

## **NSA RETURN TO TRAINING AND PLAY GUIDE – COVID 19 – LOCKDOWN LEVEL 1**

### **1. OBJECTIVES**

The objective of this guideline is to ensure that Netball South Africa can return to training and playing in a COVID-19 environment in a safe and healthy way.

- 1.1 This document sets out guidelines and plans which will be implemented when government restrictions to sport, including Netball, will be reduced.
- 1.2 The objective of this plan is to reduce risk as much as is reasonably practicable.
- 1.3 This process is predicated on a staged return to training and playing netball on level 1 with minimum gatherings and Live TV.

### **2. CURRENT STATUS OF COVID -19 IN SOUTH AFRICA**

- 2.1 The President of South Africa has announced on the 16 September 2020 that SA will go to relaxed Lockdown level 1 due to low decrease of Covid 19 infections.
- 2.2 As a result of the COVID-19 pandemic the government has imposed restrictions including sport in general. These restrictions currently include:
  - Gatherings allowed for 250 people indoors and 500 outdoor
  - Sporting events allowed with restrictions.
  - Interprovincial travel is also currently allowed.
  - Netball activities allowed with permit from SRSA and Government.
  - Mega sporting Codes activities need to be played in a Biological Safe environment.

### **3. RISK ASSESSMENT**

- 3.1 Netball South Africa, which is the custodian of Netball in South Africa, has undertaken a risk assessment including all its stakeholders.
- 3.2 A formal risk assessment plan regarding various options related to return to training, which includes health plan.
- 3.3 This risk assessment including a risk justification strategy will test the compatibility of professional Netball to commence at Level 1

<b>EMERGENCY PREVENTION AND MITIGATION</b>	<b>EMERGENCY PREPAREDNESS</b>
Conduct risk assessment of facilities	Contribute to disaster risk-assessment processes
Contribute to the disaster-risk-assessment process	Conduct the risk assessment of facilities
Monitor the risks and vulnerability of facilities	Establish early-warning systems – coughing, sore throat, difficult breathing
Manage Structural and non-structural mitigations in health facilities (indoor hall and netball courts)	Develop an emergency response operation plan and conduct the associated activities
Conduct awareness on disaster risks and mitigation measures	Conduct drills and exercises indoors depend on the weather
Ensure that the disaster risk reduction	Provide education and training of personnel and players
It should be compulsory for the hosting venue to sanitize the venue at least two or three times each day of the competition i.e. all rooms used on the day including e. toilets, warm up rooms, VIP's , Anti-doping, LOC and Volunteers rooms at all approved competition venues.	Monitor Districts/Provincial preparedness
Food sanitizers will be at the entrance and each room will have sanitizers	Have a disaster management team to oversee to all. This should include, security and safety, Health and Hygiene (catering, cleaners, electricians, etc)

#### **4. NSA GUIDELINES 5 TO COMMENCE NETBALL TRAINING AND PLAY DURING COVID-19 LEVEL 1 LOCKDOWN- PREPARATION TO RE-OPEN THE FACILITIES**

- 4.1 Be registered and active of Netball South Africa for 2020. R
- 4.2 Appoint a Compliance Health & Safety Officer who will be present at each event.
- 4.3 COVID-19 venue posters must be visible at their venue of together with education posters regarding COVID-19 rules.
- 4.4 Prepare the training facility before contact activity takes place, which includes cleaning and sanitizing the entire facility
- 4.5 Place hand sanitizer and hand washing stations at the entrances of the facility
- 4.6 Implement a phased training schedule with enough time for a phased re-introduction of players to training, as well as enough time between training sessions to allow for sanitization between training groups and to ensure reduced contact between training groups.
- 4.7 Screen every person who enters the building daily with both symptom checks and temperature checks

- 4.8 Maintain a register of every person entering the facility with date and time with details and residential addresses on record including contact details for someone living with them
- 4.9 Educate all players and officials on all health and safety protocols as well as warning signs.
- 4.10 Collect and keep records of all signed indemnities from all and players and officials of netball re-entering the venue of train or play.
- 4.11 Ensure that the training area, bathrooms & change rooms are clean before and after each training and playing session.
- 4.12 Clean each piece of shared equipment after each use with relevant alcohol spray.
- 4.13 Officials and members above the age of 60 s with comorbidities identified by the Department of Health should be isolated if return to training and play they may do so with a fully signed indemnity form.
- 4.14 Always ensure a minimum social distance as per the risk mitigation level table for the alert level in place.
- 4.15 Ensure there is no use of shared change room and shower facilities at all
- 4.16 Ensure all members bring their own water bottle, towel for only their personal use. No sharing of personal items
- 4.17 Ensure all members wash their hands with soap and hot water for at least 20 seconds or use sanitizing solutions when entering and leaving the premises
- 4.18 Ensure all members travel to and from practice and games wearing a face mask.
- 4.19 Implement any other specific rules related to Covid 19 that may be sent out from time to time.
- 4.20 Only individual pre-packed meals and disposable drinking bottles are allowed
- 4.21 A dedicated isolation area must be designated for any person who exhibits COVID19 symptoms in warm up or competition.

