

Monash University Netball Club - Return to Play Plan

Return to Play date:

Tuesday 9th of June

Wednesday 10th of June

Waverley Netball Centre, Wheelers Hill

Organisation details

Provide organisation name, contact person, phone number, type of organisation, ABN, address.

Organisation Name: Monash University Netball Club

Contact Person: Rebecca Smith / Andrea Vinh

Phone Number: Rebecca - 0400988591, Andrea - 0402847281

Type of Organisation: Sporting Club

ABN: 47 675 950 037

Address: 21 Chancellors Walk, Clayton, VIC 3800

Compliance Officers

Compliance officer, venues

COVID-19 Compliance Officers: Andrea Vinh & Rebecca Smith

- The COVID-19 Compliance Officers will complete the Federal Government's COVID 19 Infection Control training e-module prior to Return to Play

The Compliance Officers will be responsible for:

- Ensuring all players, coaches, officials, etc. are aware of the Return to Play/ Training Protocols
- Ensuring a club's adherence to these protocols and taking immediate steps to correct any identified breaches of the protocols
- Developing any processes or initiatives that will aid a club's adherence to the RTP Protocols.
- Implementing and maintaining training logs/registers
- Keeping up to date with any changes to the protocols implemented by the Sport governing body and Monash University and communicating these to all within the club
- Contact point for any questions from club members (e.g. players, coaches, officials, spectators, etc.) relating to Return to Play /Training Protocols

Hygiene

What infection control measures will you introduce to ensure all participants and spectators are maintaining **personal** hygiene?

- We will conduct an information session with our members before the commencement of training to communicate and update our players on the new protocols and procedures that will be in place at netball training going forward. The session will be compulsory before any player returns to play, and will take place on:
 - Wednesday 27th of May
 - Sunday 31st of May
- Our entire committee will also complete the Federal Governments COVID 19 Infection Control training e-module prior to Return to Play.

In accordance with the AIS Return to Sport Framework and the Netball Victoria and Netball Australia Return to Play guidelines, we will be implementing the following hygiene protocols:

- Players will be presented with and required to hand sanitise as they arrive, during and post a training session (Alcohol based Hand Sanitiser will be provided)
- There will be no sharing of drink bottles, towels or other personal items at training
- There will be no physical contact in the way of handshakes or high fives
- If a player shows any signs of illness, they will be told to stay home
- Players will be educated on personal hygiene measure, including covering their mouth when coughing and sneezing and avoiding touching their eyes, nose and mouth

How will personal hygiene and cleaning of facilities and equipment be maintained to minimise transmission of coronavirus (COVID-19)?

- As per Netball Victoria's guidelines, no bibs will be used
- We will have minimal equipment use and cross over between groups
- We have a large quantity of netballs, so each session/training group will have an allocated set of equipment for their session - i.e. a new set of balls and cones will be used for each session. No equipment crossover will occur
- The equipment needing to be cleaned will be placed into a labelled "Dirty" container
- At the completion of evening, netballs will be wiped down with single use antibacterial wipes as per the Netball Australia guidelines for sanitising a netball
- Similarly, any cones, hurdles or other fitness equipment utilised and placed in the labelled dirty container during training will be wiped down with single use antibacterial wipes at the completion of the evening prior to leaving the venue

Our training sessions do not operate out of clubrooms/facilities that we own. We will either be training at Monash Sport facilities, or at an outdoor netball court setting where the Association is responsible for the cleaning of facilities. We will check with the Association that adequate cleaning is taking place.

Physical Contact Activities

For activities that contain physical contact, or close interaction with other people, what protocols or modifications to activities can be implemented to ensure physical distancing is maintained?

- All training sessions will be conducted in small groups, of less than 10 players plus a coach and minimum support staff, in accordance with the current guidelines. As restrictions change, these groups will adjust accordingly in line with Netball Victoria's guidelines.
- As per the Netball Victoria and Netball Australia guidelines, in Level B step 1, all activity and training must be non-contact, with small group training, comprising activities based on fitness or skills with set drills but no direct contact or match play drills or simulation.
- As such, all training activities conducted in our training sessions will be designed and modified by our coaches to accommodate physical distancing to 1.5 metres between all participants at all times.
- This includes all drills, fitness activities, break times and down times within drills
- Passing drills will occur at a minimum 1.5 metres apart
- Fitness activities will ensure the spacing out of players
- Players waiting in any line, or resting between efforts in drills, will be spaced 1.5 metres apart
- No match play or close contact drills or activities will be undertaken until Netball Victoria have progressed to the appropriate stage

Arrival and Departure of Participants, officials, carers and parents

What measures have you put in place for managing entry and exit points, separating assembly areas, adjustments to activity timings and maintaining physical distancing of people?

