



Attachment 1 Resumption of Club Swimming Checklist

[ADELAIDE MASTERS SWIMMING CLUB COVID-19 Safety Plan: updated 27-6-2020](#)

1. NOMINATED A COVID-19 LIASON

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2. MADE ITSELF AWARE OF STATE/LOCAL RESTRICTIONS RE COVID-19

Regularly review of SA Government website for changes in legislation - <https://www.covid-19.sa.gov.au/emergency-declarations>

- All swimmers to be emailed the Clubs COVID-19 Safety Plan, advising of the club and swimmers responsibilities
- Coach to remind swimmers of the importance of Health Check prior to each session and reporting a positive test immediately to the club

3. CHECKED HOST FACILITY'S SAFETY PROTOCOLS:

- Pool Facility to be provided with the clubs COVID Safety plan
- Entry and Exit only via sliding doors to the Facility
- NO use of change rooms or showers; only toilets available
- First Aid kit, Defibrillator, and current First Aider available in Facility if required

4. PUT IN PLACE INFECTION LIMITATION MEASURES AROUND WATER BOTTLES AND EQUIPMENT:

- Swimmers to bring own drink bottle and swimming equipment
- Each swimmer is responsible to ensure equipment is clean at all times
- NO food or other drinks allowed in pool Facility

5. MANAGING SWIMMER NUMBERS IN ACCORDANCE WITH GUIDELINES:

- a) COVID-19 HEALTH QUESTIONNAIRE to be completed by ALL swimmers and submitted to the club prior or at the first session.
 - A copy of each questionnaire is to be retained by Adelaide Masters; including to be available at the pool in event of an emergency
 - At each session each swimmer to sign the Attendance record, supplying contact details and verify they comply with Health Check questionnaire
 - All swimmers to receive a copy of the clubs COVID Safety plan to ensure they comply with all requirements

b) **SWIMMER NUMBER RESTRAINTS:**

- As of 22-6-2020 Maximum of 70 persons allowed on pool deck / session; this includes the Coach

6. READY TO RESPOND IF A SWIMMER BECOMES SICK WHILE TRAINING:

- First Aid Officer, Defibrillator, First Aid kit and COVID First Aid kit available at the pool
- Emergency contact for all swimmers included on the Health Questionnaire and a hard copy maintained at the pool. They may be contacted if swimmer requires assistance
- Ambulance to be called in an emergency

7. A CLUB COMMUNICATION PLAN SHOULD A CASE OF COVID-19 BE CONFIRMED:

- Any swimmer confirmed as COVID positive must immediately notify the clubs COVID-19 Liaison contact
- Club will immediately advise St Peters college and Masters Swimming South Australia
- All training to be suspended and an email sent to all members advising of the suspension
- Any potential swimming contacts to be identified and notified and advised to self-isolate for 14 days.

8. CONSIDERING AND PRACTISING CURRENT WORK HEALTH & SAFETY MEASURES:

- Club to maintain an Attendance records with contact details for all swimmers at all sessions
- Laminated COVID-19 Health Questionnaire to be located adjacent to the Attendance record
- Sign in pen to be disinfected after use

- Minimize the handling of cash. Only To minimize the handling of cash: Multi visit passes must be used as payment (no single session payment). The Multi visit pass can be bought from the Adelaide Masters website or purchased poolside for \$120 cash (10 visit pass with the 11th session free). This covers both pool entry and the coaching fee
- Sanitizing COVID Kit (Disposable gloves, Face masks, Disinfectant spray /wipes, Plastic bags) to be available at all sessions
- No shared equipment or drink bottles
- NO shower facilities: arrive ready to swim and leave wet. Ensure adequate warm clothing or Pool coat.

9: AN APPROPRIATE DROP OFF / PICK UP PROCEDURE FOR SWIMMERS IN PLACE:

- N/A Self drive with car parking adjacent to facility

10: CONSIDERING COVID-19 VULNERABLE GROUPS WITHIN THE CLUB ENVIRONMENT:

- Vulnerable swimmers with health concerns to seek doctors advice prior to returning to training.
- Abide by social distancing procedures and maintain good health practises. The benefits of swimming “out-weighs” the risks of not returning to swimming training.