## **5. HEALTH AND WELLNESS' OF OFFICIALS AND PLAYERS**

### **5.1 DURING COMPETITION (AT VENUE)**

- Face masks to be worn off netball court all the time
- Temperature to be checked regularly
- Provide each team with thermometer at Mega events
- All teams to be Sanitised and screened before entering venue
- Cloakrooms – To be sanitised after each team/match regular sanitising
- Teams to be under isolation when arriving at venue – no wandering around of players and management
- Managers to be have alcohol based sanitising spray
- Toilets to be monitored and hand paper towels and sanitising spray to be placed in each toilet
- Hand Soap in toilets/bathrooms to wash hands
- Volunteers to clean each bench before matches and after each match
- Balls to be cleaned/sanitised before and after each quarter (ball girls to be provided with paper towels)
- Water bottles to be sanitised regularly, no sharing of water bottles
- No ice baths to be provided at venue

- Display appropriate information material within the facility
- Limit personnel at the venue /change room/ training area (as far as is reasonably practicable)
- Open doors (where feasible) to reduce contact
- All Volunteers to be given face masks x 2, gloves (to change daily) and hand sanitiser for each volunteers and officials.

## **6. PERSONAL HEALTH**

- 6.1 Ensure awareness of the signs and symptoms of COVID-19.
- 6.2 Maintain continual social distancing (at least 2m distance).
- 6.3 Practicing hand hygiene - regularly and thoroughly hands wash with an alcohol- based hand rub or wash with soap and water.
- 6.4 Practicing respiratory hygiene - covering mouth and nose with a bent elbow or tissue when coughing or sneezing.
- 6.5 No hand shaking during match play or outside play.
- 6.6 Then dispose of the used tissue immediately and wash hands. Avoid touching eyes, nose, and mouth.
- 6.7 Wearing of washable cloth masks. Assess the possibility of wearing these while training.
- 6.8 Stay at the hotel and self-isolate even with minor symptoms such as cough, headache, mild fever, fatigue, and contact team Doctor.
- 6.9 No hugs, handshakes, high fives, huddles.
- 6.10 Sanitize hands before, after and every quarter of each match.
- 6.11 Teams to be encouraged to bring own sanitizers to use especially for personal Hygiene.
- 6.12 No sharing of personal items i.e. clothes, towels, and water bootless

## **7. SCREENING**

- 7.1 It is the responsibility of Netball South Africa/Provincial structure/district structure to inform players/officials about the importance of screening and the completion of screening forms without most honesty.
- 7.2 Screening of officials and players is compulsory, and all involved must make themselves available.
- 7.3 All officials and players shall be screened in line with the required format and method.
- 7.4 Daily temperature scanning will be done as part of the screening process.
- 7.5 Health professionals/Compliance Officers shall be responsible for screening on site.
- 7.6 It remains the responsibility of the officials /player/volunteer to arrange for their Covid 19 test if their advised by the health care professional to conduct testing.
- 7.7 No official /player shall be allowed entry without being screened

- 7.8 In a case an official /player shows symptoms of high risk they will be advised on further steps.
- 7.9 If officials /players/ spectator develops symptoms while at the venue, they will be isolated, transported home or to a medical facility for testing.
- 7.10 Symptoms and temperature screening will be conducted on any person entering the premises. These can ideally be done at security.

