

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?	The COVIDSafe app is now available and will allow authorities to quickly control the spread of the COVID19 virus. Please consider downloading the app to help save lives, protect the community and get netball back as soon as possible.

Program & Competition Update	
Program Update	<p>Netball Victoria will continue to update and provide programming for all Talent Academy, State and Fury athletes.</p> <p>These resources will be delivered online while we observe social distancing rules.</p> <p>While we cannot facilitate team training at the moment our focus is on ensuring we provide the best opportunities for our athletes to continue with their individual development goals. Setting a strong foundation for you to thrive once we can resume training and playing Netball. If you need further assistance, please don't hesitate to contact the Netball Victoria Staff member at the end of this document.</p>
VNL Competition update	<p>The VNL competition remains suspended currently. We are waiting on further updates from the government and have commenced discussions with clubs before committing to any final decisions with regards to the 2020 VNL competition.</p> <p>A number of season options have been presented to clubs and we are consulting with President's and Coaches. Feedback will be used to assist in the development of the fixture pending government guidelines.</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>

Medical/Physiotherapy Instructions	
COVID-19 AMS Update	<p>VNL clubs that requested to use AMS for the 2020 season have had their players and officials set up. Players should already be logging their data as encouraged to upon registration. Admin, coaches, S&C coaches, and medical staff (if applicable) should now be able to log on and view the player data.</p> <p>Some AMS resources, including links provided by the AIS, on how to use the reporting functions of AMS are now available. This should assist clubs to effectively track player load and wellbeing. A copy will be available on the Netball Victoria website no later than Wednesday, 6 May.</p> <p>For those athletes that are reporting, thank you for doing this. It shows that you are all well (certainly from a COVID perspective). Could you please keep doing this on a weekly basis if you are well and have no risk factors such as travel in the last 14 days (almost no one now) or contact with a known case.</p> <p>For those with symptoms and/or contact with a confirmed positive case we would ask that you update the AMS system daily until your symptoms (or quarantine) finish.</p> <p>We do recommend that those athletes or clubs not able to formally report on your health daily. We do recommend you personally keep a record of any symptoms of the flu or Coronavirus - this can help Netball Victoria and / or your club appropriately plan and put guidelines in place once we all can return to group training sessions.</p>
What to do if you get an injury whilst at home?	<ol style="list-style-type: none"> 1. If your Club physiotherapist IS available, contact them via phone to commence telephysio assessment and treatment advice. 2. If your Club physiotherapist IS NOT available, you may be able to contact them via their personal private practice. <p>If you have not been able to access any of the physiotherapy options listed above, please contact one of the Physio's below. Noting that they can consult via Telehealth but treatment charges will apply. These charges will be the individual responsibility of each individual athlete.</p> <ul style="list-style-type: none"> • Katherine Taylor – Melbourne Vixens Physio You can book a telehealth appointment with Katherine via her practice www.optimushealth.com.au • Mitch Walker – Victorian Fury Physio Contact Mitch via email mwalker.physiotherapy@gmail.com to discuss appointment options. • Emma Iacovou – Victorian State Team Physio Emma is still consulting at the clinic but can also provide telehealth services Langwarrin Sports Medicine Tel: 9789 1233 <p>Please ensure that all injuries occurred during at-home training are recorded and your club is informed.</p>

