

This is how Netball Australia and Suncorp Super Netball are doing their bit to help slow the spread of COVID-19. You can help do the right thing and save lives too!

STAY INFORMED

National and local authorities and healthcare workers will have the most up-to-date information regarding COVID-19. Make sure you listen and follow the advice they are providing which is aimed to keep Australians stay safe.

STAY HOME

If you can, make sure you are staying home unless you need to leave your house for one of these four reasons: to shop for food and other necessary goods and services, to access medical care and caregiving, work and education – if necessary.

PRACTICE IMPECCABLE HYGIENE

This means, washing your hands frequently, avoid touching your face, cover your mouth and nose with your elbow or tissue when sneezing or coughing, avoid physical greetings and increase the amount of fresh air available by opening windows or adjusting air conditioning.

SOCIAL DISTANCING

The more distance between you and others makes it harder to spread the virus. So, when you must leave the house, make sure you maintain at least 1.5 metres away from those around you and try to travel at quiet times and avoid public gatherings and crowds.

CHECK IN AND SUPPORT THOSE AROUND YOU

Whether it is your family, friends, work colleagues, teammates or the essential workers; check in with them and see how they are going. Times like these you can feel isolated, so pick up your phone and send that text, make that phone call or thank them on your social media account. We're all in this together so let's make sure we stay united.

KEEP EXERCISING

It's important during times like this that you keep moving your body every day, find out what works for you, make it fun and keep at it. You may not have equipment at home but experiment with what you do have, watch videos online to see how others are training and if you need to get out of the house, make sure it's just a walk or run around the block and you maintain the correct social distancing!

#SeeUsRebound

A place where you can watch, read about, interact with and learn more about the sport and athletes you love. If you are missing your netball fix, the Suncorp Super Netball team have got the perfect spot for you.

Visit - supernetball.com.au/rebound

NETBALL AUSTRALIA X NETFIT

There is still time to join the Suncorp Team Girls Online Netball Clinics! In case you missed it, Netball Australia, NETFIT and Suncorp have teamed up to deliver live and free online netball workouts and programs to netballers staying home until the end of May.



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