



MCA SWIMMING COVID -19

RE-OPENING GUIDLINES.

James Boyce

MCA Swimming



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Contact information

MCA Swimming Program

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COVID – 19 LIAISONS

James Boyce & Damian Bromley

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Phone: (07) 30111272

HEALTH CONSIDERATIONS

RECOMMENDATION

- Athletes must see a doctor and be cleared for training after being diagnosed or suspected to have Covid -19.
- There will be no penalty for swimmers missing training due to illness. If an athlete, or any member of their family does not feel well, they should stay at home.

SYMPTOMS

- If a swimmer displays any of the following symptoms that athlete will not be able to enter the facility that day.
 - Fever over 37.5 degrees.
 - Dry Cough.
 - Tiredness
 - Sore throat
 - Diarrhoea
 - Shortness of breath.
 - Cold/ Flu like symptoms
- If any swimmer shows signs of these symptoms, they will be asked to have a minimum of 72 hour away from the facility.

HAZARDS

RECOMMENDATIONS

- Eliminate use of low ventilated spaces and rooms that prevent social distancing, such as change rooms and small dryland rooms.
- Increase water sanitation level – As example keep chlorine closer to 2 -3 PPM

PLAN BUILDING CONSIDERATION

- We will manage/ sanitize bathroom use according to a set schedule.
- Create a checklist for cleaning and disinfecting surfaces.
- Create a plan should a coach, athlete become sick.

CLUB COMMUNICATION PLAN

If athlete has contracted COVID – 19 then the following response will be actioned.

- All athletes that attended that class will be notified.
- All athletes in that class will have a mandatory 14 days away from the facility.
- The facility will shut down and will be cleaned by a professional cleaning agency for us to have the approval to re-open again from Queensland Health.

SAFE PRACTICES

RECOMMENDATIONS

- Athletes/ Coaches who begin to cough/ sneeze for any reason, must move away from others until coughing/ sneezing dissipates.
- Athletes should change clothes and shower at home.

TRAINING PROCEDURES

- Maintaining safe social distancing practice of 1.5m per person.
- Training groups operating at opposite ends. (Please see Appendix C)
- Coaches maintaining social distancing by coaching on opposite sides of the pool.
- Following government restrictions on how many numbers per activity.

PHASE PLANNING



SWIMMING SAFELY

PREPARING TO SWIM

- Washing hands with a disinfectant soap and water or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- MCA Swimming will not be supplying any equipment.
- Bring a full water bottle to avoid touching a tap or water fountain.
- Do not attend training if you, or a member of your family does not feel well.
- Wear your swimming attire to and from training.
- Swimmers will have their temperature checked before entering the facility. If the swimmer's temperature is higher than 37.5 degrees that swimmer will not be able to swim in that session and should attend their GP for clearance to return to training.
- Swimmers will also be providing hand sanitiser at the entry and exit of the facility.

WHEN SWIMMING

- Follow directions for spacing and stay at least 1.5m apart from others.
- Do not make physical contact with others, such as shaking hands or giving high fives.
- Avoid touching your face.
- Do not share food, drinks and towels.
- Maintain appropriate social distancing from other athletes when taking a break.

AFTER SWIMMING

- Leave the facility as soon as training has finished.
- Wash hands thoroughly or use hand sanitiser after leaving the pool.
- Do not use the change rooms
 - Shower at home, wear your swimming attire to and from training as access will be limited.
- No extra-curricular or social activity should take place at the pool.
 - No congregation after swimming within the facility.

PARENTS

- Due to restrictions there will be no parents allowed within the facility.
- Parents are expected to pick up athletes at the conclusion of training.
- Before the first swimming session COVID – 19 Health Questionnaire will need to be filled out and returned before swimmers first training session.
- If any symptoms that appear on the questionnaire occur at any time, we ask that athletes stay at home.
- If necessary, contact with staff will be done via email/ phone.
- Swimmers must be booked into the relevant class. Swimmers will not be able to swim unless booking have been made and approved prior to the commencement of the class.
- Swimmers will be turned away from the facility if they have not been registered or approved in a class on that day.

ASSESSMENTS

- Swimming assessments will continue but will be undertaken by appointment only.

ARRIVING AND DEPARTING

DROP OFF/ PICK UP

- Parents are asked to park in the college carpark and walk the swimmer to the gate if required.

ENTRY AND EXIT

- Entry via the pool will be via the pool café gate.
- Exit will be via Carpark Gate.

FEE STRUCTURE:

SQUAD FEES

- See Appendix B for our 3-phase plan of squad fees.

POLICIES

- Swimmers will be charged for a missed session unless 6-hours' notice is given to the office prior to session commencement time.
- Fees will need to be paid by due date.
- Swimmers that are in the Intermediate, Development and Senior Squads will be invoiced based on a block payment from week of commencement. This block will conclude on Saturday 11 July.
- Swimmers in the Mako, Marlins and Barracudas squad will be invoiced weekly upon commencement of these squads. This form of invoicing will conclude of Saturday 11 July. Fees will return to term block payments.
- Swimmers must be booked into the relevant class. Swimmers will not be able to swim unless booking have been made prior to the commencement of the class.

FACILITY

MCA Swimming has completed *Swimming Australia's Resumption of club swimming checklist* before swimmers attend training.

MAINTENANCE AND CLEANING:

All Staff

- Hosing down pool deck with soap and disinfectant
- Hosing down the side of pool.
- Wiping gates with disinfectant
- Cleaning changerooms
- Wiping and disinfectant blocks and common touched places
- Maintaining pool quality and chlorine to be between 2 – 3 PPM
- See Appendix A

APPROVAL

Approval of this document was provided by Marist College Ashgrove.

