



COVID-19 SAFETY PLAN AND CHECKLIST

Queenscliff Surf Life Saving Club

Club	Queenscliff Surf Life Saving Club
Location/Address	North Steyne Road
Club President	Ken Prior
Contact Email	president@queenscliffslsc.org.au
Contact Mobile Number	0416 192 770
Covid19 Liaison officer	Garry Fox
Version	Rev 3
Garry Fox is responsible for this document	

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1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Queenscliff Surf Life Saving Club to support its members and participants in the staged resumption of clubhouse activity.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the Queenscliff Surf Life Saving Club, and the facilities it controls,

This Plan includes, but is not limited to, the conduct of:

- a. staged opening of club operation and activity; and
- b. facility management and supporting operations (facility operations).

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities.

2. Key Principles

This Plan is based on:

- AIS COVID framework
- Fitness Australia guidelines for gyms
- NSW Clubs guidelines for the use of bars

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on Queenscliff Surf Life Saving Club's plan;
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;

3. Responsibilities under this Plan

Queenscliff Surf Life Saving Club retains the overall responsibility for the effective management and implementation of the activities and operations outlined in this Plan.

The Board of Queenscliff Surf Life Saving Club is responsible for:

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

The Board has appointed the following person as the Queenscliff Surf Life Saving Club COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name	Garry Fox
Contact Email	jengarfox@gmail .com
Contact Number	0412 146493

Queenscliff Surf Life Saving Club expects all members, participants, coaches, officials, administrative staff and volunteers 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 testing and precautionary measures implemented by Queenscliff Surf Life Saving Club;
- 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.

The Surf Club COVID Safety Coordinator will:

- Complete the COVID Safe Checklist and Plan (reviewed at coordination meeting)
- Distribute safety posters throughout the club (provided by SLS Sydney Northern Beaches)
- Purchase and distribute hand sanitation material for use at entry and exits
- Update plan when required
- Act as a contract for members regarding ideas and questions
- Develop strategies to check on maximum numbers and distancing requirements
- Define and develop cleaning strategies with club management

The Board has appointed the following people accountable for compliance to this plan for their areas of responsibilities. They must report any breaches or concerns to the COVID-19 Safety Coordinator

Area of responsibilities	Responsible person
Gym	Craig Susans
Seniors Sport training	Craig Susans
Juniors Sports training (Nippers)	Liv Hibbet
Bar and Club house	Mark Clare-Nazer
Education and training	Kerry Seipelt
Patrols (Lifesaving)	Kelly Beverley and Sam Kitchen

4. Criteria for facility operating

Surf Life Saving Clubs in Sydney Northern Beaches can open from 13 June 2020 under the following guidelines:

1. Have appointed a Club COVID Safety Co-ordinator
2. Have completed the safety plan and checklist for each area opening (Club, showers, gym, bar)
3. The management committee are satisfied that they meet the required guidelines to within this plan

5. Facility Checklist

Each area of the club will require common safety measures, these include:

Numbers, distancing and registration

- ☐ Capping numbers of entry to one person per 4 metre square for the floor space used
- ☐ Capacity of the clubhouse must not exceed 50 members (dependent upon the area of your facility and dependent upon any change in regulations)
- ☐ Groups can only be a maximum of 10 people – no more than 10 people using a table
- ☐ Registration of those using area (tag or sign in) for possible contact tracing. Clubhouse entry via a tag system may be suitable. Club to define if they need a system section sign in system or a club entry system.
- ☐ Monitor and call out / discourage physical greetings (hand shaking, high fives, hugs and kisses, etc).
- ☐ Encourage members not to loiter in high use areas 'Get in, train and get out'

Cleaning and Hygiene

- ☐ Hand and hygiene sterilisation available and entry and exit
- ☐ Provide self-cleaning guidelines for members where required
- ☐ Develop monitoring process for compliance and cleaning
- ☐ Discourage sharing of equipment and clean between use
- ☐ Advise that no bags, clothing (including wetsuits, etc) or other personal items are to be left at the club or in change rooms.

Information and safety promotion

- ☐ Safety promotional posters and material should be displayed
- ☐ Provide guidelines in club news, social media and other channels of club usage requirements

- ☐ Brief club officers, coaches, team managers and sections heads about this plan
- ☐ Members identified as high-risk groups of COVID-19 should be strongly encouraged to stay home.
- ☐ If a member tests positive to COVID-19 they're strongly encouraged to contact the Club President and state date and times they were at the premises (these details are to be kept confidential).

