



# Waverley College COVID-19 Safety Plan

## Term 4 2020 Swim Program

Dear Parents and Carers,

This document outlines the COVID-19 Plan for Waverley College Swim School. This plan also follows Royal Lifesaving's Aquatic Industry Reactivation guidelines.

The COVID19 liaison for the program is Nick Nezval (ph: 0421 678 059), who has undertaken the COVID-19 Infection Control Training module, provided by the Government and has completed the Resumption of Club Swimming Checklist, which answers many of the following questions.

Our focus, as in the past, will be on maintaining a healthy environment at all times, a quality experience, progressive training and safety.

The current local/ state restrictions regarding the Waverley College Aquatic Centre facility and COVID-19 are as follows:

### Coaches and staff

- The only staff available will be coaches (on deck), swim instructors and the Program Coordinator, Nick Nezval. Nick will ensure a smooth changeover of groups or illness/incidents occurring and that adequate supervision is maintained at all times.
- There will be a maximum of 1 coach to 19 swimmers per squad. This is in keeping with the recommended 20 per group training advice from NSW health.

### Group size and social distancing

- There will be a maximum of two coaches to 18 swimmers per squad group. This aligns with the NSW Health policy of having a maximum of twenty in any particular group (this includes coaches).
- A 4-per square metre rule is in force within the facility. The maximum number permissible within the pool is 200 people. Swim School estimates approximately 50 participants in the varying groups combined at any one time.
- Social distancing of 1.5m will be adhered to at all times, whilst entering and exiting the pool area. All towels will be spaced on the grassed and pool deck area.
- Swimmers, Swim School staff and College employees will be the only people permitted into the facility, to ensure social distancing occurs at all times.

### Entering and exiting the facility

- Signage and directional arrows will be displayed to assist swimmers entering and exiting the facility.



- Swimmers will be met by their coach or a chaperone at the gates to the Performing Arts Centre (PAC) and then be walked via the College courtyard adhering to a keep to the left walking policy so as to not come in close contact with those exiting the pool.
- Swimmers will enter the pool area, drop their belongings in designated areas and proceed to the back of the lanes assigned to their group and meet their coaches.
- At the conclusion of the swimming session, all swimmers will exit the pool with their respective swim group and under the coaches or chaperones supervision they will collect their belongings and be escorted back to the PAC gates, maintaining a walk to the left policy so as to not come into close contact with any other group who might be entering the College campus.

### **Minimising the risk of contracting or transmitting COVID-19**

- Swimmers are not permitted to borrow any items, except equipment, which has been sanitised, e.g. kickboards, dive sticks, pull buoys and flippers etc. Items such as these will remain with the child for the duration of the lesson and then be returned to the coach/instructor, for sanitising.
- In the case of any swimmer wishing to use the toilet, a staff member will ensure they know the entry/exit point and that a thorough hand wash was undertaken before they re-enter the class.
- Caps and goggles cannot be shared and there is no option to borrow these items from the Swim School if a child forgets either of them. Goggles are also a compulsory requirement for all swimmers.
- No dryland training exercises will occur.
- In the event of an injury, first aid can be administered by several Swim School staff. Staff will wear latex gloves and a face shield, as close contact will occur. We may need to seek further assistance, if required. An incident report will be completed.
- Additional cleaning (collection of rubbish, removal of equipment and disinfecting bins are filled, etc) will take place regularly to ensure that high traffic areas and equipment are kept clean.

### **In case of illness**

- Any child experiencing any possible COVID-19 symptoms or if they are feeling unwell, will not be permitted into the facility.
- Our Coaches and swimmers will be instructed to move away from any person coughing or sneezing.
- If a swimmer or coach experiences illness or symptoms during a lesson, they will be removed immediately, so they can be sent home. An incident report will be completed. The swimmer or instructor will not be permitted to return until their doctor gives them a clearance note.
- If a swimmer, coach or instructor should test positive to COVID-19 at any time over the term, the Swim School, School and Health Department will need to be informed immediately. If swimmers attended a session which brought them in contact with the said



case, then a 14-day self-isolation must occur immediately. In these circumstances, the Department of Health will dictate the best path to follow

- Any swimmer or coach falling ill or displaying symptoms will be safely isolated, until their parent or caregiver can be contacted and the COVID-19 triage care hotline can be contacted for further advice. They will then be safely transferred from the pool, via the pool's exit gates to a health facility (if required).
- Swimmers will be reminded to communicate regularly with their coach/instructor and particularly if they feel unwell. Coaches/Instructors will let swimmers know that there is no penalty for missing sessions if they are feeling unwell and it is best to err on the side of caution during this pandemic.

### **COVID safe practices**

All swimmers will be reminded to:

- To regularly wash their hands for 20 seconds minimum or use hand sanitiser.
- Not to make physical contact with others.
- Avoid touching their face.
- Not share food, drinks, equipment or towels with others.
- Bring a full water bottle to training and avoid touching the water fountain handles.
- When sneezing or coughing, do so with a tissue (which needs to be disposed of immediately) or cough/sneeze into the upper sleeve/arm area.
- Arrive as close as possible to when their activity commences.
- Avoid touching gates, fences and benches.
- Not attend training if you or a member of your household does not feel well. If in doubt, leave it out and please, communicate this to your instructor.