



# WAVERLEY NIGHT NETBALL ASSOCIATION INC.

# RETURN TO PLAY INFORMATION BOOK

**For Stage 3 Restrictions – 28<sup>th</sup> October 2020**

**Waverley Night Netball Association Inc.**

A0001303F ABN 85 676 675 190

**WAVERLEY NETBALL CENTRE**

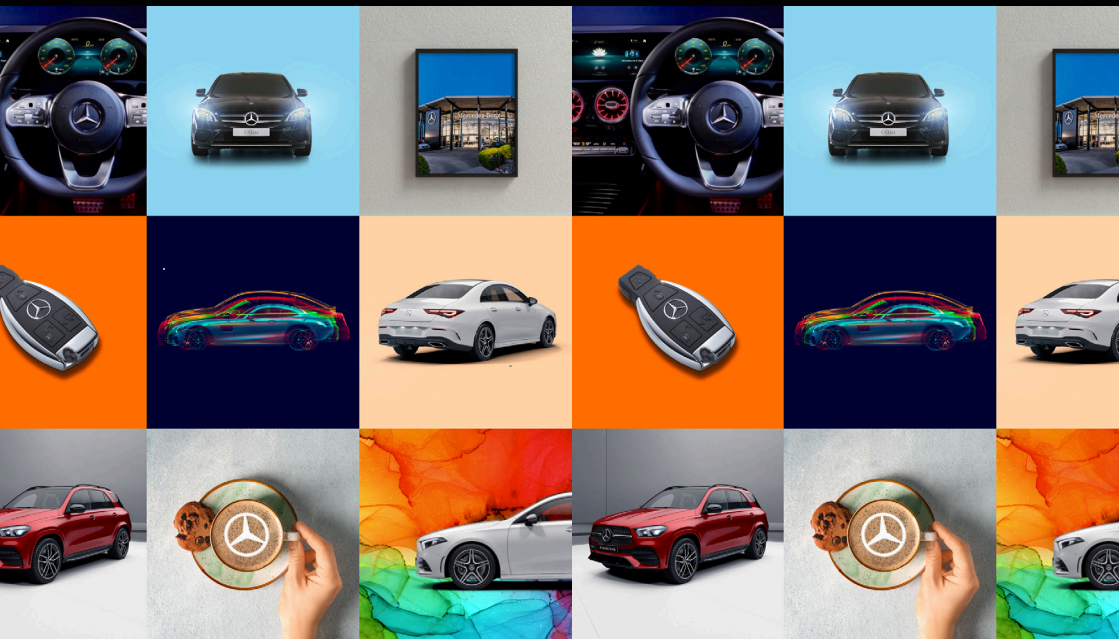
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[www.waverleynetball.com.au](http://www.waverleynetball.com.au)



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# ***Return to Community Netball @ WNC***

*Effective from 28<sup>th</sup> October 2020.*

As government restrictions ease in Victoria we are able to welcome full-contact training and competition for Juniors; 18&Under and non-contact training for adults.

The Waverley Netball Centre venue has been prepared for **CURRENT restrictions** in accordance with the Netball Victoria Venue Requirements.

It is important that all teams and players are aware of the information that is being provided by our governing bodies, Sport Australia, Netball Australia, Netball Victoria.

**PLEASE READ THE INFORMATION ENCLOSED AND IMPORTANTLY FOLLOW THE SIGNAGE AT THE CENTRE.**

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## **CONTENTS:**

- **PLAYING & TRAINING GUIDELINES SPECIFIC TO WAVERLEY NETBALL CENTRE**
- **MAPS – ENTRY & EXIT AND OUTDOOR SPECTATOR ZONES**
- **RETURN TO COMMUNITY NETBALL - MEMBERS**
- **ESSENTIAL HYGIENE PROTOCOLS FOR PLAYERS**
- **GUIDELINES FOR NETBALL VICTORIA CLUBS AND ASSOCIATIONS**
- **3 STEPS TO SANITISE YOUR NETBALL**



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## PLAYING & TRAINING

### Guidelines specific to Waverley Netball Centre

As at 11<sup>th</sup> November 2020

## GET IN, TRAIN / PLAY, GET OUT

## PLAYERS & PARENT/GUARDIAN INFORMATION

We would like to make this as simple as possible, but safe as possible for players and families to return to netball.

