

## Close Contact Update

Recently, the close contacts rule has changed in Tasmania. Please see the below guidelines from Public Health:

If you're a close contact you must:

- Immediately have a COVID-19 test once you are aware you are a close contact
- Test daily with a RAT for 7 days if you are leaving home. If you are not leaving home every day, you must do a second test on day 6
- Isolate and test immediately if you have any symptoms, even mild
- Isolate immediately if you test positive
- Wear a face mask outside your home, when in any indoor space, unless a mask exemption is in place.
- Tell your workplace you are a close contact
- Not attend any high-risk settings such as hospitals, aged care facilities, residential disability settings and correctional facilities, unless you are a critical worker with an exemption. [Read about exemptions for critical workers](#)
- Not provide in-home care services for aged or disability clients, unless a critical worker exemption is in place
- Not attend a support school unless a critical worker exemption is in place

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What this means for netball in Tasmania:

- All close contacts who have returned a negative Rapid Antigen Test (RAT) on the day of attending or participating are permitted to leave the home and attend a netball facility
- Close contacts are to wear a face mask during their time at a netball facility, and socially distance where possible
- Given that mask exemptions are in place and that sport and recreation is a non-mandatory mask setting, **athletes** may remove their face mask when undertaking intense exercise. This includes the warm up period and match play. Face masks must be re-fitted at match conclusion
- **Coaches/additional team staff** who are close contacts are to wear their face mask while coaching, but may pull it down where visibility of the mouth is essential for communication
- **Spectators** are to wear their face mask and socially distance at all times, except where mask exemptions are in place (i.e. when eating or drinking, for medical treatment etc.)

Links:

<https://www.coronavirus.tas.gov.au/keeping-yourself-safe/advice-for-contacts>

<https://www.coronavirus.tas.gov.au/keeping-yourself-safe/face-masks/mask-exemptions-and-exceptions>

<https://www.coronavirus.tas.gov.au/keeping-yourself-safe/face-masks>