Date: 11 July 2020

Name: Stephen Porter

Signed:



APPENDIX A

MORNING PROCEDURES

Time	Activity	Checklist
5:30am – 5:50am	Cover off	General sweep of facilities
6:00am – 6:30am	Pool Test	Water maintenance.
6:00am – 7:00am	Senior Squads (Senior and Development)	Training
6:45 – 7:00am	Cleaning (Andrew)	Wipe Down Gates and Entrances. Spray and wipe down swimming blocks.
7:00am – 8:00am	Intermediate Squad	Training
8:00am – 8:40am	Covers back on	
8:00am – 12:00pm	Cleaning (Andrew)	Cleaning Change rooms Hosing down blocks with soap and detergent. Hosing down sides of the pool. Cleaning entrances and exits Pool Cleaner

AFTERNOON PROCEDURES

Time	Activity	Checklist
2:00pm – 3:00pm	Covers Off	General Sweep of facility
2:00pm – 3:00pm	Cleaning (Andrew)	Water Maintenance Wipe down gates and entrances. Check Toilets
3:30pm – 4:30pm	Intermediate Squad	Training
4:30pm – 4:45pm	Cleaning (James & Damian)	Wipe Down Entrances and Exits Wipe Down Blocks.
4:45pm – 5:45pm	Senior Squads (Senior and Development)	Training
5:45pm – 6:00pm	Cleaning (James & Damian)	Wipe Down Entrances and Exits Wipe Down Blocks.
6:pm – 6:40pm	Covers On	General Sweep of facility

APPENDIX B

FEE STRUCTURE

Phase 1:

Squad	Non - Marist	Marist College Ashgrove Students
Intermediate Squad	\$12.50 Per Session Maximum of 2 Session per week.	\$10.00 Per Session Maximum of 2 Sessions per week.
Development Squad	6 Week Block @ \$150.00 \$25.00 Per Week	6 Week Block @ \$120.00 \$20.00 Per Week
Senior Squad		

PHASE 2:

Squad	Non – Marist Student	Marist Student
Makos	\$12.50 Per Session *no discount for more than one session.	\$10.00 Per Session *no discount for more than one session.
Marlins		
Barracudas		
Intermediate		
Development	\$25.00 Per week for remaining weeks	\$20.00 Per week for remaining weeks
Senior		

PHASE 3: (TERM 3)

Squad	Non – Marist Student		Marist Student	
	1 Session Per Week	2 + Session per week	1 Session Per Week	2 + Session per week
Makos (10 Weeks)	\$145.00	\$275.00	\$145.00	\$225.00
Marlins (10 Weeks)	\$145.00	\$275.00	\$145.00	\$225.00
Barracudas (10 Weeks)	\$145.00	\$275.00	\$145.00	\$225.00
Intermediate	\$282.00 for 12 Weeks		\$232.00 for 12 Weeks	
Development	\$306.00 for 12 weeks		\$256.00 for 12 weeks	
Senior	\$324.00 for 12 weeks		\$274.00 for 12 weeks	

APPENDIX D

QUESTIONNAIRE

Novel Coronavirus (COVID-19) Health Questionnaire

Swimmer/coach/venue employee Information

The World Health Organisation declared the Novel Coronavirus (2019-nCoV) a Global Health Emergency on the 30th January 2020 and a Pandemic on 11th March 2020.

_____ Swimming Club will take reasonable, proportionate steps in accordance with published advice, to respond to the current (known) risks associated with the virus.

It is important that any person who enters any part of the pool, club or venue is medically and physically fit and is not a danger to themselves or to the health and safety of others. If you are not sure, you should seek medical advice from the **National Coronavirus Health Information Line on 1800 020 080**.

Question	Circle your answer	
Have you travelled internationally and returned to Australia, in the last 14 days?	Yes	No
Have you knowingly been in contact with any person who has returned from overseas in the last 14 days?	Yes	No
Have you been exposed to a confirmed case of Coronavirus?	Yes	No
Have you had contact with person(s) with flu-like symptoms?	Yes	No
Do you have any of the following symptoms? Please tick all that apply		
<input type="checkbox"/> Fever <input type="checkbox"/> Cough <input type="checkbox"/> Sorethroat <input type="checkbox"/> Muscle and/or joint pain	<input type="checkbox"/> Stuffy nose <input type="checkbox"/> Fatigue <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Vomiting	<input type="checkbox"/> Running nose <input type="checkbox"/> Breathing difficulty <input type="checkbox"/> No Symptoms

If you have answered "YES" to any of the above:

- Access to the Pool is DENIED.
- The Australian Government – Department of Health advises that you must self-isolate for 14 days to help limit the spread of coronavirus.
- If you have any concerns about your health and COVID-19, you can call the National Coronavirus Health Information Line on 1800 020 080.
- If you are confirmed with COVID-19 you must immediately advise _____ Swimming Club on phone: _____

Emergency Contact Details			
Name:		Contact Number:	
Relationship::			

I warrant that, to my knowledge, I am medically and physically fit and able to undertake and participate in swimming and club activities and will not be a danger to myself or to the health and safety of others.

I understand that while at the venue, participating in club activities or swimming (and before and after swimming), I must ensure I undertake and comply with social distancing and exemplary hygiene measures.

I acknowledge that I undertake all activities at my own risk and the club and venue (as well as Swimming Australia and Swimming [insert relevant state body]) have not and cannot make any representation or warranty that attending the venue or participating in swimming or club activities is free from risk.

I declare that all the information given in this form is true and correct:			
Name:			
Swimmer/Coach/Employee:			
Contact Number:			
Signature:		Date:	