- Please follow all the signage / instructions at the centre when you arrive.
  - There are areas for DROP OFF AND PICK UP in the car park to reduce congestion at the entry and exit area.
  - Areas for Parents / Guardians to watch from. See map.
  - Arrows and lines on the floors inside to help with traffic flow and social distancing.
  - KIOSK and new COFFEE Area will be open. We encourage you to takeaway and use card where possible for payment.
- Club / Team to maintain an attendance record for training sessions.
- Scorecard is used for attendance record for playing, officials names are to be written on the back of the scorecard.
- PARENTS / GUARDIANS inside the building for 15minutes or longer need to scan the QR Code to record attendance for contract tracing purposes. These records will be deleted in accordance with recommendations from dhhs.

**When attending the Waverley Netball Centre for playing or training, you agree to abide by the guidelines below and the [Netball Victoria Return to Community Netball - Guidelines for Netball Victoria Members](https://vic.netball.com.au/) in this book and available at <https://vic.netball.com.au/>.**

**Please read the following to prepare yourself to attend netball.**

### Are you organised?

- Are you feeling unwell?
- Do you have a cough, sore throat, fever, fatigue or shortness of breath?
- Have you been in contact with a known or suspected case of COVID-19?

**If so, stay home and let your coach / club know you aren't attending.**

### Are you ready to train/play?

- Be dressed, strapped/taped and ready to play/train.
- We recommend having the COVIDSafe app, and turning it on.
- TOILETS and changerooms are available via entry down the path beside the front entrance.
- Wear your mask from car to court! & then court to car!

### **Wash your hands before and after**

- Sanitise on entry and exit.
- Provide own sanitiser if possible.
- Sanitiser stations are located in most common areas inside the building.

### **Bring what you need**

- Drink bottles, enough for session
- Hand towel
- Hand sanitiser

### **Arriving**

- Arrive no earlier than 10mins before hand.
- Meet your team outside the playing areas if play. If training move directly to your court.
- Enter via walkway from car park, do not congregate on entry & exit.

### **No high fives, no cuddles**

- Avoid unnecessary contact with others.
- No sharing of equipment.

### **Maintain social distancing**

- Where possible maintain social distancing, 1.5m.
- Follow coaches' instructions.