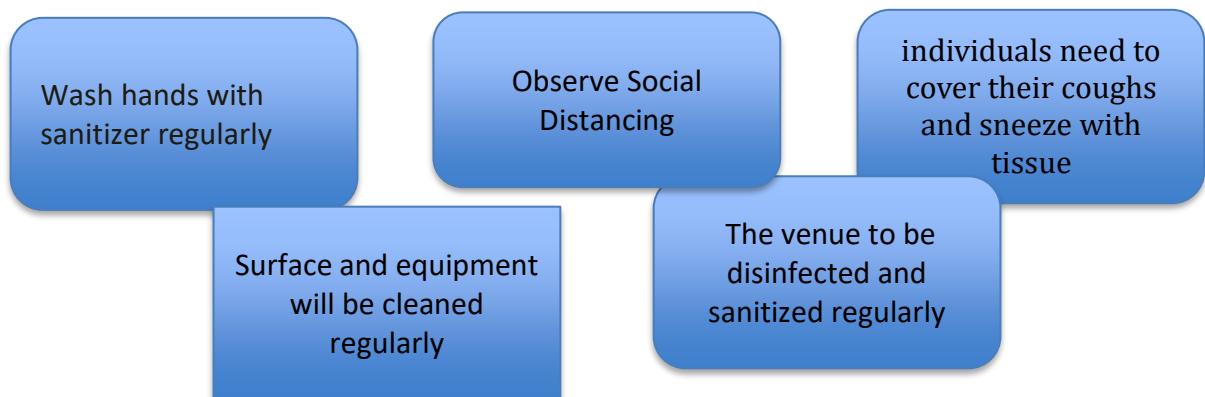
## 8 STAGES OF RETURN TO PLAY

The following stages are envisaged:

### LEVEL 1

- Domestic National, Provincial and District Netball with permit

### TRAINING PLAN -IMPLEMENTATION OF NON-PHARMACEUTICAL /IPC INTERVENTION



1. All players and team managements will wear masks all times except during training
2. Time slot for Training will be 15 minutes for warm up ,75 min of court work in small groups and 15 min of recovery.
3. All equipment used for training to be sanitised
4. No spectators during training and play
5. Water should be left at designated pickup points
6. No massage unless approved by a sport code doctor
7. No spitting, high fives, and hugging
8. Players will be divided in groups
9. Tackling and close contact drills will not be practiced
10. Keep at least three (3) balls ready on the side if it is necessary to switch balls more often during training.
11. Dry with a towel if sanitizing makes the surface of the ball slippery

<p><b><u>PRE-PHASE 1 (ONE ON ONE TRAINING)</u></b> <b>NONE CONTACT</b></p> <ul style="list-style-type: none"> <li>• Running – Sprint</li> <li>• Speed work - Sprint</li> <li>• Strength and Agility</li> <li>• Weight training e.g. Medicine balls, dumbbells, stairs, heel</li> <li>• Ball drills</li> <li>• Foot work – cones and ladder</li> </ul>	<p><b><u>PHASE 2 -- TESTING AND ISOLATION –</u></b></p> <ul style="list-style-type: none"> <li>• All should self-isolate 10 days prior resumption of training and play</li> <li>• Covid 19 testing of players and officials – 48 hours prior admission to a Biological safe environment followed by strict self – quarantine</li> <li>• As soon as someone is identified during training or play, they should wear surgical mask and be evaluated in a private room. The health official/compliance officer should wear a PPE (Hazmat) 30 + GSM while evaluating the suspect. If the symptoms are severe the suspect will be sent for testing and isolation.</li> <li>• Isolated a person under investigation (PUI) in an airborne infection isolation room) with enough ventilation. A contact list of the suspect will be maintained. 10 days of isolation and recovery when tested positive</li> </ul>
<p><b><u>PHASE 3 – COURT WORK</u></b></p> <ul style="list-style-type: none"> <li>▪ Covid 19 test to be done 48hours prior resumption of training and play – <b>if necessary</b></li> <li>▪ 100% Training Intensity – Sport Science Protocol testing advised to ensure player readiness</li> <li>▪ Session too include modified group netball skills – 1.5m social distancing</li> <li>▪ Minimal equipment sharing</li> <li>▪ Skill training – ball work</li> <li>▪ Team drills</li> <li>▪ Foot work</li> <li>▪ Game plan – technical and tactical preparation</li> <li>▪ Circle work – shooting and attacking</li> <li>▪ Defending mechanism <ul style="list-style-type: none"> <li>▪ 100% Training Intensity – competition simulation with friendly matches in preparation for competition</li> </ul> </li> <li>▪ Umpires to join sessions when requested</li> </ul>	<p><b><u>PHASE 4 – COMPETITION PHASE</u></b></p> <ul style="list-style-type: none"> <li>▪ Netball Court</li> <li>▪ Team compilation – 12 players per team plus 5 management</li> <li>▪ Umpires per match</li> <li>▪ round of matches per day (as per fixtures)</li> <li>▪ Technical Officials,</li> <li>▪ Maximum 250 people indoor and 500 outdoor</li> <li>▪ No spectators</li> <li>▪ Social distancing on technical bench and team bench will be observed</li> <li>▪ Ongoing sanitizing – each quarter of the match</li> </ul>