Dependent on where our training location will be, our timings and entry/exit procedures will differ.

If we are training at an **external, outdoor** netball facility (e.g. Jells Park- Waverley Netball Centre), our procedures will be as follows:

- 60-minute training sessions, run simultaneously (as per Netball Victoria guidelines)
- Staggered start times for the two groups - 10 minutes apart
- As per Netball Vic guidelines, one group of 20 players per one netball court
- There will be a 20-minute changeover time between previous bookings
- Players will be instructed to not physically arrive courtside until the training start time, they should wait in their cars until this time to avoid any potential cross over with other groups
- Players will be instructed to leave straight away at the completion of the session, and absolutely no longer than 10 minutes post the session completion time
- Entry and exit points will be determined by the facility (Waverley Netball Centre) based on our booking and court location, and communicated to us as a club, which we will then communicate to our members before each session

If we are training **internally** within Monash Sport facilities, we will abide by the Monash Sport policies:

- 45-minute training sessions
- 15-minute changeover time between sessions
- Back to back sessions will be run
- Players will be instructed to not physically arrive courtside until the training start time, they should wait in their cars until this time to avoid any potential cross over with other groups
- Players will be instructed to leave straight away at the completion of the session, and absolutely no longer than 10 minutes post the session completion time
- We will have a designated entry and exit point provided by Monash Sport

Spectators/gatherings

What protocols will be in place to restrict access to athletes and maintain recommended physical distancing?

- As per Netball Victoria guidelines, no spectators will be present at our training sessions
- Players will be informed that they cannot attend if they are not participating (i.e. if they are injured and not able to train)
- Players will also be informed that family members, partners, friends etc. will not be allowed to accompany them and watch the training session
- We do not have minors that would require parental supervision in our Club

Sharing Equipment

What modifications can be made to ensure there is no transmission of coronavirus (COVID-19) through the sharing of equipment, contact with equipment and/or contact with any surfaces where participants may be at risk of infection?

As stated above:

- There will be no sharing of drink bottles, towels or other personal items at training
- No bibs will be used during training
- We will have minimal equipment use and cross over
 - Each small group will have an allotment of equipment to use that session, for their group only (netballs, cones, ladders, hurdles etc) available at the beginning of their session
 - At the completion of their session, players will place their equipment into the contained labelled “dirty”, and these will be cleaned by the compliance officer at the completion of the evening
- Venues (Monash Sport, Waverley Netball Centre) will be responsible for taking out and taking down goal posts (by a single staff member). Our members will be instructed to avoid touching any common surfaces (goal posts, hand rails, gates, etc).

Group/team activity

For team activities, what protocols are in place to enable a staged return to activities of small groups (up to 10) in non-contact formats?

- We will be abiding by the staged, staggered return to play laid out in the Netball Australia and Netball Victoria guidelines
- At Level B, step 2 - small groups of <20 are permitted (with the addition of the coach, and the minimum number of Club personal to run the session)
- We will have a committee member present to facilitate and enforce hygiene policies
- We will offer training on Tuesday's and Wednesday - from 7pm -8pm
- Training will be optional for all players
- Using the Doodle sign-up program, we will provide players the choice to train on either Tuesday or Wednesday going forward based on their availability
- From there, we will allocate our players to groups of 20 - they will remain in these small groups for all training involving during the <20 rule, to reduce the mixing of players (as restrictions change, the numbers will adjust accordingly, the process and structure will remain the same)
- Each player will be limited to one session per week
- The online Doodle sign up form, fitted with the session times for the week, will be put out each week, so we can ascertain who from each group will be attending each session
- Attendance will also be taken electronically on the night for each group using the Netball Victoria template and kept on file
- Both coaches will be present at each training night, working with one group each
- Our coaches will work together to develop a session for the week, that all groups will complete

Are changes required to participant behaviour during sport activities in addition to no shaking hands and high fives?