### **Be aware**

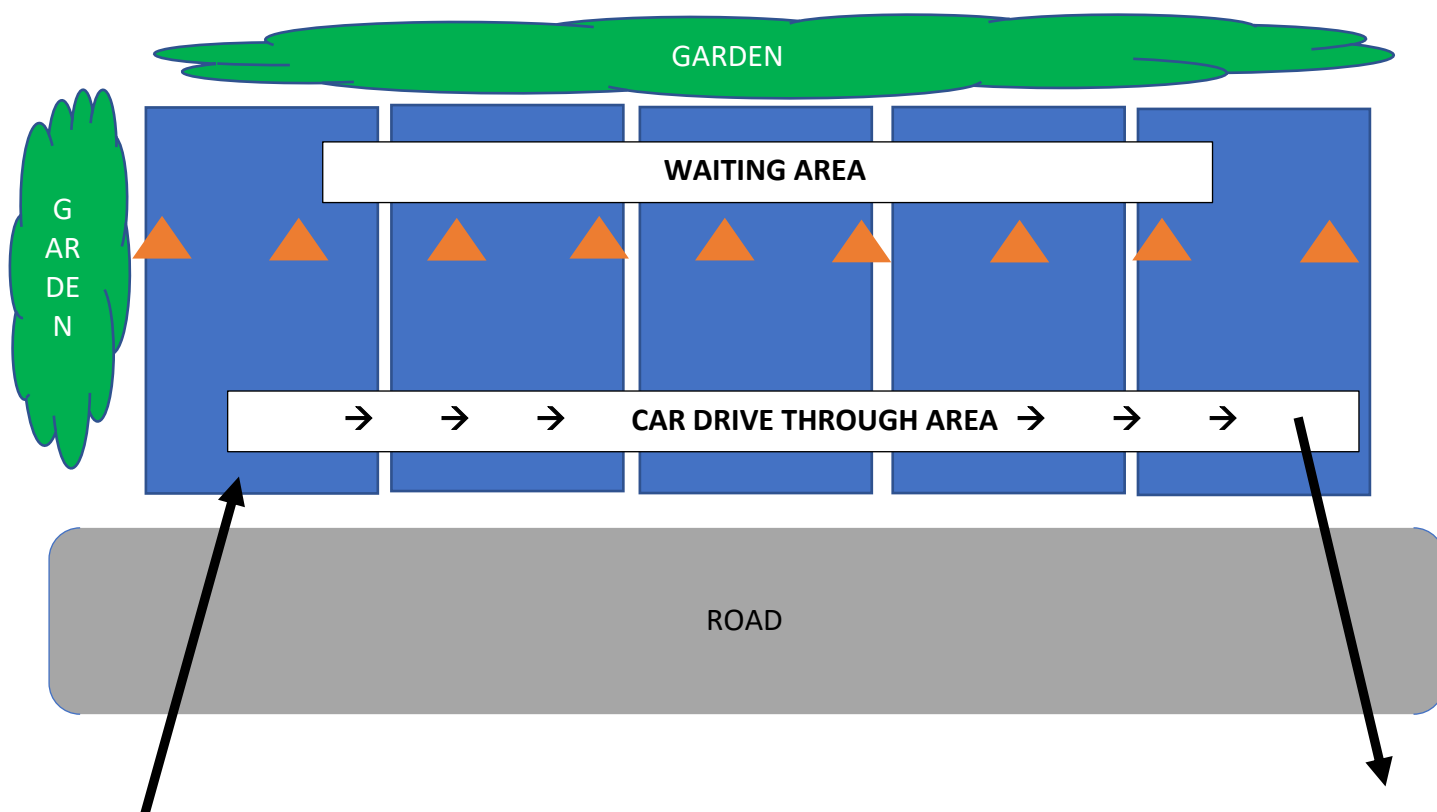
- Be aware of your team or clubs expectations before attending.
- Kick any netballs from another court back.

### **Masks**







- All players over the age of 12 must wear a mask to and from playing / training. Place safely at the court whilst you participate.
- Normal COVID Community rules apply for PARENTS / GUARDIANS.


## **DROP OFF & PICK UP ZONE INFORMATION**

(PURPLE ZONE INFORMATION FOR MAP ON FOLLOWING PAGE)



## ENTRY & EXIT & OUTDOOR SPECTATOR ZONES


-  SCORER
-  KIOSK AREA – Entry front doors
-  COFFEE AREA
-  TOILETS  
Down path beside entry.
-  TEAM EXITS
-  **CAR PARK DRIVE THRU DROP OFF ZONE**  
(Please wait in area behind the cones.)

-  **PARENT / GUARDIAN VIEWING AREA:**
  - No spectators allowed.
  - A parent/guardian is permitted to supervise children.
  - We recommend a maximum of one parent / guardian per child.

Parents / Guardians are allowed to:

  - use the toilets in the building.
  - go to the kiosk.

ONLY Coach, Team Manager and one scorer per team is allowed court side.

-  **PLAYING AREA**
  - No parent/guardians on the asphalt area.
  - Exit from kiosk only.





