

Dear Curl Curl Sports Club Members,

As we begin to return to training and competition, it is important to consider your teammates, volunteers and their families. One way to slow the spread of viruses, such as coronavirus, is physical distancing (also called social distancing).

The more space between people, the harder it is for the virus to spread. There is a range of measures netball can take to support physical distancing and reduce transmission within the practical limitations of a sporting environment.

As a participant in netball, it is important that you do not attend or participate in any netball activity, training or competition if you are feeling unwell and experiencing symptoms such as:

- cough,
- sore throat,
- fever,
- fatigue, or
- shortness of breath

Message for all senior players/adults/volunteers: the greatest risk of transmission in the sporting environment is between adults. It is of utmost importance that team personnel and participants alike maintain the recommended physical distancing between themselves and each other at all netball activities, training and competitions. If you start to experience any symptoms or feel unwell at training, immediately tell your coach/manager/team personnel and Club Secretary. Your emergency contact will be rung to pick you up.

Message for parents: if your child is sick, they must not go to any netball activities, training and competition. You must keep them at home and isolated away from others. Remember to maintain the recommended physical distancing from other parents and team personnel when attending any netball activity, training or competition, including when dropping off and picking up your children. Please inform your coach, team personnel and our Club Secretary if your child is sick or starts to feel unwell. Ensure your child's emergency contact(s) is/are current.

Message for children: tell your parent, guardian or coach/manager if you are feeling sick or start experiencing any symptoms when you are at a netball activity, training or competition. Your parents/guardian will be contacted to pick you up.

Message for adults such as club officials: if you are sick, are experiencing any symptoms or feeling unwell, you must not go to any netball activities, training and competition. You must stay at home and isolate away from others. Remember to maintain the recommended physical distancing from other adults and team personnel when attending any netball activities, training and competition. Please inform your coach, team personnel you associate with and the Club Secretary if you are sick, start to experience any symptoms or feel unwell. Ensure your emergency contact(s) is/are current.

Message for coaches and team personnel: do not come to netball activities/training/competition games if you are sick, experiencing any symptoms or in a vulnerable person category. Carry your team personnel's emergency contact details in case of sickness and the need to send a participant home. Please inform team personnel and Club Secretary if you're feeling sick, are experiencing any symptoms or feeling unwell. Ensure your emergency contact(s) is/are current.

Message for all participants: Any participant that is sick or is experiencing any symptoms should attend a doctor in accordance with local Public Health Authority guidelines. Please let your coach/team officials/teammates or Club Secretary know if a graded return to training and competition should apply to mitigate the risk of injury. A **medical certificate indicating the participant is well is required before resuming participation in or attending any netball activities**. The Club is aware of the extra consideration of vulnerable participants, that may be at an increased risk.

We look forward to seeing the Curl Curl Sports Netball Club Community "back on court" soon!

Kind regards,
Cathy Hurditch
President

CURL CURL SPORTS NETBALL CLUB INC.

PARTICIPATION DECLARATION

To be completed by each Team and all team personnel (player, coach and manager, primary carer) PRIOR TO COMMENCING TRAINING/NETBALL ACTIVITY. Please fill in and return the following slip to the Club Secretary (secretary@curlcurlsportsnetball.asn.au)

By signing below each player/coach/team personnel/volunteer **CONFIRMS** as follows:

To the best of my knowledge I am fit to participate in and attend netball activities and/or training and competition. I am aware that I have a responsibility to the MWNA netball community not to attend or participate in any netball activity if I am feeling unwell and experiencing any symptoms such as a cough, sore throat, fever, fatigue or shortness of breath. I understand I am required to supply a medical certificate to the club secretary if I am returning to participate in or attend netball activities from sickness.

TEAM:	COACH/MANAGER:	
NAME		SIGNATURE (Parent to sign if person is under 18)
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