



Incorporation No: A0008400H

ABN: 72058001575

Policy & Procedure:  
WDNA 7

COVID-19 Return to netball -Training  
Step 1 of the 3 Step Framework

Issued:

22 May 2020

Updated:

25 May 2020

4 June 2020

### **Policy Statement**

This WDNA policy has been steered by Government and Council recommendations along with guidance from Netball Victoria and the Australian Institute of Sport.

Information from Department of Health and Human Services, Step 1 of the three-step framework for a COVIDSAFE Australia (gradual easing of restrictions), the AIS framework for rebooting sport in a COVID-19 environment and direction from Netball Victoria and Monash Council.

Resumption of sport can significantly contribute to the re-establishment of normality in Australian society. To ensure the safety of our community, this policy must be strictly followed by all persons attending or representing Waverley District Netball Association (WDNA).

### **Aim**

- To contribute to the physical, psychological, and emotional well-being of our community
- To optimise athlete and community safety
- To preserve our health and minimise risk of community transmission

### **Special request – Download the COVIDSafe App**

WDNA know that outdoor activities are a lower risk setting for transmission. We request all those attending the Ashwood courts or representing WDNA to download the COVIDSafe app (including players under 18 - parental consent required). This app will help health officials to quickly contact people who may have been exposed to COVID-19. This helps support and protect you, your family, and friends.

### **Three step framework for a COVIDSAFE Australia – Step 1 in Victoria (relevant to netball)**

#### **STEP 1**

You can participate in training for all sports, but it must be non-contact, with only 10 people participating at any one time in addition to those people running the training (e.g. coach, manager).

#### **STEP 2**

As at 1 June 2020, increase to 20 people (over two courts) participating at any one time in addition to those people running training (e.g. coach, manager).

You can use toilet facilities connected to a permitted sport location. However, clubhouses, bars, eating areas, indoor sitting areas, showers and change facilities must remain closed. You should not drink from public drinking fountains.



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The following principles have been developed for recreation activities to guide in the lifting of restrictions around recreation activity. Recreation activities can resume if:

- you can keep your distance (at least 1.5 metres apart)
- you are doing your activities in a public space; and
- you are not competing (team vs team); and
- it is a non-contact activity and you can keep 1.5 metres between yourself and others: and
- you can do them with a maximum of 10 people.

A new policy will be written when we move to Step 3.

#### **AIS framework for rebooting sport in a COVID-19 environment – Level B (relevant to netball)**

- Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.
- Non-contact skills training. Accidental contact may occur but no deliberate body contact drills.
- 'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).
- Have cleaning protocols in place for equipment and facilities.
- 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.
- Need to maintain an average density of 4m<sup>2</sup> per person.
- No socialising or group meals.
- Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.
- Skills using netball passing, shooting, defending allowed.
- Small group training based on skills with set drill, but no close contact/defending/attacking/match play drills.

A new policy will be written when we move to Level C.

#### **Training at Waverley District Netball Association or representative training at another venue**

##### General

- WDNA is providing additional cleaning services at the venue to help reduce the spread of COVID-19
- If a team/Club participant is diagnosed with COVID-19 and we are instructed to perform a pandemic deep clean, WDNA will share the cost of this clean 50/50 with the team/Club.
- For casual court bookings, all Clubs/teams must contact WDNA at [admin@wdna.com.au](mailto:admin@wdna.com.au) to confirm court availability
- To identify any safety concerns, all Clubs/teams training at the Ashwood courts must complete and submit the Training at WDNA checklist each training day. The checklist can be found at:  
<https://forms.office.com/Pages/ResponsePage.aspx?id=E7jBiyVvgEi1a9uTo0d1z1UwlgRm1y1FtjHqgBNiz6tUOFE0MVpFRDFDQjNXTUIRQzIERkhXU00xTy4u>



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All participants, spectators, and officials:

- If you are unwell, do not attend
- If you have any of the symptoms for coronavirus (COVID-19), however mild, you should seek advice and get tested. For more information go to the DHHS website <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>

If you have attended training at the Ashwood courts and afterwards, are advised to self-isolate or diagnosed with COVID-19, please notify us 'in confidence' at [secretary@wdna.com.au](mailto:secretary@wdna.com.au)

- If you have attended a sanctioned WDNA training, this will enable us to inform others that they may have been in close contact with a possible/confirmed COVID-19 case. Please be ensured that your identity will not be disclosed by us

- If you have attended a Club training, this will enable us to do any cleaning/disinfecting required. Please also notify your Club to enable them to take the appropriate action

- If you have symptoms and are advised by a doctor or healthcare worker, you should return home immediately after the test. There is a risk that you could have coronavirus (COVID-19) and could spread the virus to other people. You must remain in self-quarantine at home until you find out your test result
  - Parents/spectators should remain in their cars at drop off and pick up. Officials will be at the exit point to ensure participants get safely to their cars
  - As the most common symptoms of COVID-19 are fever, dry cough and tiredness (WHO), all people attending are to have their temperature checked prior to joining their team/group
    - For WDNA sanctioned trainings, temperature checking equipment will be provided by WDNA
    - For Club trainings, the respective Club is responsible for providing temperature checking equipment
- \* The normal human body temperature range is between 36.5–37.5 °C
- \* If a person's temperature indicates they have a fever, (i.e. above 37.5 °C ), they cannot participate
- \*\* The official in charge must ensure:  
this person is not left alone (keeping a distance of at least 1.5m)  
arrangements are to be made for the person to get home
- Attendance roles should be maintained and available upon request for each training session
  - Follow the AIS general hygiene measures
    - Thorough full body shower with soap at home before and after training
    - Be prepared for training prior to arrival
    - Use hand sanitiser before entry and exit to the venue (please bring your own)
    - Use hand sanitiser before training commences, during and after training
    - Players, where possible maintain a distance of at least 1.5m while training
    - Players, before and after training maintain a distance of at least 1.5m
    - Coaches and officials (no spectators allowed) , maintain a distance of at least 1.5m at all times
    - Need to maintain an average density of 4m<sup>2</sup> per person



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- Use bathrooms at home as we do intend to unlock the bathrooms at the pavilion. If necessary, access will be given
  - Female bathrooms, only the first two toilets, basins and hand dryers are to be used
  - Male bathrooms, all is available
  - Ensure any rubbish is placed in the bin provided
  - Disinfecting supplies will be provided for before and after use
  - Wash and dry your hands before returning to your team

#### Equipment

- Each team/group are to use their own training equipment
  - Coaches are responsible for disinfecting balls, cones and any other equipment before and after training
  - We recommend bibs are not worn however, if necessary they are to be washed prior to and after training
  - Do not use post protectors unless you sanitise them (the full length and width of read surface) before and after use
  - Tactile methods to help demonstrate movement/direction/body position etc are not to be used
  - Team equipment is not to be borrowed from or loaned to another team
  - Team equipment is to be kept together in teams designated area while not in use

#### Arrival at venue

- People are to arrive at the designated time for training
  - Ensure your COVIDSafe app is on
  - If you arrive early remain in the car in the carpark until the designated time
  - Enter as directed
  - Move straight to your designated team area
  - Do not hug, handshake, high five etc with other participants

#### During training

- Where possible, maintain 1.5m distance from other participants
  - Encourage other verbally
  - Be aware of where others are
  - Listen to and follow coaches' direction/instructions

#### Leaving the venue

- Leave as directed as soon as training is finished
  - Do not hug, handshake, high five other participants