

## **Assessment of Senior Players/Adults/ Volunteer Participants Prior to the Resumption of Netball Activities, Training and Competition**

Dear Players/Volunteers/Team Personnel,

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.

**Message for senior players:** if you start to experience any symptoms or feel unwell at training, immediately tell your captain/coach/manager/club secretary. Your emergency contact will be rung 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 team personnel you associate with and your club secretary if you are sick, start to experience any symptoms or feel unwell. Ensure your emergency contact(s) is/are current.

**Message for 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/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 club secretary/team officials/teammates 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.** Clubs are aware of the extra consideration regarding vulnerable participants that may be at an increased risk.

Kindest regards,  
Belinda Wearne  
Secretary  
Pittwater Peninsula Netball Club



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**Seniors/Team personnel/ Volunteers - Please fill and return the following slip to your club Registrar Claire Dix at registrar@peninsulanetball.org.au**

To the best of my knowledge, I, \_\_\_\_\_ of  
team \_\_\_\_\_,

**CONFIRM** that 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 MWN A 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_