**SIENNA  
HOMES**  
MAKING ROOM FOR LIFE

# OUR DISPLAY CENTRES *are open*

If you are thinking of building a new home, come in and say hello at our Wheelers Hill Display Home or visit our website for other locations.

184 Lum Rd, Wheelers Hill  
11am -5pm Saturday -  
Wednesday





## GUIDELINES FOR NETBALL VICTORIA MEMBERS



**USE OF OUTDOOR  
VENUES ONLY**



**CONTACT TRAINING AND  
COMPETITION FOR PEOPLE  
18 YEARS AND UNDER**



**NON-CONTACT TRAINING  
FOR ADULTS**



**1.5M**

**MAINTAIN 1.5 METRE  
PHYSICAL DISTANCING**



**IF YOU FEEL UNWELL,  
DO NOT ATTEND**



**WEAR A  
FACE MASK**

### GROUP LIMITS - 18 YEARS AND UNDER

Outdoor contact and non-contact sport for people 18 years and under.

Play with the number of people required, plus coaches, umpires and essential support personnel as required.

Limit crossing over or mingling with other groups.

### ACTIVITY AND GROUP LIMITS - ADULTS (19 YEARS AND OVER)

Outdoor non-contact sport only for adults.

Recommended limit of 20 participants in each space, plus a coach and essential support personnel as required.

Individuals must maintain 1.5 metre physical distance while participating.

Sessions should be modified to ensure participants can maintain the 1.5 metre physical distance.

All non-participants should wear a face mask.

[Click here to download face mask resource.](#)

Do not cross over or mingle with other groups.

### ACTIVITY AND GROUP LIMITS - GENERAL

A record of attendance must be kept - please provide your details where required.

Participants from metropolitan Melbourne must not travel to Regional Victoria to participate in community sport.

Participants from metropolitan Melbourne must not travel more than 25km from where they live to participate in community sport.

Participants from Regional Victoria cannot travel to metropolitan Melbourne to participate in community sport.

Arrive dressed and ready to play.

If required, you will be responsible for your own strapping and taping.

Do not arrive prior to the activity commencing - check the recommended arrival time.

Coaches, umpires and essential support personnel should maintain 1.5 metre physical distancing.

All non-participants should wear a face mask.  
[Click here to download face mask resource.](#)

Ensure you are a registered Netball Victoria member.

Participation is optional and at your discretion.

Effective 28 October, 2020

### EQUIPMENT

- Minimise the use of shared equipment.
- All equipment should be cleaned and sanitised between each session.
- Do not share personal items.
- Bring your own water bottle and hand towel.
- Bring your own hand sanitiser.
- Do not share food.

### NO SPECTATORS

- No spectators permitted at any venue.
- However, people required to supervise children are permitted.
- Recommend maximum one parent/guardian per child.
- Parents/guardians are required to maintain a 1.5 metre physical distance.
- Parents/guardians are required to wear a face mask.
- Parents/guardians must adhere to all gathering restrictions: groups of no more than 10 people, and spread out around the venue.

### VENUES AND FACILITIES

- Follow all signage or instructions that direct the flow of traffic or prevent access to areas of the facility.
- Access to toilets and changerooms is permitted but may be limited.
- It is recommended that only participants use change rooms.
- It is recommended that you shower at home.
- Canteens and cafés may be open.

### HEALTH AND HYGIENE

- Wear a face mask when non-participating.
- If you feel unwell, do not attend.
- Wash your hands with soap and water before and after the session, and more frequently as required.
- Cover your coughs and sneezes with your elbow or a tissue.
- Use approved hand sanitiser before, during and after each session.
- Wash your uniform after each session with warm water and detergent.
- Refrain from all unnecessary body contact – i.e. no handshakes or high fives.
- Take it easy. A sudden rise in activity may increase the risk of injury.
- Do not attend training or competition if you are unwell and/or experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.***
- Do not attend training or competition if you have had close contact with a known or suspected case of COVID-19.***
- Any person with a possible case of COVID-19 should not attend until they have been cleared to do so by a doctor.***
- If you have had close contact with a known or suspected case of COVID-19, follow instructions from the Department of Health and Human Services.***
- To assist with contact tracing, download the CovidSafe App.***



## ESSENTIAL HYGIENE PROTOCOLS

ALWAYS TAKE THE FOLLOWING STEPS TO ENSURE YOU, YOUR COLLEAGUES, AND TEAM MATES REMAIN HEALTHY.

