or reported case
 - What will be expected as a clearance to return to training and games
 - Any player or coach feeling unwell is not to come to training or game – must get tested and provide outcome
 - Ensure parents confirm current contact details
- Ensure attendance lists are completed every training/game for all teams including Coach, Players, parents and officials
- Ensure correct Stadium Entry and Exits are know and utilized by members
- Hygiene standards to be maintained at training and games
- Social Distancing of maintaining 1.5mtr at all times and numbers in attendance are minimized at training and games

COMMITTEE, COACHES AND CLUB VOLUNTEERS EDUCATION – MANDATORY TRAINING

- **Complete** - SA Health an online COVID-19 Infection Control Training (30 minutes)
 - This is a practical tool for everyone in the netball environment to obtain further understanding:

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>



Australian Government
Department of Health

Sign In

Please note that this training works best in Google Chrome. Some older and unsupported browsers might affect the appearance of the training.

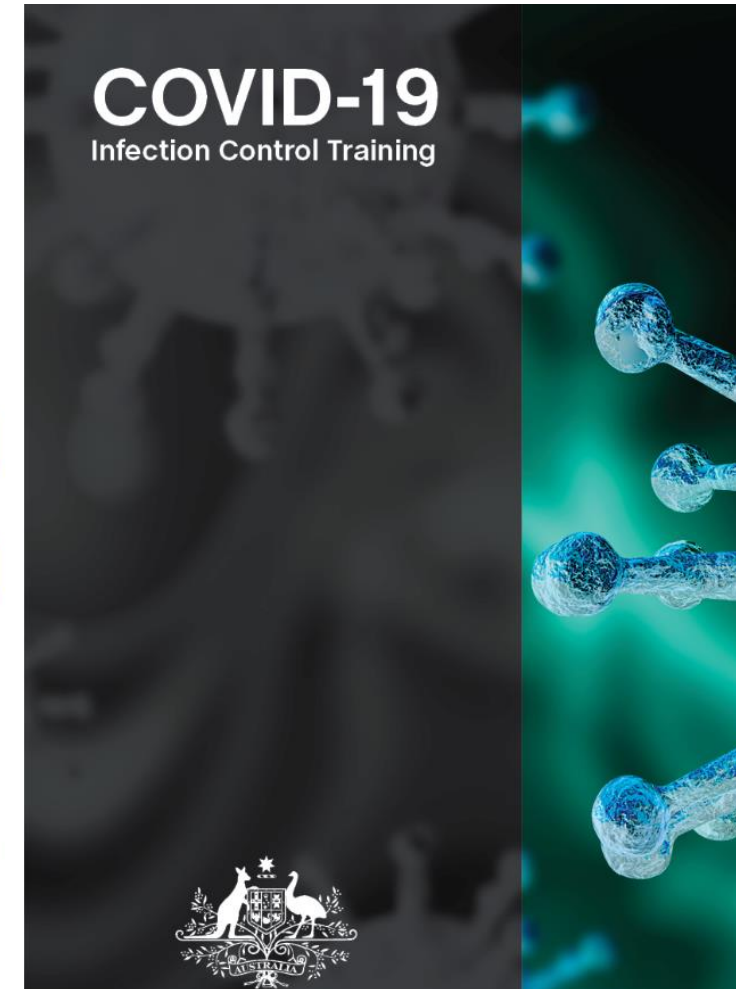
Sign in

If you have not logged on, [click here to register](#)

Click here, [to reset your password](#)

About us: the Department of Health has partnered with Aspen Medical who has developed the COVID-19 training. To find out more about Aspen Medical, [click here](#).

Aspen Medical is collecting personal information about you for the purpose of providing you with access to COVID-19 infection control training to help stop the spread of COVID-19. Aspen Medical will disclose some or all of this information to the Department of Health. To find further information on how your personal information is collected, used, and disclosed by Aspen Medical and the Department of Health, click here to see the relevant [Privacy Notice](#).



