



Perth City Swim Club COVID-19 Safety Plan

Version 5.0 - 07/06/2020

Context

The purpose of the PCSC COVID-19 Safety Plan is to mitigate the risks of COVID-19 by defining the controls and protocols to enable a safe return to swimming training. This plan will be reviewed and modified as required to take into account any future State and Federal Government directives and to make identified practicable improvements.

This plan will be communicated directly to all club members and will be available on the Perth City Swim Club website at <https://www.perthcityswimclub.org.au/>

Introduction

Perth City Swim Club is excited to be recommencing swimming training following the COVID-19 shut down imposed by the Federal and State Governments. Recommencement of training is subject to Perth City Swim Club devising a safety plan that conforms to the COVID-19 safety guidelines of:

- The WA State Government's COVID Safety Plan
- Masters Swimming WA Requirements for a Return to Aquatic Facilities
- Perth College Safety Plan and Facility Protocols

As a result, there are significant changes in the way we can swim to ensure we keep our swimmers healthy and safe.

Perth City Swim Club members must not jeopardise the health of fellow swimmers. If members are unwell with fever/ cough/ shortness of breath/ flu-like symptoms, then they MUST stay at home and seek appropriate medical treatment.

All Perth City Swim Club members are reminded that our club is run by volunteers who are donating their time and effort during this challenging period. Please treat each other with respect and have patience as we navigate through these changes.

The following controls and protocols are implemented with **immediate** effect and will continue until further notice:

1. Membership status and new members:

- a. Swimmers attendance at training will be limited to financial members of Perth City Swim Club.
- b. Perth City Swim Club is not accepting new members until further notice. All 'come and try' options have been suspended.

2. Return to coaching and swimming:

- a. Prior to coaching a session, all coaches will complete Infection Control Training - COVID-19 via this link and provide their Certificate of Acknowledgement to the Head Coach prior to their return to coaching.
<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
- b. The Head Coach will record the names of coaches to ensure only those who have successfully completed their Infection Control Training are rostered to coach.
- c. All members intending to swim are required to complete the Attachment 3 – Novel Coronavirus (COVID-19) Health Questionnaire and return a signed and dated copy to our COVID-19 Liaison Officer:
Name: Jackie Gardiner
Mobile: 0402725085
Email: jackie_gardiner@hotmail.com
- d. The COVID-19 Liaison Officer will record the names of all members who have completed the Health Questionnaire and make the list available to coaches.
- e. All coaches will review their session attendance list prior to conducting their training to ensure each member booked to swim has completed the Health Questionnaire.
- f. Members who have not completed the questionnaire will not be permitted to swim.

3. Training session structure and booking:

- a. Training will be Tuesday and Thursday 19:05 to 20:30 and Saturday 09:05 to 10:30. Note the start time five minutes later than usual to allow the swimmers from the previous session to exit first.
- b. Each session will be limited to 48 swimmers and a maximum of 100 people in and around the pool precinct. However, all persons on site, including the coaches, must maintain social distancing protocols and be accounted for.
- c. Members intending to swim will reserve their place at a training session in advance using a booking system available on the Perth City Swim Club website:
<https://www.perthcityswimclub.org.au/>
- d. All 8 lanes will be utilised with participants spread out evenly across the pool with no more than three swimmers per lane.
- e. All sessions will have a coach on pool-deck to ensure swimmers maintain physical distancing protocols throughout the session.
- f. Coaches will plan a swimming program to minimise congregating at the ends of the pool. When participants are stationary at the end of the pool, they will maintain physical distancing and remain at least 1.5m apart.
- g. Swimmers who have registered for a training session but develop symptoms beforehand, such as a cough, fever, body aches or shortness of breath should NOT attend training. The swimmer should cancel all training sessions booked while symptoms persist.
- h. Only members who have a confirmed booking for a training session should attend. Speculative attendance (without booking) is not permitted due to the limitation of 48 people in the pool and also due to the need to record attendances for contact tracing.
- i. Members who are immunocompromised or have medical conditions placing them at high risk of becoming very unwell if they catch COVID-19 require a medical clearance to the COVID-19 Liaison Officer before resuming training.

