



## **COVID-19 RETURN TO COMPETITION SAFETY PLAN**

<b>Association</b>	Swimming ACT
<b>President</b>	Kim Mallett
<b>Contact Email</b>	President.SwimmingACT@gmail.com
<b>Contact Mobile Number</b>	(02) 6257 4837
<b>Version</b>	2.1

# Table of Contents

<b>1. Introduction.....</b>	<b>3</b>
<b>2. Key Principles .....</b>	<b>3</b>
<b>3. Responsibilities under this Plan.....</b>	<b>4</b>
<b>4. Return to Competition Arrangements .....</b>	<b>4</b>
<b>Appendix: Outline of Return to Competition Arrangements .....</b>	<b>5</b>
Part 1 – Running Meets	5
Part 2 – Venue COVID-19 requirements and liaison	9

# 1. Introduction

The purpose of this Swimming ACT (SACT) COVID-19 Return to Competition Safety Plan (**Plan**) is to provide an overarching plan that documents the implementation and management of procedures to support the resumption of competition swimming (Meets) in the ACT.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among Meet competitors, coaches, technical officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of Meets, including warm-up and competition swimming and associated behaviour of Meet competitors, the conduct of Technical Officials, Meet organisers and the conduct of spectators attending Meets as well as the collection of contact details, and the monitoring and reporting of the health of all attendees at Meets. The Plan will also cover an acknowledgement of coordination with facility management, as applicable to specific venues hosting Meets.

At all times, the Plan is subject to all regulations, guidelines and directions of government (Commonwealth and ACT) and relevant public health authorities.

## 2. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

The Plan also accepts as key principles that:

- The health and safety of competitors, coaches, technical officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Competitors, coaches, technical officials, administrators/volunteers, families and the broader community need to be engaged and briefed on their responsibilities in relation to these return to competition plans;
- Co-operation and co-ordination with facility operators is required to complement their plans in relation to hygiene protocols, physical distancing, facility usage and other measures to mitigate the risk of transmission of COVID-19; and
- At every stage of the return to competition process SACT must consider and apply all applicable Commonwealth and Territory Government and local restrictions and regulations. SACT needs to be prepared for any localised outbreak within our Meet or in the local community and respond accordingly and as quickly as can be reasonably expected.

### 3. Responsibilities under this Plan

SACT retains the overall responsibility for the effective management and implementation of the return to competition activities and requirements outlined in this Plan.

The SACT Board is responsible for:

- Approving the Plan and overseeing the implementation of the requirements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The SACT Board has appointed the following person as the SACT COVID-19 Return to Competition Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

<b>Name</b>	Lorraine Wuth
<b>Contact Email</b>	lwuth@hups.net
<b>Contact Number</b>	0411 156 285

SACT expects all Meet competitors, coaches, technical officials, administrators/volunteers, visitors, families and the broader community to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any precautionary measures or directions as implemented by technical officials, venue management and nominated individuals at Meets;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

### 4. Return to Competition Arrangements

SACT will implement the requirements as outlined in the Appendix of this document with due regard to the key principles outlined in section 2 above.

# Appendix: Outline of Return to Competition Arrangements

## Part 1 – Running Meets

Area	Requirements
<b>Governing Commonwealth and Territory guidelines and regulations</b>	<p>Prior to organising and running a Meet, SACT will ensure that this Plan is updated in accordance with the relevant COVID-19 restriction requirements as required by:</p> <ul style="list-style-type: none"> <li>• Commonwealth/State/Territory Government directives</li> <li>• Local government/venue owner requirements, if required.</li> <li>• National/state sporting body/local association requirements for community sport.</li> </ul>
<b>Overarching requirements</b>	<p>SACT will take the necessary steps to:</p> <ul style="list-style-type: none"> <li>• emphasise the principle of “<b>Arrive, Officiate/Compete/Spectate, Leave</b>” to Meet competitors, coaches, technical officials, administrators/volunteers, and spectators – that is, arrive and be ready to take on your role</li> <li>• minimise the overlap of all attendees and ensure that there is sufficient time to adhere to the Competition Procedures outlined below by appropriately designing the timing, length and format of Meets across the competition period</li> <li>• clearly outline and communicate the requirements in this Plan, including the attendee behaviours and the responsibilities of Technical Officers or other nominated individuals (e.g. marshalling arrangements, timekeeping arrangements, restrictions around placement of personal clothing items and kit bags, and the need to minimise contact between all attendees)</li> <li>• ensure that all attendees understand that they need to follow directions from Technical Officials and other nominated individual(s) in relation to COVID-19 safety requirements</li> <li>• ensure that all attendees make a statement with regards their personal health (see below) prior to the commencement of or attendance at the Meet and that they notify SACT should they become ill within two weeks of attending a Meet by contacting <a href="mailto:President.SwimmingACT@gmail.com">President.SwimmingACT@gmail.com</a></li> <li>• define areas for each cohort at a Meet, maintaining base density and physical distancing requirements as currently declared by the ACT Government.</li> <li>• restrict the use of shared equipment and where used sanitise equipment before, during, after sessions as required</li> <li>• encourage personal hygiene (e.g. frequent use of hand sanitiser where appropriate)</li> <li>• keep an attendance register for three months which details date, time and session attended by each attendee together with their name and contact details</li> </ul>

