

WHSS P&C COVID-19 Return to Swim Safety Policy

Purpose

This Policy has been prepared to provide guidance for coaches, staff and volunteers as to the best work practices during the COVID-19 pandemic.

This policy is written in line with the Swimming Australia's National Guideline for Restarting Club Environments for Swimming Australia.

The aim is to provide guidance for the Wellers Hill State School P&C Association, and we expect this will be a living document that will benefit everyone as we all learn what is working and what is not.

To be allowed to continue swimming during the current COVID-19 pandemic, it is paramount that our swimmers and attendees must follow the guidelines around social distancing and hygiene practices outlined in this document and the reference material.

Policy

The Wellers Hill State School P&C Association is committed to providing and maintaining a safe and healthy environment for all in these unprecedented times. It is up to all of us to ensure that we are maintaining safe practices by adhering to the following procedures.

COVID-19 Officers will be appointed and they will report directly to the Wellers Hill State School P&C Association Operations Manager. The appointment of Covid-19 Officers is to make sure someone is following government and health department updates to keep up to date on the most recent information.

Resuming Pool Activities

1) Plan

- a) This plan will be shared on the Wellers Ratz Website. www.wellersratz.com
- b) This policy will be constantly reviewed to give those adhering to these conditions a chance to provide feedback and suggest any further changes. Reviews will also take into consideration any changes to the related documentation and advice from Government departments.
- c) The P&C Association will be also be guided by the School Principal.

2) Refusal of Entry

- a) Temperature checks are not required however the appointed Covid-19 Officer has the right to refuse entry to any swimmer with signs and symptoms of COVID-19
 - i) fever
 - ii) coughing
 - iii) a sore throat
 - iv) fatigue
 - v) shortness of breath
 - vi) Unusual muscle aches and pains

- vii) Diarrhoea
- b) Any person who has tested positive **MUST NOT** attend the pool until full recovery has taken place and proof of negative status is provided to the Wellers Hill State School P&C Association.
- c) Any person who has travelled overseas must self-isolate for 14 days and not attend.
- d) Any person who has been in contact with a confirmed case of COVID-19 must self-isolate for 14 days and not attend.

3) Attendance

- a) Before recommencing, we encourage all people attending the pool to download the Australian Government's COVID tracing app to assist in tracing cases and notifying impacted individuals.
- b) A register of all people is required and will be kept for 56 days including date of entry, first and surname, phone number, email, time in and time out.
- c) The Wellers Hill State School P&C Association will provide a QR Code to assist in facilitating the sign-in process which is required to be completed for all before entry.
- d) Reassessment of days, sessions and times will be ongoing in consultation with our head coach based on attendance numbers, abiding by guidelines and changes in policies around numbers of swimmers allowed per lane.

4) Arrival and Departure

- a) Attendees and swimmers are only to turn up 5-10 minutes before the start of lessons, squads and swim club to prevent breach of requirements on the numbers and are required to leave the facility immediately upon completion.

5) Equipment and Change rooms

- a) Equipment will be disinfected between lessons and there is to be no sharing of equipment including the loan of goggles and swim caps.
- b) Change rooms are only to be used by swimmers and will be thoroughly cleaned after each event. No other attendees permitted to enter the change rooms.
- c) ASCTA/Swim Australia recommends the "get in, swim/have lesson, get out" philosophy to reduce time and exposure.
- d) Bathroom facilities other than the change rooms will only be made available on an urgent need basis.

6) Social Distancing:

- a) Markings will be placed within seating and food service areas to ensure 1.5 metre social distancing for adults.
- b) School pool showers must not be used until further notice.
- c) Time in change rooms must be kept to a minimum.
- d) Swimmers must shower at home.

7) Personal Hygiene Practices:

- a) Alcohol based hand rub is to be provided at every entry/entrance, along with a sign displaying the appropriate use of the hand rub.

