



## COVID PLAN

**Non-compliance to our safety plan will result in removal from training.**

### Pool Access

- Please do not arrive more than 5 minutes before your session.
- Please leave no later than 10 minutes after your session.

### Health

Anyone who is displaying COVID-19 symptoms must remain away from training and seek medical attention. Please notify the swim admin office [swim@stmarys.wa.edu.au](mailto:swim@stmarys.wa.edu.au); if you are feeling unwell. Swimmers will be sent home if they present with any of the below health conditions.

Athletes with underlying health conditions should not attend.

Additionally, if you have any of the following symptoms, we ask you remain at home:

- A temperature above 38 degree Celsius
- Diarrhea or vomiting in the previous 24 hours
- A sore throat accompanied by swollen glands, fever or headache
- A cough, the exception to this would be a cough related to asthma or allergies
- An unexplained rash accompanied by illness
- Conjunctivitis

Anyone who is awaiting COVID-19 test results, or who has a member of their immediate family awaiting test results, should not attend training until the test results are returned as negative. We ask that you please contact the swim admin office if you or someone in your family is being tested.

Additionally, if you answer yes to any of the below conditions, we ask you remain at home:

- You have travelled nationally or internationally and are within the 14-day isolation period
- You or a member of your immediate family display symptoms of COVID-19
- You have been in contact with a diagnosed COVID-19 case

### Hygiene

- All athletes and coaches to sanitise hands before and after each training session.
- Sanitiser will be available.
- Dive blocks will be disinfected with provided spray after every use by the athletes.

### Athletes

- Please adhere to the separate entry and exit gates.
- Please respect the social distancing measures. Both athletes and coaches. This includes no hugs / high 5's etc.
- Equipment will be BYO only. Please label all equipment especially drink bottles.
- No sharing of equipment.
- No usage of the on-site equipment.
- No personal equipment to be stored on-site.
- **NCSC MEMBERS ONLY** – Swimming WA require all members of the club to sign a Health Declaration prior to commencing training. Please note that if this declaration is not completed and returned to the club prior to the commencement of training, you will not be allowed access into the pool.

