



**Branxton Greta Amateur Swim Club
(BGASC)**

COVID-19 Management Plan

10th October 2020

Executive Summary:

This COVID-19 Management Plan has been developed to help create and maintain a safe environment for BGASC members. The principles/ controls in this Management Plan aim to keep our members and the broader community safe and minimise the risk of COVID-19 transmission.

BGASC will adhere to current COVID-19 Health Orders and manage risks to our members in accordance with relevant legislation and guidance from Cessnock City Council (CCC).

BGASC will take a risk-based approach and this Management Plan may be updated as restrictions and advice changes.

Scope:

This COVID-19 Management Plan and the listed principles/ controls apply to BGASC members, caregivers, volunteers and visitors.

Definitions:

Members: Unless stated otherwise, for the purposes of this Management Plan ‘member’ refers to BGASC members, caregivers, volunteers and visitors.

Event: Unless stated otherwise, for the purposes of this Management Plan an event is any planned activity organised by BGASC, including but not limited to: race nights, championships, Intertown at Branxton pool and training.

Consultation:

This Management Plan was developed in consultation with our members, volunteers and CCC.

BGASC will continue to interact with CCC with regards to risk based additional restrictions or easing of restrictions.

Documents Referenced:

- COVID-19 Safety Plan Community Sporting Competitions – NSW Government. Accessed 10th Sep 2020
[https://www.nsw.gov.au/sites/default/files/2020-07/covid-19-safety-plan-community-sporting-competitions_0.pdf]
- COVID-19 Safety Plan Swimming Pools, saunas and spas – NSW Government. Accessed 10th Sep 2020
[<https://www.nsw.gov.au/covid-19/industry-guidelines/swimming-pools-saunas-and-spas>]
- COVID-19: SWNS Advice. Accessed 10th Sep 2020
[<https://nsw.swimming.org.au/clubs/governance/covid-19-snsw-advice>]
- SNSW Personal Hygiene Best Practices, Accessed 10th September 2020
[<https://nsw.swimming.org.au/sites/default/files/assets/documents/SNSW%20Personal%20Hygiene%20Best%20Practice.pdf>]
- Swimming Australia’s National Guidelines for restarting club environments. Accessed 10th Sep 2020.
[https://issuu.com/swimming.australia/docs/national_guidelines_for_restarting_club_environmen?fr=sYTY0ZTEzOTQzNzA]

- COVID-19 Safety Plan For swimming pools (including spa pools, saunas and steam rooms) – NSW Government. Accessed 9th October 2020 [<https://www.nsw.gov.au/form/covid-safety-plan/swimming-pools-saunas-and-spas>]

BGASC COVID-Safe Principles:

Members, caregivers, volunteers and visitors:

- Stay home if you are unwell with any cold and flu symptoms
- Do not attend BGASC events if you have in the last 14 days been to a location identified by NSW Health as a COVID-19 hotspot
- Maintain 1.5m social distancing at all times from people outside your household
- Children to remain with their caregiver(s) until their event is marshalled, swim their event and then return to their caregiver(s)
- Practice good hand hygiene
- Come ready to swim
- Get in, swim/ train and get out
- Don't share food, drinks or towels
- No cheering
- Where practical, avoid sharing equipment and sanitise between use
- Follow the one person per 4 square metre rule
- Avoid gathering before or after an event
- Actively monitor our environment for COVID-Safe practices

NSW Government Requirements:

Requirements	Actions
Wellbeing of members	
Exclude members, volunteers, parents/carers, participants and visitors who are unwell.	BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool. (See Appendix 1)
Provide members and volunteers with information and training on COVID-19, including when to get tested, physical distancing and cleaning, and how to manage an unwell member/ visitor.	This Management Plan to be available to members and a copy provided to Branxton Pool.
Physical Distancing	
Ensure the number of people in a facility does not exceed one person per 4 sq. meters (excluding staff).	Adhere to guidelines provided by CCC on capacity limits. Clubhouse maximum capacity of 2 persons.
Ensure classes have no more than 20 participants, plus the instructor and any assistants , per space that complies with one person per 4 sq. meters. There may be	Max. class size of 20. Max. 10 per lane.

