

Return to Play plan

Wett Ones Swimming Club Inc. is committed to the health and wellbeing of our members. To ensure our members can swim in an environment which is as safe as we can manage, we will be implementing the following 'Return to swimming plan' when squad training resumes on or after Wednesday 1 July 2020. This plan will be monitored and amended in accordance with changing health advice and venue requirements.

All members are strongly encouraged to download the COVIDSafe app to their mobile devices to assist authorities with contact tracing in the event that they contract, or someone around them contracts, COVID-19.

- 1. If you are sick, have a sniffle, tickle in your throat or feel less than your best you must stay away from the pool.** If you have these symptoms you are strongly encouraged to undertake a COVID-19 test and self-isolate until a negative test result is confirmed
- 2. If you have come in close contact (within 2m for greater than 15 minutes) with someone who has a confirmed COVID-19 infection you must not attend swimming for a period of 14 days.** You may also require testing and we recommend you seek the advice of a medical practitioner. You must notify either the club president or safety officer if this situation applies to you
3. Members must agree with the health declaration listed on the [club's online booking page](#) as a pre-condition to booking and attending a squad training session – if in doubt, do not book or attend a training session
4. Only members who have booked via the club's online booking system can attend a session – bookings will now close 30 minutes prior to the session commencement time. No booking, no swim
5. Subject to any other venue-specific requirements that may be imposed, the club's maximum training lane capacity will be **5 swimmers per 25m lane and 7 swimmers per 50m lane** – this will also be strictly enforced
6. Please observe all venue health and safety requirements, entrance and exit arrangements and directions from pool staff
7. If you feel unwell during the session you must leave the water immediately, advise the coach and approach pool staff who will escort you to a private area before you leave the pool to seek medical attention as appropriate. You must follow any first aid directions given to you by pool staff
8. Reduce your time chatting on the pool deck before a session – where practical, please arrive no more than 5 minutes before the session begins
9. Avoid using pool change room facilities – where possible and practical, please arrive wearing your swimsuit, strip down, swim, towel dry and dress on the pool deck after swimming and then go home for a shower
10. Maintain social distancing, on the pool deck and in the water. Be mindful of others around you and do your best to maintain 1.5m distance. In the water, avoid gathering too close to others at the end of the pool – coaches will do their best to explain the set to swimmers as they come into the wall.
11. Do not shake hands, kiss and hug others
12. Maintain good hygiene – wash your hands regularly with soap and water, use hand sanitiser before and after swimming
13. Do not share equipment such as kick boards, flippers, pool buoys etc – if you are storing equipment at Sydney Uni we encourage you to collect it and bring it to and from each session as necessary
14. Do not share water bottles and avoid sharing food
15. Cough into a tissue or the crease of your elbow, not into your hands
16. If you have been overseas and returned to Australia on or after 16 March 2020, you must self-isolate for 14 days before returning to the pool

What happens in the event of a member contracting COVID-19

- The Club has two nominated COVID-19 liaison officers – Robert Hardie (President) and David Prince (Safety Officer). Any member who tests positive to COVID-19 is requested to contact either Robert or David as soon as possible after diagnosis
- Where the member has been swimming prior to their diagnosis, the club will contact the relevant coach and swimmers who attended the same session(s) as the sick swimmer and encourage testing and self-isolation. The confidentiality of members will be respected at all times
- Any coaches and swimmers who attend the same squad as a sick swimmer will be asked to self-isolate for up to 14 days and may be required to be tested for COVID-19. In the event that this occurs, the club will take advice from the local public health unit to determine what other measures are required. Swimmers may be required to give evidence of a negative test result prior to returning to training.