The following checklist should be used for each specific area

Sydney Northern Beaches and SLS NSW COVID Template requirements.	Queenscliff method of compliance
<p><u>Showers and change rooms</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Club to define the maximum number that can be accommodated using one member per 4 square metre rules. Note this number of posters supplied and undertake inspections and encourage member to member accountability. Record any breaches or actions taken for non-compliance. <input type="checkbox"/> Promote and monitor social distancing of 1.5m. Consider helpful “X” tape on floor systems and/or safety signage displayed promoting distancing <input type="checkbox"/> Define process for entry. User tracing is important if an infection is identified. Ensure you have a system to identify members using the clubhouse such as using the club electronic tag system or including a sign in process to enter. Display signage provided <input type="checkbox"/> Provide hand sanitation on entry and exit provided <input type="checkbox"/> Advise that the use of own towel and personal care products – safety signage provided <input type="checkbox"/> Supply cleaning products and encourage members to self-clean surfaces used. Product recommendations will be provided at Coordination meeting <input type="checkbox"/> 	<p>Showers and change rooms within the club will remain closed. Public Toilet and facilities will be managed and controlled by the council and is not covered by this plan.</p>
<p><u>Gym</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Club to define the maximum number that can be accommodated using one member per 4 square metre rules. Note this number of posters supplied and undertake inspections and encourage member to member accountability. Record any breaches or actions taken for non-compliance. <input type="checkbox"/> Promote and monitor social distancing of 1.5m on all equipment – safety signage provided. You may configure equipment to include spacing or encourage members to use equipment leaving spacing as required 	<ul style="list-style-type: none"> • Only people authorised by the club president can be COVID Safety Marshall. • Access to open the gym is only granted to COVID Safety Marshall. They will open the gym for the users. • Clean down the equipment and area. • COVID Safety Marshall shall: <ul style="list-style-type: none"> ○ be present at all times when the gym is being used. ○ wear the vest provided. ○ Limit the capacity of 10 athletes/staff per gym session in total.

Sydney Northern Beaches and SLS NSW COVID Template requirements.	Queenscliff method of compliance
<ul style="list-style-type: none"> <input type="checkbox"/> Define process for entry. User tracing is important if an infection is identified. Ensure you have a system to identify members using the clubhouse such as using the club electronic tag system or including a sign in process to enter. Display signage provided <input type="checkbox"/> Provide hand sanitation on entry and exit and encourage personal hygiene via poster <input type="checkbox"/> Inform members must have their own towel – poster provided <input type="checkbox"/> Discourage members from using equipment between sets <input type="checkbox"/> Supply cleaning products provided to self-clean each item of equipment after use – promote self-cleaning after each use – poster provided <input type="checkbox"/> Decide how you will provide cleaning of the gym and used surfaces <input type="checkbox"/> Encourage member to member accountability where members self-monitor and provide safety information to other members who do not comply. Provide advice and encouragement in newsletters – see something, say something! 	<ul style="list-style-type: none"> ○ Ensure users <ul style="list-style-type: none"> ▪ correctly sign the register ▪ monitor social distancing of 1.5m on all equipment ▪ use hand sanitation on entry and exit ▪ have their own bath size towel. ▪ to self-clean each item of equipment after use and in between sets. • All users must comply to the signage • The gym is defined as the ground floor hall and the gym • The combined area has capacity of 10 athletes/staff per gym session in total . • All users must: <ul style="list-style-type: none"> • Sign the register • monitor social distancing of 1.5m on all equipment • use hand sanitation on entry and exit • must have their own bath size towel. • to self-clean each item of equipment after use and in between sets.
<p><u>Club Bar and Club house</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Club to define the maximum number that can be accommodated using one member per 4 square metre rule. Note this number of posters supplied and undertake inspections and encourage member to member accountability. Record any breaches or actions taken for non-compliance. Bar staff to monitor <input type="checkbox"/> The NSW Clubs guidelines note that alcohol can only be consumed by members/visitors seated <input type="checkbox"/> Consider helpful processes for members to maintain social distancing of 1.5m <ul style="list-style-type: none"> a. Space out tables and chairs b. Use tape to indicate standing locations for the bar queue 	<p><u>Bar area , Peter Daley Room and Balconies.</u></p> <ul style="list-style-type: none"> • The areas are to be considered as 3 separate areas the capacity for each are : • The bar area up to the sliding door has a capacity of 12 people. • Peter Daley Room has a capacity of 27 people. • Outside Balconies has a capacity of 17 people. • COVID Safety Marshall shall be appointed and shall: <ul style="list-style-type: none"> a. be present at all times when the alcohol is being served b. wear the vest provided. c. Limit the capacity of 10 people per table with all seated d. Ensure users <ul style="list-style-type: none"> i. correctly sign the register ii. monitor social distancing of 1.5m on all equipment iii. use hand sanitation on entry and exit

