



netball  
AUSTRALIA

## PLAYERS RETURN TO PLAY GUIDELINES

Netball Australia has developed the following guidelines to provide minimum standards for how netball activity should resume in a cautious and methodical manner.

These guidelines are based on the best available evidence and advice to optimise participant and community safety and should be used in conjunction with the directives and guidelines of the federal government and those of the relevant state or territory.

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.

# RETURN TO PLAY GUIDELINES: PLAYERS

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

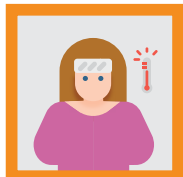
- Do not attend netball training or competition if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Do not attend netball training or competition if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.
- Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- Participants should gradually return to training and competition to reduce the risk of injury.
- Consider vulnerable participants as they may be at increased risk.

Apply a 'Get in, train/play and get out' philosophy.

Players are:

- Encouraged to shower at home with soap before and after all netball activity.
- Encouraged to arrive at the venue ready to train/play.
- To bring all personal items to participate. For example, a player to bring their own towel and drink bottle; an umpire to bring their own whistle. Do not share with others.
- To avoid unnecessary body contact, for example no hand shaking or high fives.

## PREPARING FOR TRAINING & GAMES



**DO NOT  
ATTEND  
TRAINING OR  
GAME IF YOU  
ARE UNWELL**



**PREPARE &  
DRESS FOR  
YOUR GAME  
AT HOME**



**SHOWER AT  
HOME WITH  
SOAP BEFORE  
& AFTER ALL  
NETBALL  
ACTIVITY**



**WASH OR  
SANITISE  
YOUR HANDS  
BEFORE &  
AFTER YOU  
TRAIN/PLAY**



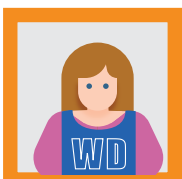
**ARRIVE AT  
THE VENUE  
READY TO  
TRAIN/PLAY**



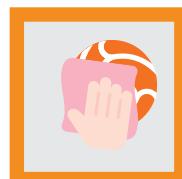
**BRING ALL  
PERSONAL  
ITEMS TO  
PARTICIPATE;  
TOWEL  
& DRINK  
BOTTLE ETC.**



**AVOID  
UNNECESSARY  
BODY CONTACT.  
NO HAND  
SHAKES OR  
HIGH FIVES**



**MINIMISE  
POSITION  
ROTATIONS/  
OR HAVE  
MULTIPLE  
BIBS**



**WIPE & CLEAN  
NETBALLS  
AFTER  
TRAINING AND  
GAMES**



**WHERE  
POSSIBLE  
MAINTAIN  
SOCIAL  
DISTANCING**

**DO NOT ENTER THE STADIUM IF YOU EXHIBIT ANY OF THESE SYMPTOMS:**

**FEVER**

**COUGH**

**FATIGUE**

**SORE  
THROAT**

**SHORTNESS  
OF BREATH**