Area	Requirements
	<ul style="list-style-type: none"> <li>ensure the Meet is CASHLESS and there are no door prizes, raffles or programs for sale</li> <li>catering, where provided, will be limited to items that are individually sealed</li> </ul>
<b>Personal health of all attendees regardless of their role</b>	<p>Prior to each Meet, SACT will communicate that individuals should not attend the Meet if they:</p> <ul style="list-style-type: none"> <li>are unwell or have flu or cold-like symptoms</li> <li>have travelled or have had close contact with someone who has travelled, internationally or to one of the identified restricted areas within Australia within the last 14 days as per ACT Government travel advice</li> </ul> <p>The online entry form will have the above outlined as part of the Terms and Conditions (T&amp;C) of entry.</p> <p>The T&amp;C will require that individuals agree to this health statement prior to purchasing Meet tickets. However, ticket holders will also be required to advise SACT if their circumstances change at any time prior to the commencement of/attendance at/following the Meet and what to do if that occurs.</p>
<b>Hygiene</b>	<p>SACT will take the necessary steps to facilitate the adherence to the following hygiene requirements of the event:</p> <ul style="list-style-type: none"> <li>Wash or sanitise hands regularly</li> <li>Cough or sneeze into elbow (not hands)</li> <li>Do not share equipment, particularly drink bottles and towels.</li> <li>Maintain social distancing requirements of 1.5m, this includes no hugging, no high-fives etc</li> <li>Hand sanitiser will be available on the recording table and at the entry and exit to the facility</li> <li>Sanitiser wipes will be available to wipe down computer keyboards, starting equipment, timing equipment, table-tops and pencils/pens, if required</li> </ul>
<b>Attendees</b>	<ul style="list-style-type: none"> <li>Spectator numbers may be restricted at any stage, depending on competitor numbers, venue capacity and ACT Government restrictions.</li> <li>In the event that a closed meet is held, spectators will not be permitted in the venue. Team managers will be appointed by Clubs to manage participants.</li> <li>Unless otherwise stated, a maximum of one parent/guardian only may accompany a competitor/family group</li> <li>Siblings will not be able to attend unless they are over 18 years of age and acting as a competitor's guardian</li> <li>Parent/guardian must provide their name, email address and a telephone number as part of the Terms and Conditions of Meet entry</li> <li>Attendees must sign in to the facility using the CBR App as required by the YMCA and ACT Government.</li> <li>Attendees are requested to limit the equipment and bags brought into the facility where possible.</li> </ul>

Area	Requirements
	<ul style="list-style-type: none"> <li>• Family groups may sit together, however social distancing in the stands between other individuals/family groups must be observed</li> <li>• Individuals must not gather at the entry or exit points, on pool deck or in change rooms</li> <li>• Attendees must use a card (EFTPOS) to pay for entry at the venue, should payment be required</li> </ul>
<b>Competitors</b>	<ul style="list-style-type: none"> <li>• Must come ready to swim in their swimsuit with cap and goggles (spares to be brought if possible to reduce the likelihood of sharing)</li> <li>• Change rooms will be available but it is unlikely that showers will be available (notification will be given prior to the Meet commencement)</li> <li>• Should you need to use the change room, you should get in, change and get out</li> <li>• Must remain in their allocated seating unless they are changing, marshalling or in the water</li> </ul>
<b>Competition Procedures</b>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• Warm-up lanes will be allocated to clubs in an attempt to keep competitors in the one club together</li> <li>• Coaches to adhere to the lane assignments for their club and to observe the requests for diving practice and other directions given to them</li> </ul> <p><b>Assisted Self Marshalling</b></p> <ul style="list-style-type: none"> <li>• Swimming ACT will be implementing assisted self marshalling at this event</li> <li>• It is the competitor's responsibility to know which event, heat and lane they will be swimming in from the published program.</li> <li>• A full program, with seeded heats will be distributed prior to the event. Attendees must print this off, or download the document electronically as programs will not be available at the Meet</li> <li>• There will be no marshalling table</li> <li>• Technical Officials will direct competitors to the marshalling area which will have clearly marked individual spots on the ground for competitors to stand</li> <li>• Competitors are responsible for ensuring that they present to marshalling on time</li> <li>• Competitors need to social distance from other swimmers when approaching marshalling</li> <li>• Competitors will only be admitted to marshalling 3 heats prior to the heat in the water</li> </ul> <p>Competitors in marshalling will move from the marshalling area to stand behind their block once the block has been vacated</p> <p><b>Racing</b></p> <ul style="list-style-type: none"> <li>• There will be no starting over the top. Swimmers will be required to exit the pool prior to the commencement of the next race.</li> <li>• Competitors to exit the pool with due regard to social distancing. Lanes 1-4 exit on the lane 1 side and 5-8 on the lane 8 side.</li> <li>• Competitors must either return to their allocated seat following their race, or leave the facility once they have finished competing</li> </ul>

