



## Important COVID-19 (Coronavirus) Update for the Indoor Netball Queensland Community

The highest priority for INFQ is the health and wellbeing of its Member Centre's athletes, staff, the sporting community, members, spectators and other stakeholders. As a result of the escalation in COVID-19 containment advice provided by the Federal Government this afternoon, from [Monday \(16 March, 2020\)](#), the Government recommends all non-essential, organised mass-gatherings of 500 or more persons be cancelled until further update from federal and state government and health officials. INFQ Member Centres are advised in the interim to take all precautionary measures to reduce the risk of spreading the virus at events with less than 500 people including Super League and Zone/State Carnivals. At this stage (unless the Government Health Authorities advise differently) INFQ will be continuing with its SEQ Division 1 & Division 2 Netball Super League competitions. Please familiarise your Centre Staff and Patrons with the additional precautionary measures to reduce the risk of spreading the virus. **Please Note: Any person who is concerned about their health or is feeling unwell, should not attend any INFQ event.**

The most current status and information relating specifically to Queensland and released by the State Government can be viewed here: <http://conditions.health.qld.gov.au/HealthCondition/condition/14/217/838/novel-coronavirus>

The most current status and information relating to Australia and released by the Federal Government can be viewed here: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

### SUGGESTED PLAN OF ACTION – as at Friday 13<sup>th</sup> March, 2020

- Daily checks of the above Government websites
- Follow any health advice issued by the State and Federal Governments
- Advise anyone who is unwell to seek medical attention and to avoid public areas

### PREVENTION MEASURES/SUGGESTIONS – as at Friday 13<sup>th</sup> March, 2020

- Refer to government resources - <https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>
- If feeling unwell seek medical advice
- Educate employees
  - Wash your hands frequently for 20 seconds with soap and hand sanitiser
  - Avoid touching your face
  - Practice coughing and sneezing etiquette (keep away from other people, cover coughs and sneezes with disposable tissues or clothing, and clean your hands)
  - Avoid contact with others (stop shaking hands, touching and hugging)
    - Be alert and vigilant to any flu-like symptoms you or your family may have which may include a sore throat, runny nose, fever, headache or shortness of breath
- Have Hand Sanitiser available at your Games Counter.
  - Encourage staff to use regularly.
- Signs in Bathrooms/ Change Rooms reminding players to wash hands.
- Wipe down Equipment (specifically Balls) with cloth – “Dettol + Warm Water” after each game.
  - You may need to be a little more lenient with teams looking to reschedule games based on team members being sick, not comfortable to compete. Offer reschedules where appropriate.
- Advise players to follow social distancing advice as per attached information

**Any person who is concerned about their health or is feeling unwell, should not attend any event.**



## **ADVISE TO INCREASE ‘SOCIAL DISTANCING’**

Coronavirus Update - As at March 13, 2020  
Immediate actions to increase “Social Distancing”

Please find below general advice from Indoor Netball Federation of Queensland, in addition to (not in substitution of) official advice from the State and Federal Governments relating to Coronavirus (COVID-19). Please refer to Government resources on what you need to know (including, but not limited to, what Coronavirus is, how it spreads, who is most at risk, what people should do if symptoms develop and how to stop symptoms spreading). The key facts are also attached to this email.

In addition to the Government resources, there are recommended measures that all Sports teams in Queensland should do to reduce spread of all illness, including COVID-19.

These include:

- Hand sanitiser to be in team rooms, players/staff encouraged to use plus hand washing prior to meals
- Don't share drinks or bottles, towels, lip balm, sunscreen with others (have own)
- Limit dressing room and training attendance mostly to “need to be there” players and staff

The following additional measures should also be considered:

- No hand shaking or team huddles
- Players stay one metre apart at team meetings (no touching)
- Food is individually packaged – no finger food, shared serving
- Non-attendance at any media, social, or marketing functions
- No sharing of any sports equipment other than essentials
- People mixing drinks to have gloves

Although these latter measures may seem extreme, they are a step between current measures and the actual cancellation of sporting events. There is currently no recommendation to cancel matches or training.

INFQ is reviewing the latest information as it comes to hand and will develop further recommendations as required. The INFQ Board will meet with key stakeholders on Monday 16<sup>th</sup> March, 2020 to discuss further developments on this issue prior to issuing further statements in relation to Aged Zones, 2020 Super League and future scheduled events. In the meantime, please continue to stay up-to date with the official advice. Queensland Health can also be contacted for advice at any stage 13 HEALTH (13 43 25 84).

Kind Regards

Executive Committee

***Indoor Netball Federation of Queensland Inc***