



# COVID-19 Protocols at Training

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease in Hubei Province, China to be a Public Health Emergency of International Concern. WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world. The disease has the potential to drive significant business and operational impact on Big Blue Swimming. It is critical that we have a clear plan and lines of communications with our employees, clients and third-party entities.

Our guiding principles as we continue to move forward:

- Keep Big Blue Swimming employees safe
- Continue to serve our customers with the highest standards whilst keeping them training in a safe environment.
- Do our part to slow community spread of the virus where there appear to be outbreaks, so that the most vulnerable people are able to get the care they need

## Before returning to training checklist

- Complete the Big Blue Swimmig health form
- If had any Covid-19 symptoms have been checked and cleared
- If had COVID-19 and recovered have medical approval to partake in squads
- Download CovidSafe App – recommended

## Protocols at training

# ARRIVE TRAIN GO HOME

### Enter and Exit

Through side gate

Arrive at pool ready to swim. Take care not to touch anything as you pass through the current reception. Swipe card and move down the stairs to pool deck ready to enter water.



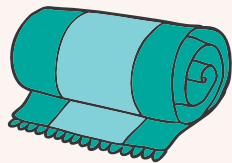
### Wash, Santise your hands

Upon entry and exit of pool, use the santiser provided.



### Sit on a Towel

If you have to sit on side of pool please sit on your own towel. Keep your equipment away from others.



### Tell your coach if not feeling well

If at anytime you feel unwell through training, tell your coach immediately.



### Bring own equipment

Bring your own equipment where practical – DO NOT SHARE equipment. There is no change room access. Be prepared to get in when arrive and to leave straight after getting out of water.



*This includes fins, cap, goggle, board drink bottle, towel, hand santiser etc*

### Maintain social distancing

Maintain at least 1.5 meter distance from others this includes in and out of the water



*This includes no high fives, spitting, or physical contact*

### DO NOT COME IF SICK

If you are unwell in any way DO NOT COME TO TRAINING. Your health and teh health of others is Number 1. Seek medical advice ASAP if unwell.

