



## COVID-19 Code of Conduct

Our COVID protocols state that once walking through the door onto pool deck for training you are acknowledging the following:

- You have not had any of the COVID-19 symptoms (high temperature, sore throat, cold or flu like symptoms) in the last 24 hours. If you have any symptoms, please stay at home and we recommend you are tested for COVID-19.
- To the best of your knowledge you have not come in contact with a person or persons who have tested positive for COVID-19.
- You are not awaiting the results of a COVID-19 test.
- You have not visited any of the identified COVID-19 Hot spots in the last 14 days.

Please also note the following COVID safety measures we have in place to keep our Swimmer, Parents and Coaches safe:

- Wash your hands and use the hand sanitiser provided.
- Use the emergency door to create separate entry and exit points, (if we are not there, please wait, we won't be far away) **Do not enter via reception.**
- Use your designated seating area and space yourself out. (no hugging, handshaking etc.) you can still be friends and talk without contact.
- Be aware of the staggered start and finish times. Arrive early, so there is no seating area cross over with other squads.
- Follow your Coach's instructions around picking up your gear bag and walking around the opposite sides of the pool.
- **No change room access other than the toilets at the entry.** Arrive at the pool ready to swim and limit the time in the toilets after.
- Limit gatherings in the café before and after the session.

You are further advised to:

- Download the COVID-safe App.
- Avoid touching your face.
- Not share water bottles and bring your own full bottle.
- Keep your distance (1.5m) from other people in the premises and whilst on campus.
- Ensure you have brought your own equipment.