

ESSENTIAL HYGIENE PROTOCOLS

ALWAYS TAKE THE FOLLOWING STEPS TO ENSURE YOU, YOUR COLLEAGUES AND TEAM MATES RETAIN HEALTHY.

GENERAL HYGIENE



WASH YOUR HANDS OFTEN
WITH SOAP AND WATER FOR AT
LEAST 20 SECONDS.



WASH OR SANITISE YOUR
HANDS BEFORE EATING.



IF SOAP AND WATER ARE NOT
AVAILABLE, USE AN ALCOHOL-
BASED HAND SANITISER.



AVOID TOUCHING YOUR EYES,
NOSE AND MOUTH.



COVER YOUR MOUTH TO
COUGH OR SNEEZE.



STAY HOME AND SEEK MEDICAL
TREATMENT WHEN YOU ARE
SICK.



AVOID CLOSE CONTACT WITH
PEOPLE WHO ARE SICK.

NETBALL HYGIENE



DO NOT SHARE DRINKS,
TOWELS, LIP BALM OR
SUNSCREEN WITH OTHERS.



PLACE HAND ALCOHOL-BASED
SANITISER AROUND THE VENUE
AND IN TOILET/CHANGE ROOM
FACILITIES.



ASSOCIATIONS AND CENTRES
SHOULD ENSURE ALL VENUES
ARE MAINTAINED AND CLEANED
TO A HIGH STANDARD.



NO PHYSICAL CONTACT PRE OR
POST GAME, NO HIGH FIVES,
FIST BUMPS OR OTHER FORMS
OF PHYSICAL CELEBRATIONS
DURING GAMES.



MINIMISE POSITION ROTATIONS
AND/OR HAVE MULTIPLE SETS
OF BIBS.



WIPE AND CLEAN NETBALLS
AFTER TRAINING AND GAMES.

MARTIN BROTHERS

Netball Queensland have partnered with Martin Brothers to supply high quality, effective and affordable hygiene and sanitisation products for your Club and Association.

For a safe return to the courts for your community, see <https://qld.netball.com.au/sanitisation-and-hygiene> to purchase your products today!