### GENERAL HYGIENE



WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.



WASH OR SANITISE YOUR HANDS BEFORE EATING.



IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITISER.



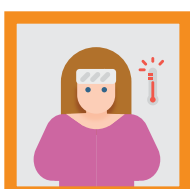
AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.



COVER YOUR MOUTH TO COUGH OR SNEEZE.



STAY HOME AND SEEK MEDICAL TREATMENT WHEN YOU ARE SICK.



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

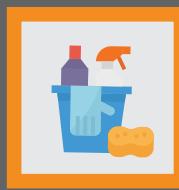
### NETBALL HYGIENE



DO NOT SHARE DRINKS, TOWELS, LIP BALM OR SUNSCREEN WITH OTHERS.



PLACE HAND ALCOHOL-BASED SANITISER AROUND THE VENUE AND IN TOILET / CHANGE ROOM FACILITIES.



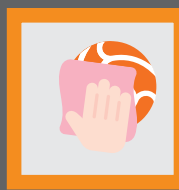
ASSOCIATIONS AND CENTRES SHOULD ENSURE ALL VENUES ARE MAINTAINED AND CLEANED TO A HIGH STANDARD.



NO PHYSICAL CONTACT PRE OR POST GAME. NO HIGH FIVES, FIST BUMPS OR OTHER FORMS OF PHYSICAL CELEBRATIONS DURING GAMES.



MINIMISE POSITION ROTATIONS AND / OR HAVE MULTIPLE SETS OF BIBS.



WIPE AND CLEAN NETBALLS AFTER TRAINING AND GAMES.

We will continue to take the advice of the Government and the World Health Organisation and will prepare based on that advice. A healthy community is our priority and we thank everyone for the role they'll play in ensuring this is the outcome.

Effective 28 October, 2020

## GUIDELINES FOR CLUBS AND ASSOCIATIONS



**USE OF OUTDOOR  
VENUES ONLY**



**CONTACT TRAINING AND  
COMPETITION FOR PEOPLE  
18 YEARS AND UNDER**



**NON-CONTACT TRAINING  
FOR ADULTS**



**1.5M**

**MAINTAIN 1.5 METRE  
PHYSICAL DISTANCING**



**IF YOU FEEL UNWELL,  
DO NOT ATTEND**



**WEAR A  
FACE MASK**

### GROUP LIMITS - 18 YEARS AND UNDER

Outdoor contact and non-contact sport is permitted for people 18 years and under.

Play with the number of people required, plus coaches, umpires and other essential support personnel as required.

### ACTIVITY AND GROUP LIMITS - ADULTS (19 YEARS AND OVER)

Outdoor non-contact sport only for adults.

Recommended limit of 20 participants in each space, plus a coach and essential support personnel as required.

Individuals must maintain 1.5 metre physical distance while participating.

Sessions should be modified to ensure participants can maintain the 1.5 metre physical distance.

All non-participants should wear a face mask.  
[Click here to download face mask resource](#)

Do not cross over or mingle with other groups.

### ACTIVITY AND GROUP LIMITS - GENERAL

Collect and maintain a record of all attendees including first name, phone number, date and time of each session. [Click here to download template](#)

Participants from metropolitan Melbourne must not travel to Regional Victoria to participate in community sport.

Participants from metropolitan Melbourne must not travel more than 25km from where they live to participate in community sport.