COACHES RESPONSIBILITIES -TRAINING/GAME

The coach is the nominated COVIDSafe Officer for each team

- Responsible for supervision of team at training and games and ensuring team protocols are met
- Ensure player adhere to guidelines set by Club to ensure we meet expectations of State Government, Netball SA and Contax to minimize any risk and ensure **we are all responsible** to ensure we keep each other safe
- Ensure clear communication of expectations
 - Any player or coach feeling unwell is not to come to training or game – must get tested and provide outcome
 - Ensure parents confirm current contact details
- Will be responsible for completing and maintaining an accurate attendance list every training and game to include
 - Coach name and contact, Player Names, contact numbers & Parent name and number if they entered the stadium and attended training or game (not required if player dropped off but did not enter stadium).
 - Attendance list to given to Contax Club COVIDSafe Coordinator after training/game to ensure club has current details that will be securely stored & can be easily sourced and provided quickly to SA Health officials if requested.
- All Coaches to complete COVID-19 Infection Control Training – online (30 minute course provided by Government)
- Hygiene standards to be maintained at training and games
 - Hand sanitiser to be used on arrival to venue by all members
 - Balls to be wiped over with disinfectant surface spray to be provided
 - Hand sanitiser to be used by all members after training prior to departure

MEMBER PROTOCOLS FOR TRAINING

GET IN, TRAIN AND GET OUT

- Players are not permitted to enter the stadium until 10 minutes prior to scheduled training time, upon entry go directly to your court
- Arrive at stadium on time and ready to train/play (no strapping at courts)
- Player/Member to bring own drink bottle to games filled and provide own tissues and bag to dispose of tissues (Club not to supply or manage)
- No sharing of drink bottles, towels, personal items, team lollies, nuts or any food
- Current advice permits netball trainings to return at 'Level B' restrictions per the AIS Framework for Rebooting Sport in a COVID-19 Environment.
 - Skills using netball passing, shooting and defending.
 - Small group training (not more than 11 per court) 10 athletes + coach/facilitator based on skills with set drill, but no close contact/defending/attacking or match play drills
 - Accidental contact may occur but no deliberate body contact
- Exit the courts immediately at designated finish time, proceed directly to cars, no lingering after training or games courtside or in carpark.

MEMBER PROTOCOLS FOR TRAINING

SPECTATORS/PARENTS

- Seniors there will not be any spectators allowed
- For Junior Players only, there is approval for one (1) parent or caregiver only can enter the stadium and attend training with your child (no other children or siblings).
 - If a parent enters stadium, it is mandatory on arrival they must ensure they go directly to the court with child to check in with coach/appointed team manager as parent contact details to be included on team attendance sheet.
 - Parents are either to wait in designated paved area however, if practical, encouraged to wait in car or outside of the stadium. Social Distancing of 1.5 meters to be observed at all times. Parents must not enter the court perimeter.

TEAM INTERACTIONS

- Avoid unnecessary contact e.g. no high fives
- Team discussions should meet the social distancing requirements
- Where possible maintain distance of at least 1.5m while training
- No sharing of any food including lolly containers
- If a ball rolls onto your court from another court, gently kick the ball back rather than throwing it