Daily Training Environment Guidelines / Recommendations	
What Should we be doing now?	<p>The focus should be on continuing a home program 'maintenance phase' of 4-5 strength and conditioning sessions with additional netball specific footwork and or ball skill options/sessions that can be administered in line with the restrictions.</p> <p>Until we have a timeline on competitions re-starting (VNL clubs will be given no less than 4 weeks' notice) these sessions can be quite unstructured and, in some sessions, (if not all) may be completed in each individuals own time rather than prescribed. Structured team (online) sessions can be introduced once we have more information with regards to the resumption of competition.</p> <p>The priority lies with keeping athletes healthy and keeping in line with government recommendations on how to administer training in this period rather than chasing performance while we await a firmer competition start date of softening on COVID-19 restrictions.</p>
Train at Home Guide and Safety Check	<p>Netball Victoria are recommending all athletes completing training at home programs to help ensure your training environment at home is safe and risk free.</p> <p>Talent Academy, State and Victorian Fury athletes should return the completed form to hayley.vandenboom@netballvic.com.au</p> <p>VNL Athletes/ Clubs – this process will be determined by the relevant club. Netball Victoria will not be collecting these forms.</p>
Resources	<ul style="list-style-type: none"> Netball Australia has provided a resource on Netball Ankle Health Exercises. The document provides the top 5 tips to maintain the health of your ankles. Netball Australia's KNEE program. Accessible for free at: https://knee.netball.com.au/
Nutrition	<p>Shopping can be difficult due to limited range in stores – use this time to try products that you haven't used before, when you have your foods take time to do some menu planning so there is less stress when it comes to preparing meals. Take the time to try some new recipes – use websites like www.taste.com for inspiration.</p> <p>Look for plenty of colour in your food choices – eating the rainbow will increase the range of immune boosting vitamins and minerals. Refer to the attached resource – Eating for Immunity.</p> <p>Modify your energy intake to match your new exercise pattern you may need to adjust your carbohydrate intake if you are doing less during the day but make sure you are still fuelling up before exercise and topping up during, if it is a long session. Carbohydrate around exercise will help to keep your immune system strong.</p>
Personal Development and Training	
What is the latest in training and development opportunities?	<p>Now is a fantastic opportunity to focus on your own education or training opportunities.</p> <p>If you are considering netball specific development, have a look at the Foundation Umpire Course or Coach Accreditation Framework.</p> <ul style="list-style-type: none"> https://netball.com.au/umpiring-accreditation https://netball.com.au/coaching-accreditation

Mental Health	<p>Athletes and clubs can access Leah Fogarty who works with Netball Victoria programs in the wellbeing space via telehealth. Sessions are payable by the individual athlete or club.</p> <p>PERSONAL & PERFORMANCE PSYCHOLOGIST: LEAH FOGARTY</p> <p>B.Science.Hons; Grad.Dip. Science; M. Applied Psychology Contact: leah@betweentheears.com.au 0407 996 383 www.betweentheears.com.au</p> <p>Telehealth sessions (Phone, FaceTime, Skype, Zoom)</p> <p>Consult your GP in regards to eligibility for a Mental Health Care Plan which will provide Medicare Rebates for these sessions.</p> <p>You can also access support with regards to your Mental health and wellbeing you can see your GP or contact one of the below providers:</p> <p>Beyond Blue Phone: 1300 22 4636 https://www.beyondblue.org.au/get-support/find-a-professional</p> <p>Lifeline Australia Phone: 13 11 14 https://www.lifeline.org.au/get-help/topics/lifeline-services</p>
Employment and Personal services	
My employment has been impacted by COVID19. What should I do?	<p>We recommend:</p> <ul style="list-style-type: none"> • https://www.seek.com.au/covid-19-jobs • https://www.dese.gov.au/covid-19/jobs-hub/employers-multiple-jobs-opportunities <p>Voluntary work:</p> <ul style="list-style-type: none"> • https://www.volunteer.com.au/advice-and-tips/covid-19-update
Financial Services	<p>Services Australia is also offering a free financial information service:</p> <p>Ph: 132 300 or website: https://www.servicesaustralia.gov.au/individuals/services/financial-information-service</p> <p>The Federal Government has made some immediate changes to benefits. If you would like to work out whether you are eligible based on each of your individual circumstances, please go to:</p> <p>Centrelink https://www.servicesaustralia.gov.au/individuals/services/centrelink/jobseeker-payment/how-claim https://www.abc.net.au/news/2020-03-25/coronavirus-can-i-get-centrelink-jobseeker-if-partner-has-a-job/12085164</p> <p>Other helpful links https://treasury.gov.au/coronavirus https://www.servicesaustralia.gov.au/individuals/centrelink https://www.dss.gov.au/about-the-department/benefits-payments https://treasury.gov.au/coronavirus/households</p>

Key Netball Victoria Contacts		
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