Participants from Regional Victoria cannot travel to metropolitan Melbourne to participate in community sport.

A netball court is considered a space/zone.

Where the facility has multiple courts more than one group can be accommodated at one time.

Allow 10-minutes between each session to limit groups crossing over or mingling.

Coaches, umpires and essential support personnel should maintain 1.5 metre physical distancing.

All non-participants should wear a face mask.  
[Click here to download face mask resource](#)

Ensure all participants are registered Netball Victoria members.

Participation is optional and at the individual's discretion.

Effective 28 October, 2020

### EQUIPMENT

Minimise the use of shared equipment.

All equipment should be cleaned and sanitised between each session.

Each group should provide their own set of bibs.

Each group should provide their own first aid kit, with sufficient supply of gloves and hand sanitiser.

### NO SPECTATORS

No spectators permitted at any venue.

However, people required to supervise children are permitted.

People required to support others with additional needs are also permitted.

Recommend maximum one parent/guardian per child.

Parents/guardians are required to maintain 1.5 metre physical distance.

Parents/guardians are required to wear a face mask.

Parents/guardians must adhere to all gathering restrictions: groups of no more than 10 people that are spread out around the venue.

### VENUE MANAGEMENT

Contact your Local Council or your facility manager to confirm access and other specific venue arrangements.

Complete or update Netball Victoria's [Return to Community Netball Checklist](#) in order to safely prepare your netball environment.

Develop a plan to manage the arrival and departure of participants to ensure they can maintain physical distancing.

Clearly mark entry and exit points throughout the venue, and stagger session times where possible.

Provide hand sanitising dispensers at entry and exit points.

Develop a plan to manage the movement of participants through communal and shared areas to ensure they can maintain physical distancing.

Regularly clean change rooms, toilets and other communal areas with disinfectant, and maintain a cleaning log.

Regularly clean and disinfect frequently used surfaces, such as benchtops and doorknobs.

Canteens may open with take-away and limited dine-in arrangements.

Canteens and cafés must adhere to the *Hospitality Industry Guidelines* (available at [www.business.vic.gov.au](http://www.business.vic.gov.au)).

Develop a cash-free handling mechanism. If that's not possible, adopt a plan to minimise and manage cash handling.

### FACILITIES

Limit the use of change rooms and showers.

Limit the use of clubrooms and social rooms.

Groups of no more than 10 people should gather in any space, and subject to the one person per four square metre rule.

### HEALTH AND HYGIENE

Promote regular and thorough hand washing by all staff, volunteers and participants.

Limit opportunities for people to gather.

Encourage everyone to maintain 1.5 metre physical distancing when not participating.

Anyone who is unwell should not attend netball activities.

Anyone who is unwell should not attend.

Anyone who is unwell or experiencing symptoms should get tested.

Encourage your members to download the COVIDSafe App.

Display relevant, up-to-date COVID-19 health and hygiene posters around your venue.

***Community netball participants should not return to netball if in the last 14-days they have been unwell or had close contact with a known or suspected case of COVID-19.***

***Refer to Department of Health and Human Services processes upon confirmation of a positive COVID-19 case.***

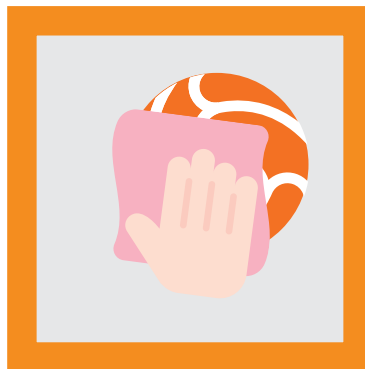
***[Click here to refer to the Dealing with a Suspected Case resource if required.](#)***

For more information contact Netball Victoria at [participation@netballvic.com.au](mailto:participation@netballvic.com.au).