MEMBER PROTOCOLS FOR TRAINING

HYIGENE

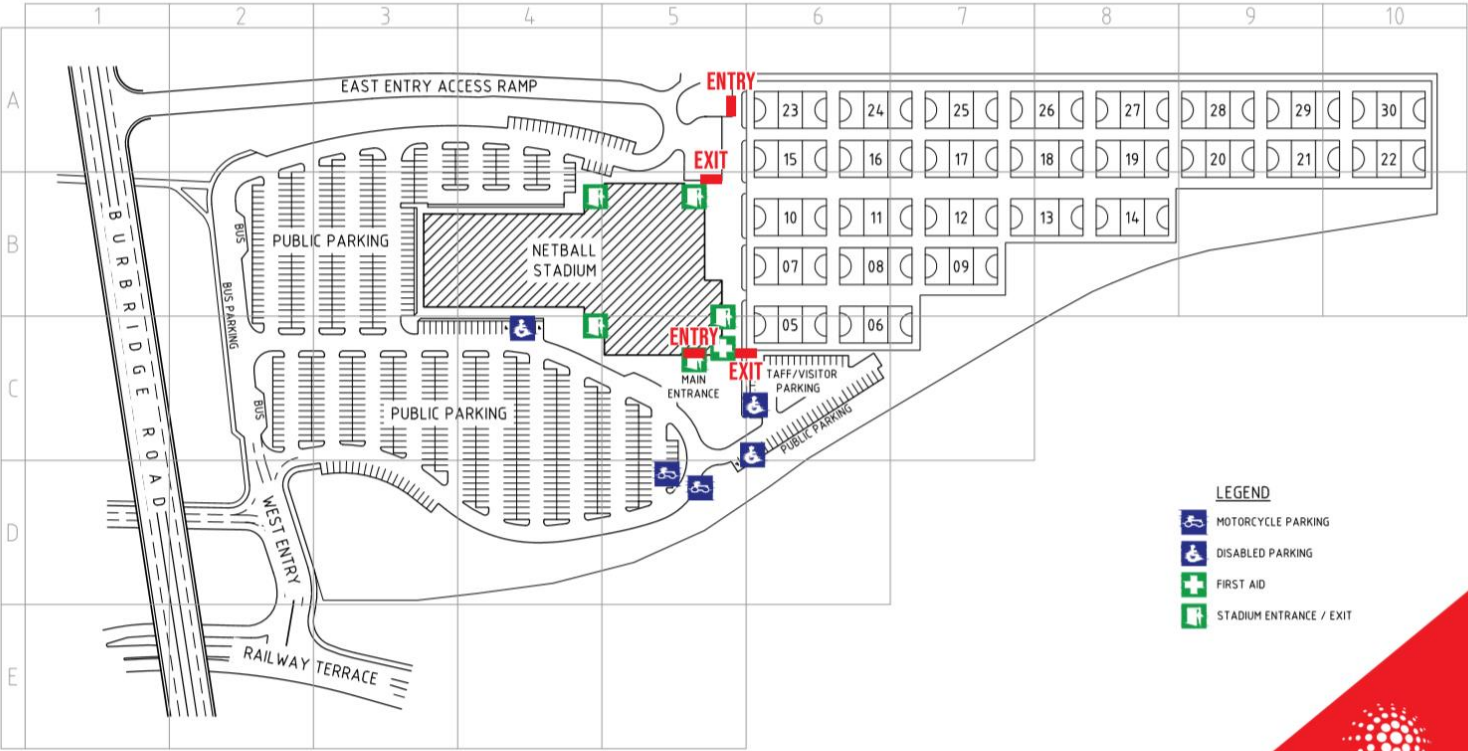
Everyone must practise good hygiene to protect against infection and prevent the virus spreading.

- Do not come to training or games if showing symptoms of COVID-19 – contact your coach or club secretary asap if unwell or have been in contact with a confirmed case and advised to isolate and seek testing. Do not return to training or games until medical approval has been provided to do so and cleared with the club.
- Attendance register for all trainings/games including contact details for Coach, player & any parent that has entered the stadium for training/game. Coach is the COVIDSafe Officer per team and Manager to complete list
- Cover your coughs and sneezes with your elbow or a tissue and avoid touching your eyes, nose and mouth
- Players/Members to wash hands often with soap and water or Hand Sanitiser provided on arrival and exit of stadium, including before and after eating and after going to the toilet
- Netballs and any equipment to be wiped with disinfectant products prior to training and after by coaches
- Clean and disinfect frequently used surfaces of any equipment and seating area, tables as relevant and ensure personal frequently used objects such as mobile phones, keys, wallets and work passes are also cleaned

