



Attachment 1 Resumption of Club Swimming Checklist

[ADELAIDE MASTERS SWIMMING CLUB COVID-19 Safety Plan: updated 10-8-2021](#)

1. NOMINATED A COVID-19 LIASON

Name & Contact details: **Jeff Sheridan**
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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

3. CHECKED HOST FACILITY'S SAFETY PROTOCOLS:

- Pool Facility to be provided with the clubs COVID Safety plan
- Entry and exit are only via sliding doors to the Facility
- **QR code check in required at entrance of the swimming facility** (Burnside Council Swimming pool during summer training and St Peters Sports Facility during winter training)
- **Face masks to be worn in the facility** (except when exercising) including change rooms and toilets
- First Aid kit, Defibrillator, and current First Aider available in Facility for health issues

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 always clean
- NO food or other drinks allowed in pool Facility, except drinks for hydration during exercising

5. MANAGING SWIMMERS' SAFETY WITHIN CURRENT GUIDELINES:

- a) COVID-19 HEALTH QUESTIONNAIRE to be completed by ALL swimmers and submitted to the club prior or at the first session.
- b) A copy of each questionnaire is to be retained by Adelaide Masters, including to be available at the pool in event of an emergency
- c) At each session all swimmers, the coach, and any admin persons to sign the Attendance record, with their contact details and verify they comply with Health Check questionnaire.

This documentation fulfills the requirement for Club Contact Tracing and can be provided if ever required.

d) All swimmers to receive a copy of the clubs COVID Safety plan to ensure they comply with all requirements.

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/Burnside Swimming pool and Masters Swimming South Australia
- All training to be suspended and an email sent to all members advising of the suspension
- Contact Tracing information is to be available for identifying potential contacts. Identified potential contacts will be notified and required to self-isolate for 14 days with the required COVID testing.

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

- Club will maintain an Attendance records with contact details for all swimmers, coach, and admin persons at all sessions
- Laminated COVID-19 Health Questionnaire to be located adjacent to the Attendance record
- Sign in pen to be disinfected after use
- 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 by transferring money to Adelaide Masters bank account (BSB: 035-213; Acc: 128446) or purchased poolside for \$120 cash (10 visit pass with the 11th session free). This covers both pool entry and the coaching fee at St Peters. The Summer Burnside Multivisit pass is \$60 but does not include pool entry.
- Sanitizing COVID Kit (Disposable gloves, Face masks, Disinfectant spray /wipes, Plastic bags) to be available at all sessions
- No shared equipment or drink bottles

9. 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.