

## Return to Training Operational Plan

*Please find below the points that must be addressed in the Club's Return to Training Operational plan.*

*(Please note that this is not all that you can include, if your venue or council requires further information please include and send through also.)*

- Session times and durations
- Changeover plan between squads and sessions (timeframe for cleaning between sessions and ensuring minimal contact between these separate groups of people)
- Cleaning schedule with the venue and staff
- Are density requirements being met (consider coach, athlete, lifeguards and venue staff)
- Lane set ups for training (how many athletes per lane, spacing and timing) to ensure social distancing.
- The Health Questionnaire has been distributed to your Members and must be obtained before the commencement of training.
- The coach's plan at the beginning of every training session to ask the athletes if they have felt unwell since their last training session and ensure all participants are well and healthy before being included in activity.
- Considered parking arrangements, drop off and pick up procedures for parents and guardians.
- Each squad consisting of the same Members to ensure cross contamination does not occur between squads and participants should one Member become unwell. (if one Member tests positive to COVID-19 then the whole squad they have trained with will need to quarantine for 14 days)
- Considered the wider community that will be using the space and have parameters in place to ensure minimal to zero contact with these other patrons at your venue.
- Entry and exit in and out of the pool
- Spacing between athletes within the pool
- Placement of water bottles and bags near the pool
- How will you ensure injury management
- How will you ensure there is progressive overload within the training program as to not exhaust athletes after a break from training
- Dry land activities to supplement the water based activities
- Chain of communication within the Club- how will this work if an athlete falls ill at training, how will the chain of communication go.

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- Emergency procedures and policies update to adhere to social distancing measures
- Traffic flow plan
- Record keeping (Please note you will need to keep records for a minimum of 12 weeks) for example attendance and each Members questionnaire.
- Phase 2 and 3 changes as restrictions lift
- Precautions put in place for coach safety
- Why is the club returning to training
- Immune compromised athletes should have doctors clearance to return to training.
- Hand sanitising stations available for Members

PRINCIPAL PARTNER

HANCOCK PROSPECTING

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