TRAINING TIMES & COURT ALLOCATIONS – Wk 1-3

30	22	PRICELINE STADIUM – Wednesday 20th 27th May & 3rd June 2020 STRICTLY 1 Hour – “Get in, Train, Get out” Session 1 – 5:45-6:45pm – Sub Primary, Primary, Sub Jnr 3-7 <i>Must enter and Exit the courts from Western side Entry Exits</i> 15 minute change over Session 2 – 7:00-8:00pm – Sub Jnr 1&2, Juniors & C6 <i>Must enter and Exit the courts from Eastern side Entry Exits</i> 15 minute change over Session 3 – 8:15-9:15pm – Inters, Seniors incl AMND League <i>Must enter and Exit the courts from Western side Entry Exits</i> SACRED HEART COLLEGE Premier League & Reserves Monday & Wednesday 6:30-8:30pm		
29	21			
28	20			
27	19	14		
26	18	13		
25	17 Sub Jun 7 Junior 7 B2	12 Primary 3 Junior 8 B1	9 Primary 4 Umpires A Grade	
24 Sub Jun 5 Junior 6 B4	16 Sub Jun 6 Junior 5 B3	11 Primary 2 C6 Spare	8 Net Set Go Spare AMND L	6 Sub Prim 2 Sub Jnr 2 Inter 2
23 Sub Jun 4 Junior 4 B5	15 Sub Jun 3 Junior 3 Inter 5	10 Primary 1 Junior 2 Inter 4	7 Sub Prim 1 Junior 1 Inter 3	5 Sub Prim 3 Sub Jnr 1 Inter 1

PRICELINE STADIUM - INGRESS/EGRESS MAP



STADIUM ENTRY & EXIT POINTS

<- EASTERN ENTRY AND EXIT		WESTERN ENTRY AND EXIT ->	
Barbecues	Duty Room	Alfresco	



ENCOURAGE OUR MEMBERS

TO DOWNLOAD THE COVIDSAFE APP.

FULL DETAILS VIA THIS LINK.

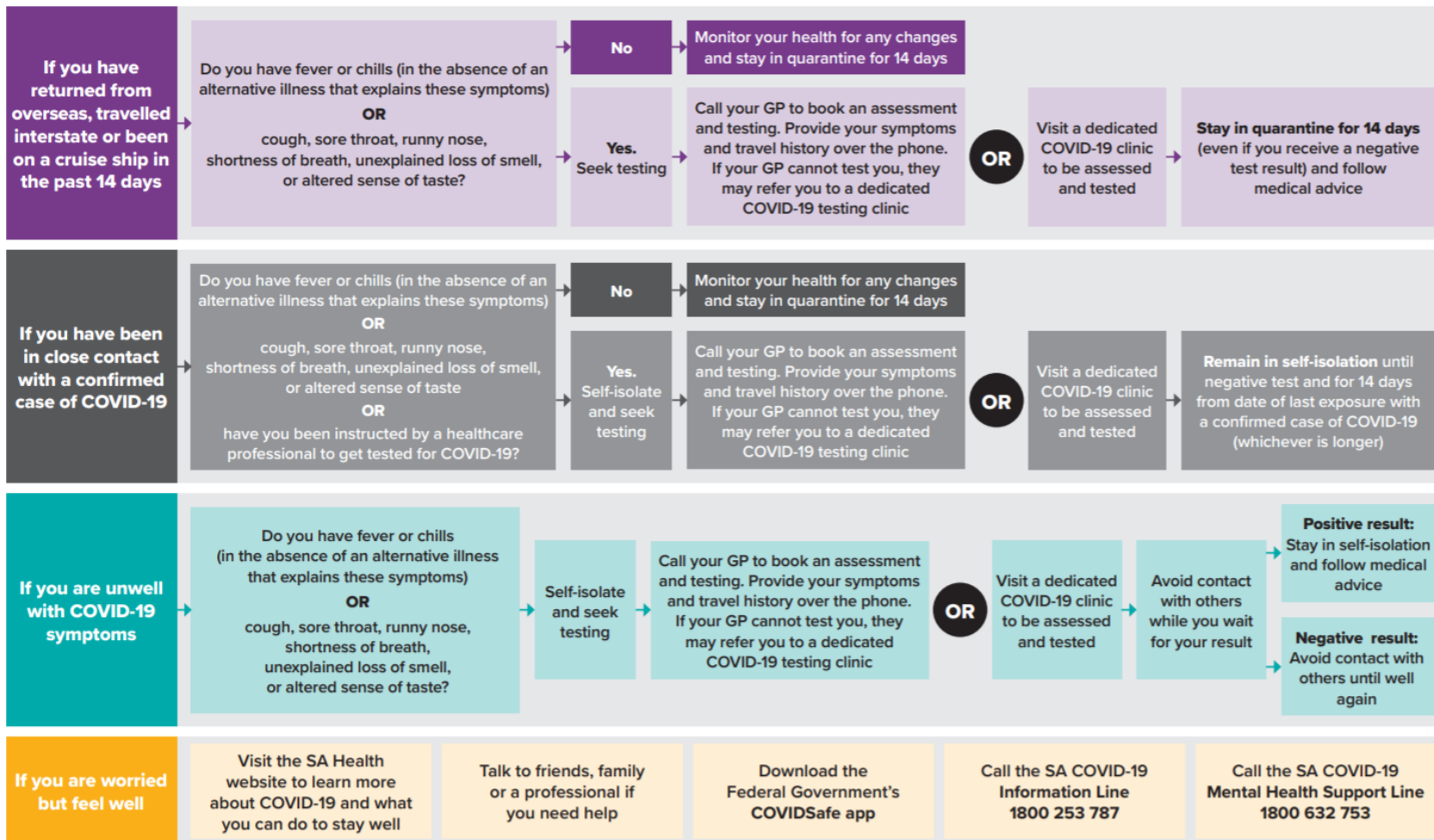
THE COVIDSAFE APP SPEEDS UP CONTACTING PEOPLE EXPOSED TO CORONAVIRUS (COVID-19).

