

## 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!