



COVID PLAN

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; 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.