4. Training session protocols:

- a. Swimmers will arrive shortly before the commencement of the session and maintain physical distancing protocols.
- b. If swimmers arrive early, they should wait in their car until no more than five minutes before the commencement of the session.
- c. Swimmers are required to be on time for each session.
Due to the extra monitoring demands placed on the coach, swimmers will not be permitted to join the training session once the coach has finished checking the attendance register and assessing the swimmers' health.
- d. If the junior squad has not cleared the pool area by the time of session commencement, then social distancing will be maintained to allow them to collect their bags and leave the pool area.
- e. On arrival, swimmers will use the hand sanitiser provided by Perth College.
- f. Kit bags will be kept in the undercover area towards the shallow end of the pool, at least 1.5m apart as indicated by markings, with all clothes and shoes placed into this bag before entering the pool.
- g. Swimmers will fill their water bottles at home and not use the water cooler at Perth College.
- h. Swimmers will bring their own training aids/wet bags as the Perth City Swim Club equipment Tardis will be unavailable until further notice.
- i. Personal equipment/towels/water bottles will not be shared with any other swimmer.
- j. Swimmers will not do any dryland stretching before the session by the pool. This should be done at home.
- k. The changing rooms and indoor showers will remain closed and are not to be used. Swimmers should arrive ready to swim (i.e. in their bathers).
- l. Swimmers will not congregate in groups pre- and post-training.
- m. The session coach will assess each swimmer's health before the commencement of the session through questioning and observation. If there is any doubt about the swimmer's health, the coach will tell the swimmer to leave the session and the coach will refer to section 5.c. on how to respond depending on the severity of illness.
- n. If a swimmer becomes unwell during the session whilst training, the coach will tell the swimmer to leave the session and the coach will refer to section 5.c. on how to respond depending on the severity of illness.
- o. If a swimmer requires the toilet, they should ensure their hands are thoroughly washed before re-entering the pool.
- p. After completion of the session swimmers will leave the premises promptly and shower and change at home. The outdoor showers may be used if a swimmer wishes to quickly rinse off after a session, for no longer than one minute.
- q. The Perth College pool and surrounding area is primarily an outdoor facility. There are a number of outdoor tables/furniture located in the area adjacent to the pool.
 - Swimmers are requested not to move these tables as they have been positioned to comply with physical distancing protocols.
 - Participants and visitors using these tables are advised that only two people at any one time can use the table and they must be seated on opposite sides.
 - Meals should not be prepared or consumed at these tables.

5. COVID tracing protocol:

- a. An attendance register of contact details will be recorded at every training session and retained for at least 12 weeks. This information will be kept by the club and will be made available on request to John Fielding, Pool Manager, Perth College.
- b. Members are encouraged to download the Australian Government COVID-19 App to assist with tracing of any incidents, should they occur.
- c. If a coach is aware of a swimmer who arrived unwell, or became unwell during the session, the coach is to assess the severity of the illness and take the following actions:
 - Severely unwell – Phone 000 and request an ambulance. Immediately isolate the swimmer in the kitchen area and give them a mask.
 - Mildly unwell – Assess whether it is safe for them to get themselves home. If they need assistance to get home, call their emergency contact to arrange transport
 - Suspected COVID-19 case – immediately isolate the swimmer, give them a mask and take the appropriate action taken depending on the severity of their illness as above. Inform the COVID-19 Liaison Officer as soon as possible if not present. The COVID-19 Triage Care Hotline can be contacted if necessary on **1800 020 080**.
- d. In the event of a confirmed COVID-19 case, or contact with a COVID-19 case, members are asked to inform our COVID-19 Liaison Officer.
- e. The COVID-19 Liaison Officer will inform Masters Swimming WA and Perth College immediately of the information and provide any further detail required for these organisations to take appropriate action taken.
- f. Any member that presents with symptoms (and/or is diagnosed with COVID-19) should be treated with the utmost care and consideration. Protecting privacy and reassuring the member, while balancing the need for public safety is essential.
- g. Confidentiality of the reporting swimmer(s) will always be maintained.
- h. Swimmers will be informed of any cases and subsequent action required by email from the Club President on the advice of the COVID-19 Liaison Officer with receipt of the email to be acknowledged by swimmers.
- i. In the event of a direct case, swimmers that attended the same training sessions as the affected swimmer may be contacted.

6. Communication

- a. All Perth City Swim Club coaches and committee members will be provided with this Perth City Swim Club COVID-19 Safety Plan and are requested to read and understand it.
- b. This Safety Plan will be emailed to all members and will also be available via the Perth City Swim Club website.
- c. A summary: “Swimmers – Things You Should Know and Do to Safety Return to Training” will be posted on the club website and Facebook page and be made available at all training sessions.

Jon Haines
President
Perth City Swim Club