

BOROONDARA NETBALL ASSOCIATION: RECOMMENDED COVID MANAGEMENT GUIDELINES*as at 24/3/2022*

COVID POSITIVE: <i>mild illness</i>	<ul style="list-style-type: none">• Isolate for 7 days from when tested positive (not from first symptoms)• Can leave isolation Day 8 ie) a FULL 7 days• Re-testing is not necessary prior to leaving isolation • If ongoing symptoms, remain at home until fully recovered; await clearance from your GP • Return to training when YOU FEEL 100% fit and well – this may be Day 8 or Day X (individual)• You may need to ease back into a full training regimen but be guided by your symptoms & performance <hr/> <ul style="list-style-type: none">• Household contacts must also isolate for 7 days as above• Test on Day 2 to check whether you have an asymptomatic infection• Test on Day 6 to ensure you have not been incubating the infection > if negative can leave isolation on Day 8• Social contacts = those in contact with positive case 2 days before symptoms / before the day they tested positive > must monitor for symptoms and test if symptoms develop
TESTING	<ul style="list-style-type: none">• PCR or RAT testing• A negative RAT test is unreliable & should be followed up if symptomatic.• A Positive RAT test indicates that infection is highly likely & should be reported to https://coronavirus.vic.gov.au/report
VACCINATION	See BNA Vaccination Requirements 2022 <ul style="list-style-type: none">• Personal choice• Does not prevent infection but prevents (90%) against severe illness requiring hospitalisation• Less likely to transmit infection & infectious period shorter• Consider the health & well-being of other participants and vulnerable people• Some types of venue require mandatory vaccination ie) gyms, indoor venues, club rooms, kiosks.• Booster doses are highly recommended after the initial 2 doses.
EDUCATION	<ul style="list-style-type: none">• Understand the transmission patterns and symptoms of Covid-19 – see BNA guidelines
CONTACT TRACING	<ul style="list-style-type: none">• All PARTICIPANTS over 18 yrs of age must register via the QR Code system at check in• Each group is required to nominate a Covid Safety Officer to maintain protocols.
GROUPS	<ul style="list-style-type: none">• <i>Recommended: minimum number required for the session / essential staff only</i>• Work in small group sizes & avoid cross-over of groups where possible• Parents are encouraged to drop off players.• Train / Play outdoors where possible
MASKS	<ul style="list-style-type: none">• Masks must be worn if unable to socially distance.
HYGIENE	<ul style="list-style-type: none">• Personal hygiene measures must be adhered to at all times:<ul style="list-style-type: none">- Stay home if unwell or close contact- Hand sanitise ++- Respiratory hygiene- Social distancing - maintain a distance of 1.5m apart when not competing- No sharing of personal items ie) drink bottles, phones, food• Avoid touching surfaces