- b) Hand washing stations in the change rooms are only available to swimmers and will be well stocked with hand soap and paper towels, and a sign providing appropriate hand washing guidelines must be displayed.
- c) All workers are to sanitise their hands frequently, and upon entry and exit of premises.
- d) All workers are encouraged to not touch their face, and to cough and sneeze into their elbow.

8) Workplace Hygiene Practices:

- a) All surfaces and equipment are to be cleaned and disinfected at the end of each event.
- b) Bins utilized for the disposal of paper towel and tissues, where possible, should be touch free.
- c) If an employee or volunteer notices a possible health concern in relation to the potential spread of COVID-19 are to notify the Covid 19 Officer as soon as possible.
- d) The Covid 19 Officer will notify the Wellers Hill State School P&C Operations Manager of any concerns and or reports within a timely manner.

Confirmed Case of COVID-19 on Premises

If there is a reported, confirmed case of COVID-19 on the premises, all attendees and swimmers are to follow the directions of the Covid-19 Officer, Wellers Hill State School P&C Association Operations Manager, School Principal and Education Queensland.

References

- Swimming Pool and Aquatic Centre Industry COVIDSafe Plan
https://www.covid19.qld.gov.au/_data/assets/pdf_file/0009/130005/Swimming-Pool-and-Aquatic-Centre-Industry-COVID-Safe-Plan.pdf
- Queensland Roadmap to easing restrictions
https://www.covid19.qld.gov.au/_data/assets/pdf_file/0016/127150/DPC7309-COVID-19-Restrictions-roadmap.pdf
- Swimming Australia National Guidelines for restarting club environments
https://issuu.com/swimmingaustralia/docs/national_guidelines_for_restarting_club_environments?fr=sYTY0ZTEzOTQzNzA&fbclid=IwAR0I46tTeMWSKg0Zwfmap-TggwBr-d57ORd9D5GAo70BSpSOgpDY5Y1k71g
 - Attachment 1 Resumption Checklist
<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>
 - Attachment 2 Health Questionnaire
<https://mastersswimming.org.au/wp-content/uploads/2020/05/Attachment-2-Health-Questionnaire-Covid-19.pdf>
- Swim School Best Practice Guidelines

<https://www.ascta.com/sites/default/files/assets/documents/Swim-School-Best-Practices-Guidelines.pdf>

- Return to play Guideline
https://www.covid19.qld.gov.au/_data/assets/pdf_file/0026/127943/return-to-play-guide.pdf
- Royal Lifesaving Guidelines for Managing the Risk of COVID-19 in Aquatic Facilities
https://www.royallifesaving.com.au/_data/assets/pdf_file/0017/28016/Guidelines-for-Managing-the-Risk-of-COVID-19-in-Aquatic-Facilities-Final.pdf
- Australian Institute of Sport (AIS) Framework for rebooting Sport in a COVID-19 Environment
<https://www.pm.gov.au/sites/default/files/files/attachb-ais-framework-rebooting-sport.pdf>
- QLD swimming return to swimming advice to clubs
<https://qld.swimming.org.au/news-articles/covid-19-advice-clubs>
- National Principles for Sport and Recreational Activities
<https://www.pm.gov.au/sites/default/files/files/attacha-national-principles-resumption-sport-recreation-activities.pdf>
- Guidelines for safe pool operations
https://www.royallifesaving.com.au/_data/assets/pdf_file/0017/28016/Guidelines-for-Managing-the-Risk-of-COVID-19-in-Aquatic-Facilities-Final.pdf
- COVID-19 infection control training
<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

Health References

- QLD State Government COVID-19 Website
<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>
- Department of Health COVID_19 Health Alerts
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
- Department of Health Coronavirus at a glance
<https://www.health.gov.au/resources/publications/coronavirus-covid-19-at-a-glance>
- COVIDSafe app
<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>
- COVID resource Kit

<https://www.safeworkaustralia.gov.au/collection/covid-19-resource-kit>