



## Perth City Swim Club COVID-19 Return to Training

### Swimmers - Things You Should Know and Do to Safely Return to Training

- Before attending your first training session, to complete the Attachment 3 – Novel Coronavirus (COVID-19) Health Questionnaire and return a signed and dated copy to our COVID-19 Liaison Officer:

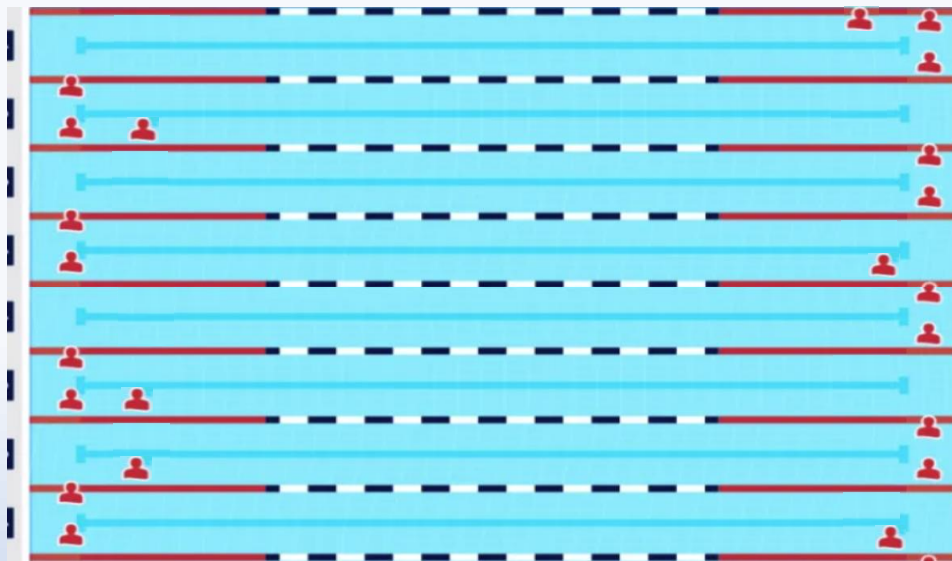
Name: Jackie Gardiner

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- When you have chosen your training session, reserve your place in advance using a booking system available on the Perth City Swim Club website: <https://www.perthcityswimclub.org.au/>
- Please do not arrive to training without booking your place. Speculative attendance (without booking) is not permitted.
- If you can no longer make a booked session, please cancel your booking to allow others to swim.
- Training times are 19:05-20:30 Tuesday and Thursday, 09:05-10:30 Saturday.
- Please arrive no more than five minutes before the start of your training session, wearing your bathers, ready to swim. If you arrive early, please wait in your car.
- Swimmers are required to be on time for each session. Due to the extra monitoring demands placed on the coach, swimmers are not permitted to join the training session once the coach has finished checking the attendance register and assessing the swimmers' health.
- On arrival, please use the hand sanitiser provided and Place your kit bag in the undercover area as indicated by the markings.
- The indoor showers, change rooms, water fountains and the Perth City Equipment Tardis are not available for use.
- If you bring your own pool gear, drink bottle and towel, please do not share them.
- If you require the toilet, please ensure your hands are thoroughly washed before re-entering the pool.
- If you become unwell during the session, inform the coach immediately and isolate yourself in the kitchen area and await further instruction.
- After completing your session, please leave the premises promptly and shower and change at home but you may rinse off for up to one minute using the outdoor shower.
- If you are immunocompromised or have medical conditions placing you at high risk of becoming very unwell if you catch COVID-19, please provide medical clearance to the COVID-19 Liaison Officer before resuming training.
- **If you are unwell with a fever, cough, shortness of breath or flu-like symptoms, then you MUST stay at home and seek appropriate medical treatment.**

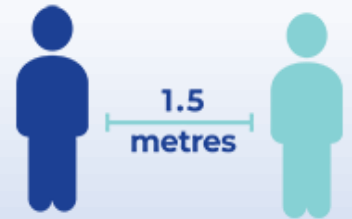
# Physical Distancing! 😊



Swim 10 seconds apart



Stand 1.5m apart



# NOT Physical Distancing! ☹️