<p>multiple classes in the pool if there is sufficient space to accommodate this and the classes remain separate. Ensure participants maintain 1.5m apart where practical.</p>	<p>BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool.</p>
<p>Ensure any spectators comply with 1.5m physical distancing where practical, such as through staggered seating. People who live in the same household are not required to social distance.</p>	<p>BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool.</p> <p>Members encouraged to have only one caregiver in attendance at events where practical and where this does not increase risk to our members. i.e. there may be circumstances where children require additional supervision in the water.</p> <p>Children to remain with their caregiver/s until their event is marshalled, swim their event and then return to their caregiver/s</p>
<p>Ensure communal facilities such as showers, change rooms have strategies in place to reduce crowding and promote physical distancing.</p>	<p>Change room facilities to be used in accordance with guidance from CCC.</p> <p>Members to be encouraged to attend events ready to swim, swim/train and leave.</p>
<p>Where practical, stagger the use of communal facilities. Strongly encourage visitors to shower/ change at home where possible.</p>	<p>Change room facilities to be used in accordance with guidance from CCC.</p> <p>Members to be encouraged to attend events ready to swim, swim/train and leave.</p> <p>BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool.</p>
<p>Reduce crowding wherever possible and promote physical distancing with markers on the floor, including where people are asked to queue.</p>	<p>1.5m markers to be set-up outside clubhouse to manage queues.</p> <p>1.5m markers to be set-up for BBQ line.</p> <p>Avoid gathering members, where practical.</p> <p>Marshalling to be barricaded, where practical.</p> <p>Marshalling seating to be 1.5m apart, where practical.</p> <p>Number of races marshalled to be minimised, where practical.</p> <p>BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool.</p>

Have strategies in place to manage gatherings outside of the venue.	BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool.
Use telephone or video platforms for essential meetings where practical.	Zoom to be utilised when practical.
Take all reasonable steps to minimise the number of spectators attending community sporting events.	Members to be encouraged to attend events ready to swim, swim/train and leave. Members encouraged to have only one caregiver in attendance at events where practical and where this does not increase risk to our members. i.e. there may be circumstances where children require additional supervision in the water.
Minimise co-mingling of participants from the different training timeslots.	BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool.
Hygiene and Cleaning	
Adopt good hand hygiene practices.	Members are to adopt good hygiene practices. Hand Sanitiser dispenser provided by BGASC available to members for use. <i>Swimming NSW Personal Hygiene best practices</i> to be displayed. (see Appendix 2)
Ensure hand sanitiser is accessible at the venue.	Hand Sanitiser dispenser provided by BGASC available to members for use. BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool.
Frequently clean indoor hard surfaces, first with soap and water and then disinfect. Clean frequently touched areas and surfaces.	Interact with CCC and their representatives to ensure surfaces are cleaned. Clubhouse surfaces to be cleaned before and after use prior to race nights and events, where practical.
Reduce sharing of equipment where practical and ensure these are cleaned prior to use.	BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool. Dry land equipment is to be cleaned prior to and in between use.
Encourage contactless payment options.	Members are to make purchases electronically, where practical.

