

COVID-19 Performance & Pathway Advice – Netball Victoria

The following advice has been provided by Netball Australia regarding the latest COVID-19 developments and adapted for Netball Victoria Performance and Pathway programs and VNL clubs. We will continue to keep you informed to ensure you feel well supported throughout this time. Should you have feedback or have a request for specific information please email rebekah.webster@netballvic.com.au

As stated by the Prime Minister, we need every Australian to do their bit to save the lives of other Australians. Please stay at home, practice social distancing, wash your hands and only go out if you require essentials.

COVIDSafe App	
Should I download the COVIDSafe App?	<p>Please consider downloading the COVIDSafe app.</p> <p>The COVIDsafe Government App will be used to quickly identify the contacts of a positive case so that they can be isolated and tested and not infect anyone else. The sooner an outbreak of the infection is contained, the less likely things (like sport training and games) will have to close down. With the app, all you have to do is download it and leave it open so you will find out quickly if you've been in contact with someone with Coronavirus and will be warned to get tested.</p>

Program & Competition Update	
Is there an update on return to play?	<p>The VNL competition remains suspended currently.</p> <p>We are progressing towards making a final decision in relation to the structure of the 2020 VNL season, following consultation with clubs and other elements contributing to our modelling; including State Government restrictions.</p> <p>Off the back of the recent release of the 'National Sport Principles and Framework for Resumption of Sport' and the 'AIS Framework for Rebooting Sport in a COVID-19 Environment' by the Australian Government and the Australian Institute of Sport, NA and the MO's have been developing a set of guidelines to provide a tool of minimum baseline standards for 'how' reintroduction of netball activity will occur in a cautious and methodical manner. These guidelines will be available this week.</p> <p>The suspension will be in place until at least 31 May 2020, at which point we may have additional information to support clearer decisions on the timing and format for a 2020 season.</p> <p>Once a decision is made for a 2020 season start date, clubs will be given at least 4 weeks' notice of this date so as to adequately prepare their athletes for matches.</p>

Daily Training Environment Guidelines / Recommendations		
What is now permitted under the revised restrictions?	<p>Training sessions are now permitted outdoors but it must be non-contact, with only 10 people participating at any one time in addition to those people running the training (e.g. coach, manager).</p> <p>Activities must ensure social distancing of 1.5m between participants.</p> <p>Clubs should keep a record of participants in attendance.</p> <p>Participants are advised to arrive dressed and ready to train and not arrive more than 15 minutes prior to the activity commencing.</p> <p>Advice only: no shared equipment that touches the head or face or cannot be suitably cleaned (ie. soft materials). Hand hygiene, frequent environmental disinfecting and cleaning, use of own equipment where possible and minimise the sharing of equipment.</p>	
Resources	<p>Netball Australia has provided a resource on Netball Knee Health Exercises.</p> <p>The document provides more ideas around what to do in this time from injury prevention point of view.</p>	
Personal Development and Training		
SALT Webinars	<p>A few athletes had followed up regarding the SALT Workshops. Please see below information and links.</p> <p>SALT (Sport And Life Training) have announced a program of interactive webinars to help both groups and individuals with the unique and difficult times that we are in. These are free, online sessions, held every Monday, Wednesday and Friday at 1pm. The webinars will include topics such as emotional agility, resilient thinking, overcoming stress and anxiety, having kids home 24/7, maintaining friendships and much, much more. The sessions will be positive and interactive, and you can tune in by following this link: https://us04web.zoom.us/j/768832900</p>	
MIND123 & BODY123	<p>For the latest mind/body experience try Wellness Solutions new Wellbeing platform MIND123 & BODY123. A one stop shop for bite-sized TED-Type talks and a huge range of classes (see attachment).</p>	
How can I build my uncertainty muscle?	<p>Like it or not we've all found ourselves in a global 'Tolerance to Uncertainty' Boot Camp!</p> <p>Some people are ok with not knowing what the future holds. Other people can't cope with even the smallest degree of doubt.</p> <p>The good news is tolerance to uncertainty is like a muscle and can be strengthened. To find out the 7 steps to train your brain to be tolerant of uncertainty see attached article by Dr Sarah McKay.</p>	
Key Netball Victoria Contacts		
NV CEO	Rosie King	Rosie.king@netballvic.com.au
General Manager Vixens, Performance & Pathways	Rebekah Webster	rebekah.webster@netballvic.com.au 0438 357 127

NV Pathways Manager & VIS Development Coach	Cathy Fellows	Cathy.fellows@netballvic.com.au
Performance Competitions Manager	Stacey O'Neill	Stacey.oneill@netballvic.com.au
Performance Operations Manager	Hayley Van Den Boom	Haley.vandenboom@netballvic.com.au
Pathways Coordinator	Sarah Collett	Sarah.collett@netballvic.com.au
Competitions Coordinator	Cassy Cayzer	Cassy.cayzer@netballvic.com.au