## 3 STEPS TO SANITISE YOUR NETBALL

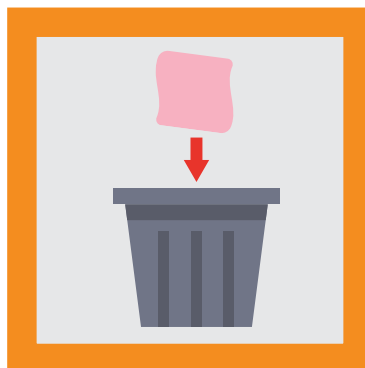
ALWAYS TAKE THE FOLLOWING STEPS TO ENSURE YOU, YOUR COLLEAGUES, AND TEAM MATES REMAIN HEALTHY.

### STEP 1



WIPE THE SURFACE  
OF YOUR NETBALL  
USING A SINGLE USE  
ANTI-BACTERIAL  
WIPE

### STEP 2



DISPOSE OF THE  
WIPE IN THE  
NEAREST BIN

### STEP 3



WASH YOUR HANDS



**WEAR A  
FACE MASK**



**IF YOU FEEL UNWELL,  
DO NOT ATTEND**



**MAINTAIN 1.5 METRE  
PHYSICAL DISTANCING**



**WASH  
YOUR  
HANDS**

## FACE MASKS

- Everyone aged 12 years and over must wear a face mask when they leave home.
- Players, team officials, umpires, scorers, volunteers and parents/guardians must wear a face mask at the venue, this includes on arrival and departure from the venue.
- Children aged between three and 11 years do not have to wear a face mask, but individual families can make their own decisions regarding their children.
- Children aged two years and younger should never wear a face mask.

## PLAYERS

- Players do not need to wear a face mask during competition or training.
- Players need to wear a face mask before and after playing.

## COACHES AND TEAM OFFICIALS

- It is recommended that coaches and team officials wear a face mask during competition and training.

## UMPIRES

- Umpires do not need to wear a face mask while officiating.
- Umpires need to wear a face mask before and after officiating.

## SCORERS

- Scorers must wear a face mask.

## ADMINISTRATORS AND VOLUNTEERS

- Administrators and volunteers must wear a face mask.

## PARENTS/GUARDIANS

- Parents/guardians must wear a face mask.
- Parents/guardians are required to maintain a 1.5 metre physical distance and should maintain gathering limits of less than ten people.

## HEALTH AND HYGIENE

- Wash your hands
- Maintain 1.5 metre physical distancing when not participating.
- Anyone who is unwell should not attend.
- Anyone experiencing COVID-19 symptoms should get tested.
- Download the CovidSafe App.
- Follow all directions provided by your Club or Association.

For more information, [click here](#).



## PROMOTIONAL PRODUCTS

We offer a range of promotional products varying from clothing, drinkware, stationary, bags, headware, keyrings & much more.

Everything fully customisable  
Check out our website for our full range.



Range of drinkware



Sports Towels



Sports Bags

## NAME BADGES

We have the capability of customising badges to your requirements in a range of materials either printed or laser engraved.



Metal badge with your logo



Customised badges

## AWARDS

We have a wide arrange of netball awards

This includes trophies, cup, glass & acrylic awards, custom awards, medals that can also be customised , plaques, perpetuals & honour boards.



Plaques



Acrylic Awards



Resin Awards



Perpetuals



Our range of medals with space for your logo



Custom made medal



Glassware

## CONTACT US



2/60-62 Abbott Road, Hallam,  
VIC 3803, Australia



(03) 9898 8809



enquiries@recognitionid.com.au

[www.recognitionid.com.au](http://www.recognitionid.com.au)



Check us out on our socials

SCAN ME







# ALL SPECTATORS & PUBLIC ENTERING THE VENUE

(For 15 minutes or more)

**PLEASE SCAN THE QR CODE**



**AND REGISTER YOUR ATTENDANCE  
THE WAVERLEY NETBALL CENTRE.**