Area	Requirements
<b>Technical Officials Procedures</b>	<ul style="list-style-type: none"> <li>• Technical Officials (TO) are required to comply with the requirements for all attendees as outlined above as well as the relevant specific TO requirements outlined below</li> <li>• A full TO roster for all positions, including timekeeping, will be confirmed prior to the Meet commencing</li> <li>• Wherever possible, TO will hold their position for the duration of the session thereby avoiding handovers</li> <li>• TO are asked to bring their own equipment, e.g. clipboard, pens/pencils etc</li> <li>• TO are asked to bring their own water bottle</li> <li>• Unless notified that catering will be provided for a meet or session of a meet, TO should bring their own food snacks</li> </ul> <p><b>Timekeeping</b></p> <ul style="list-style-type: none"> <li>• Up to three timekeepers may be allocated to each lane</li> <li>• Timekeeper seats will be placed in a way that adheres to social distancing. Timekeepers are not to rearrange these seats unless they have approval from the Meet Director</li> <li>• Timekeepers will be allocated to an entire session, unless this is not feasible</li> <li>• Timekeeping equipment will be sanitised before being handed out and will be sanitised during the session if handled by a different Timekeeper/Technical Official (by accident) or Timekeepers need to change over</li> <li>• Timekeepers need to ensure that they stand as far away from other Timekeepers as practicable (while still maintaining an acceptable view of the end of the race)</li> <li>• Timekeepers to return to their seat as soon as possible after they have recorded the time</li> </ul> <p><b>Other Officials</b></p> <ul style="list-style-type: none"> <li>• Starting equipment to be sanitised prior to the sessions and during the session if handled by another individual or another Starter is allocated</li> <li>• Starter to be allocated to the entire session, unless this is not feasible</li> <li>• Starter and Referee to ensure they maintain social distancing requirements</li> <li>• Reporting official to record the reason for disqualification in writing, obtain verbal confirmation from the Referee, if other than the Referee, and ensure that the disqualification is passed to the Recording Table.</li> <li>• All officials to have individual copies of paperwork i.e. no sharing of documents</li> <li>• Individual officials to retain their own paperwork during a session and place it in a designated receptacle at the conclusion of the session</li> </ul>
<b>Management of unwell attendees</b>	<p>In the event that a Meet competitor, coach, technical official, administrator/volunteer and/or spectator is unwell during a Meet or reports to SACT that they are unwell after attending a Meet, SACT will:</p>



Area	Requirements
	<ul style="list-style-type: none"> <li>• ensure that the individual(s) concerned are isolated from other attendees and are prohibited from attending future Meets until they have received a written all-clear from a medical practitioner</li> <li>• notify public health authorities, other attendees and venue management of symptomatic attendees.</li> </ul>

## Part 2 – Venue COVID-19 requirements and liaison

Area	Plan Requirements
Venue	<ul style="list-style-type: none"> <li>• SACT will ensure that Meet competitors, coaches, technical officials, administrators/volunteers, and spectators are aware they must comply with all guidelines and provisions stipulated by venue management.</li> <li>• SACT will ensure that there are no points of contention in relation to the requirements outlined in this Plan and the venue's COVID-19 safety requirements. Should any point of contention exist these will be resolved before the Meet is advertised and takes place.</li> <li>• SACT will appoint an individual who is responsible for ensuring compliance with the requirements in this Plan and is a liaison point with venue management. That individual may or may not be the Meet Director.</li> </ul>