THIS HELPS US SUPPORT AND PROTECT YOU, YOUR FRIENDS AND FAMILY. PLEASE READ THE CONTENT ON THIS PAGE BEFORE DOWNLOADING.

[HTTPS://WWW.HEALTH.GOV.AU/RESOURCES/APPS-AND-TOOLS/COVIDSAFE-APP](https://www.health.gov.au/resources/apps-and-tools/covid-safe-app)

WHAT SHOULD YOU DO...

COVID-19



WHAT SHOULD YOU DO...

- If a player is unwell - don't come to training, seek medical advice notify club
- If a member displayed symptoms – remove from area away from others, seek medical advice and self quarantine until advised clear – keep the club informed
- If a player advised someone within their household or been in contact with confirmed case? - Seek medical advice and request testing, self isolate as per medical authority advice
- Only return to training when fit to do so and Doctors clearance has been provided

In a medical emergency, call triple zero (000) immediately.

Health Practitioners should refer to the latest COVID-19 CDNA National Guidelines for a comprehensive list of case definitions and sahealth.sa.gov.au/healthalerts

UPDATED 30 APRIL 2020

sahealth.sa.gov.au/COVID2019



<p>sahealth.sa.gov.au/COVID2019 www.facebook.com/sahealth twitter.com/sahealth</p> <p>Health information for South Australians</p>	<p>covid-19.sa.gov.au One-stop-shop for South Australian individuals and businesses</p>
<p>SA COVID-19 Information Line</p> <p> 1800 253 787</p> <p>Information and advice for South Australians</p>	<p>SA COVID-19 Mental Health Support Line</p> <p> 1800 632 753</p> <p>Mental health support for people surrounding COVID-19</p>
<p>Red Cross Telecross REDi service</p> <p> 1800 188 071</p> <p>Register for a free, daily phone call checking on the welfare of vulnerable South Australians</p>	<p>Police</p> <p> 131 444</p> <p>Crime Stoppers</p> <p> 1800 333 000</p> <p>crimestopperssa.com.au (report anonymously online)</p> <p>Report non-compliance of self-isolation, self-quarantine, social distancing and business restrictions</p>
<p>COVID-19 Relief Call Centre</p> <p> 1300 705 336</p> <p>Information and assistance with things like personal hardship and accommodation support</p>	
<p>If you require translating or interpreting services, call 131 450.</p> <p>If you are deaf, hard of hearing, or have a speech or communication impairment, contact National Relay Service on 1800 555 677.</p>	
<p>sahealth.sa.gov.au/COVID2019</p> <p> Government of South Australia SA Health</p>	

SA COVID-19 INFORMATION & SUPPORT

- Information Line SA COVID-19 is 1800 253 787