### 3. GAME TIME – THIS SESSION SHOULD BE PRACTISED AT EVERY ROUND REGARDLESS OF NUMBER OF NETBALL COURTS

<u>DURATION</u>	<u>PHASE 1</u>	<u>DURATION</u>
<u>15min</u>	<u>Enter Venue: warm up</u>	<u>Total:</u> <u>131min</u>
<u>1min</u>	<u>Line up</u>	
<u>6 min</u>	<u>Team dance introduction</u>	
<u>1 min</u>	<u>Getting ready for starting match whistle</u>	
<u>103 min</u>	<u>Game time including 2 min injury time</u>	
<u>1 min</u>	<u>Team introduction</u>	
<u>5min</u>	<u>Recovery</u>	
<u>2 min</u>	<u>Exit Venue – Players exit venue immediately then 15min for: Compliance/ Sanitise – Prepare station on new court for new group</u>	

#### 7.4 SEATING:

- Technical officials /players /media and team Management or any Officials will be seated 1.5m distance between them.
- Wear masks and use hand sanitizer
- 3 tables for technical table to space them accordingly.
- 1 table for the player statistics on the other side of the court
- Spacing will be required for bench seating
- Players and Technical table chairs to be sanitized before and after every match and ensure the bench area is cleaning before the next team occupy the area

## 9 DOMESTIC SEASON COMMENCE GUIDING PRINCIPLES

- 8.1 Reference to the status of Covid 19 at that present moment and the Better understanding of the virus and its behaviour in communities will inform further strategy.
- 8.2 Ensure that the Netball community is protected and safe by practicing all required health protection behaviour.
- 8.3 Ensure that the Netball community does not become a path for Broader community transmission.
- 8.4 Comply with government restrictions and regulations as prescribed from time to time.

- 8.5 Education to all participants (players, parents/guardians, coaches, officials, volunteers, administrators, spectators, and netball organisations) about COVID-19 risk mitigation strategies as per the National Government Guide.
- 8.6 Assessment and preparation of the netball environment i.e. training venues and events venues and meetings.
- 8.7 Assessment of participants prior to the resumption of netball training and competition.

## **10 TRAVEL AND ACCOMMODATION**

- 9.1 Single room occupancy especially when players and officials did not test.
- 9.2 Sharing will keep the hotel cost down but could influence the players health and increase the risk in spreading the virus.
- 9.3 Limitation of Team room visits and meetings. Hotel will need to sanitize after each use.
- 9.4 Bigger busses to be used for the teams. We can make use of 30-seaters per team to ensure social distancing.
- 9.5 Sanitising from bus company before and after each trip. Drivers to wear mask
- 9.6 Depending on the venues and the distances. We need to look at bus transport vs flying
- 9.7 If players/officials share transport, then a maximum of 2 players per car.
- 9.8 Teams will travel with a bigger bus that will take 70% capacity of travelers
- 9.9 Social distancing in a bus should be observed inside the bus.

## **11 NSA MEDIA PROTOCOL**

- 11.1 Media zone will be setup at all NSA events, the venue will be sanitised and each media personnel will be screened by health professionals and will be required to sanitize regularly.
- 11.2 Media Launch for TNL and Championships will be limited to 60 people Including invited media, NSA officials, sponsors and nominated players and Team Management.
- 11.3 Information related to COVID 19 to be displayed across all the walls of the Venue where matches will be played, and this includes dressing/change rooms which will include contact details of the nearest testing centres, ER's and hospitals and EMS.
- 11.4 Media will be a split between radio, TV, and print and two photographers per Day will be at the venue.
- 11.5 Only three people will be allowed at the table during press conference.
- 11.6 All media houses to set up their recording devices before the press



- conference to minimise all form of physical contact.
- 11.7 Media will be separated during one on one interviews all the radio journos will do interviews together and printing media separately.
  - 11.8 All equipment to be wiped continuously with disinfected spray and wipes. This will always be the responsibility of the users.
  - 11.9 No group photos, only individual team photos will be taken.

## **DISCLAIMER**

NSA to indemnify themselves and make sure that everyone who is in attendance of either matches or press briefing does so knowing that all precautions are taken to ensure the safety and wellbeing of everyone. It is therefore the responsibility of the attendee to make sure that they always comply with rules of engagements. Netball South Africa cannot be held responsible should one contract COVID19.