- No, not during the phase of Return to Play where match play simulation is not permitted

Indoor Facilities

How will you ensure that indoor facilities, other than toilets, remains closed?

This will be managed by the venues.

If training at Monash Sport, this will be arranged by them. All changerooms and indoor facilities, other than toilets, will be closed.

At Waverley Netball Centre, their toilets will be open for use. The rest of the centre will be closed off and not accessible to patrons.

Travel

How can your return to play plan ensure travel is minimised and participants stay in the local neighbourhoods and towns?

N/A - We do not travel for matches/training

High injury risk activity

What measures are in place for high injury risk activities that may result in hospitalisation?

- Training sessions will be designed to gradually re-introduce our players to the netball specific movements and activities that are likely to cause high risk injuries
- Training will begin with fitness activities (running, plyometric strength exercises) and simple, small footwork and partner-based drills using netballs
- Our Club has also been providing 4x weekly Zoom fitness and strength sessions that have been well received and utilised by a wide range of Club members, so some level of fitness and strength/conditioning has been maintained by a portion of our members which will help to reduce the likelihood of injuries going forward

Protocols

What protocols or processes are in place to ensure participants are free of coronavirus (COVID-19) symptoms?

- Players will be educated on the signs and symptoms of COVID-19
- Players will be instructed and required to stay away from training if they feel at all unwell, or show any degree of respiratory symptoms
- Club personnel at training sessions will observe and identify any players upon arrival and during the session that display any symptoms of COVID-19
- Players will also be required to stay away from training for 14 days if they have had close contact with a known or suspected case of COVID-19.
- In line with self-isolation guidelines, players who are diagnosed with COVID-19, they need to alert the Club, and stay away from training for 14 days as a minimum, and until cleared by their medical professional to return to training
- Players will be allocated to a group of 10, who they will train with for the duration of this period - groups will not mix or change

What protocols do you have in place for people who present to training with symptoms consistent with COVID-19 (fever or respiratory symptoms such as cough, sore throat and shortness of breath)?

- The player will immediately be removed from the training group
- The player will be asked to leave, and recommended to visit their GP and get a COVID-19 test as per the AIS Return to Play Framework recommendations
- The Club will maintain a list of local COVID-19 testing facilities to inform the player where they can get tested
- The player will need to be cleared by a doctor to return to training
- The Club will maintain contact with the player to track their progress
- All other players in the training group will be required to sanitise their hands immediately, and the training ceased
- All other players in the training group will be required to self-isolate until confirmation of any test results
- Any equipment that the player has come into contact with will be sanitised and cleaned immediately
- The Club will inform representatives for the Venue (Monash Sport or Waverley Netball Centre) should there be a positive test result

How will you coordinate and communicate and changes to the directions to your clubs, members and stakeholders?

- Initially, we will conduct an information session via Zoom to communicate all the new information, protocols and procedures for returning to training for our Club
- We will forward all our members via email the Netball Victoria Return to Play guidelines, and hygiene information packets for their reference
- We will provide any necessary updates via our internal Club Facebook page, and via email

Communication

List the measures you will use to communicate and provide guidance to participants and clubs?

- Initially, we will conduct an information session on Zoom to communicate all the new information, protocols and procedures for returning to training for our Club
- We will forward all our members via email the Netball Victoria Return to Play guidelines, and hygiene information packets for their reference
- We will provide any necessary updates via our internal Club Facebook page, and via email
- In accordance with Monash policy, we will have a COVID-19 Compliance officer who will ensure the protocols and procedures are being adhered to at our training sessions
 - The identity of this person and their role will be made clear to our members in our education session
- We will provide brief reminders of the protocols and procedures around personal hygiene and social distancing at the beginning of each training session to ensure all players are aware of their responsibilities, and the implications of non-compliance

Do you have protocols to advise participants, officials and parents or carers to not attend if they are feeling unwell?

- Yes

Do you have strategies to address non-compliance? Yes/No, what are they?

- Yes
- If Club members refuse to, or continually refuse to, comply with the new protocols and procedures, they will not be allowed to attend our training sessions
- Where necessary, we will refer/seek the assistance of Team Monash, where further sanctions may be applied