<p>Keep a record of name, mobile number and email address for attendees for a period of 28 days. Ensure records are only used for contact tracing purposes.</p>	<p>CCC to manage sign in records.</p> <p>BGASC will interact with CCC and their representatives with regards to managing attendees.</p>
<p>Make your members, visitors aware of the COVID-Safe App and its benefits to support contact tracing if required.</p>	<p>BGASC's <i>COVID-Safe Principles</i> to be provided to members and displayed at Branxton pool.</p>
<p>Cooperate with NSW Health if contacted in relation to a positive case of COVID-19.</p>	<p>Interact with all relevant stakeholders in the event of a positive case.</p>
<p>BBQ Facilities to maintain good hygiene practices.</p>	<p>BBQ volunteers per night to be minimised, where practical.</p> <p>BBQ volunteers to wear gloves and to wash their hands thoroughly before and after with soap and water.</p> <p>Food to be pre-packaged where practical.</p> <p>Social distancing measures in place i.e. 1.5m queue markings.</p> <p>Area barricaded, restricted access.</p> <p><i>Swimming NSW Personal Hygiene best practices</i> to be displayed.</p>

In the event a member becomes unwell at an event:

In the event that a BGASC member becomes unwell at an event, they are to immediately: isolate, leave the venue and communicate their actions to a BGASC committee member. The unwell person is encouraged to get tested for COVID-19 and may not resume participation until their symptoms have resolved.

In the event that a BGASC member is awaiting the result of a COVID-19 test they should not attend any BGASC events until they receive a negative result.

In the event of a confirmed case:

In the event that a BGASC member is confirmed to have COVID-19 they must inform BGASC and provide details of BGASC events they have attended in the previous 14 days and any people they recall coming into contact with.

BGASC will work with CCC and the relevant stakeholders to manage the confirmed case.

COVID-19 Liaisons:

BGASC's COVID-19 Liaison Officers are:

- Teigan Dagg (BGASC Secretary)
- Pieta Hughes (BGASC Registrar)

COVID-19 Liaison Officers (or their delegates) are responsible for COVID-19 related enquiries and will work with members to enforce BGASC's COVID-Safe Principles and controls outlined in this Management Plan.

The COVID-19 Liaison Officers (or their delegates) will be identifiable at events by coloured vests or coloured lanyards.

Consequences of breach:

In order to protect our members, the following consequences will apply for breaches of this COVID-19 Management Plan.

If a member breaches a BGASC COVID-Safe Principle or control outlined in this COVID-19 Management Plan, a BGASC Committee representative will discuss the breach with the member. Depending on the outcome of this discussion the following consequences may be enforced:

- A warning given and the member educated on the Principle/ control that was breached.
- The member may be excluded from participating in future BGASC events.

If a member continues to breach a COVID-Safe Principle/ control outlined in this COVID-19 Management Plan, their membership may be terminated and fees non-refunded.

Appendices:

1.



Branxton Greta Amateur Swim Club

COVID-Safe Principles

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For more information please refer to our COVID-19 Management Plan available from www.branxtongretaswimclub.org.au or a BGASC committee member.

Download the COVID-Safe App today to keep yourself and your community safe by helping health workers to notify you quickly if you've come in contact with someone who has Coronavirus.

2.



SNSW Personal Hygiene Best Practices

What are the best ways to prevent the spread of viruses at home and at the pool?

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses.

We advise that all members and associated persons continue to observe the following advice, both at the pool and otherwise:

- Wash hands frequently with soap and water, after coughing or sneezing, before and after eating, and after going to the toilet.
- Cover coughs and sneezes with a tissue or by coughing/sneezing into your elbow.
- Dispose of used tissues immediately.
- Use alcohol-based hand sanitiser.
- Avoid unnecessary contact with others through touching, kissing, hugging, handshaking and other intimate contact.
- Avoid touching your eyes, nose or mouth.
- Do not share drink bottles or food.

Frequently asked questions

If a member has a cough/cold but hasn't had any contact with a potentially-infected person, should they still come to training/ competition?

No. As per normal advice, your child should not attend training or competition related activities, until they are well. If they have a cough, cold or flu symptoms, they need to rest and recover at home. If you are concerned about your child's health, please see your doctor.

Where can I find the latest health information on COVID-19?

The Department of Health has posted several publications here:

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources> The World

Health Organisation's advice for the public can be found here:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> The Australian

Government has a dedicated COVID-19 Health Information Line, which operates 24 hours a day, seven days a week: 1800 020 080