Sydney Northern Beaches and SLS NSW COVID Template requirements.	Queenscliff method of compliance
<p>c. Display posters</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visitors must sign in when entering the bar. While member details will already be recorded in Surfguard in case of the need to contact. Visitors (non-members) should have their name, number and email address recorded <input type="checkbox"/> Encourage COVID Safe App – poster supplied <input type="checkbox"/> Provide hand sanitation on entry and exit <input type="checkbox"/> No shared food or utensils to be provided on tables. Do not have items that have multi use such as menus, sugar bowls, toothpicks etc. Napkins and straws must not be stored in communal areas or on tables <input type="checkbox"/> Provide regular cleaning down of surfaces by bar staff and avoid cross infection by using the same cleaning cloth without regular washing in hot soapy water – or use paper towel and discard. <input type="checkbox"/> Groups can only be a maximum of 10 people – no more than 10 people using any one table <input type="checkbox"/> Ensure bathrooms are well stocked with hand soap and paper towels. Poster with handing washing information will be provided. 	<ul style="list-style-type: none"> • The Bar staff is responsible to ensure the requirements listed in the plan are met. • This area be controlled and will be normally locked and can only be opened by committee members and office staff. • As per the NSW Clubs guidelines note that alcohol will only be consumed by members/visitors seated. • All entering the bar area must: <ol style="list-style-type: none"> 1. sign in on the register when entering the bar. Visitors (non-members) must have their name, number and email address recorded 2. monitor social distancing of 1.5m 3. be seated when consuming alcohol. 4. use hand sanitation on entry and exit • The flowing steps are in place to encourage and ensure social distancing is maintained. <ol style="list-style-type: none"> a. Tables and chairs spaced to meet the distancing requirements. b. Used tape to indicate standing locations for the queue to the bar with limits of two people at the bar. A table is placed in position separating the two queues. c. Display posters d. Installed social distancing markers on the floor. e. Encourage use of the COVID Safe App – poster supplied • No shared food or utensils will be provided on tables. No items that have multi use such as menus, sugar bowls, toothpicks etc. Napkins and straws are to be stored in communal areas or on tables • Bar staff and COVID safety Marshall will regularly clean down of surfaces by and avoid cross infection by using the same

Sydney Northern Beaches and SLS NSW COVID Template requirements.	Queenscliff method of compliance
	<p>cleaning cloth without regular washing in hot soapy water – or use paper towel and discard.</p> <ul style="list-style-type: none"> • Groups can only be a maximum of 10 people – no more than 10 people using any one table • Bathrooms are managed and controlled by the Council. Poster with handing washing information will be provided. <p>Kitchen and Office</p> <ul style="list-style-type: none"> • Kitchen is to be closed with no food preparation or serving of food. • These areas will be controlled and will be normally locked and can only be opened by committee members and office staff. • Office staff and nominated members are permitted to make coffee in the kitchen. All utensils, cups etc must be cleaned by the users after use. • All users shall clean surfaces using paper towels and hot soapy and/or disinfectant. The paper towels are to be discarded after use. • All people entering the area must: <ol style="list-style-type: none"> 1. sign in when entering 2. monitor social distancing of 1.5m 3. use hand sanitation on entry and exit 4. to self-clean each item of equipment after use • The office staff will be responsible to regularly clean down of surfaces following hygiene guidelines
<p><u>General Information to members at entry points and in newsletters</u></p> <p>To assist us to create a COVIDSafe Surf Club please follow safety signage and the guidelines below:</p> <p>✓ Register entry via electronic tag or sign in book</p>	<p>Safety signage is installed at entry points and COVID19 safety information is in the newsletter</p>

Sydney Northern Beaches and SLS NSW COVID Template requirements.	Queenscliff method of compliance
<ul style="list-style-type: none"> ✓ Maintain Social distancing – 1.5m ✓ Personal hygiene encouraged ✓ Use hand sanitation on entry and exit ✓ Observe maximum number signage and guidelines ✓ Download and turn on COVIDSAFE App ✓ Self-clean surfaces used with product provided ✓ Call the club president if you are diagnosed with COVID-19 after attending the club X Don't enter if you are feeling unwell X Don't congregate in groups 	
<p>Surf Sports</p> <p>Reference Circular 202006-08 - SLSSNB COVID-19 Impact on Surf Sports Training</p> <p>Under this framework, the following Step 2 rules apply to Sport & Recreation –</p> <ul style="list-style-type: none"> o Up to 20 people allowed to participate in outdoor sports consistent with the AIS Framework for Rebooting Sport. o Up to 10 people allowed to participate in all indoor sports, including gyms o People need to maintain an average density of 4m² per person o Any shared equipment used must be disinfected after each use. o Bring your own drink bottle, towel etc. o High fives or handshaking should still be avoided. o Spitting and clearing of nasal /respiratory secretions is strongly discouraged and fines may be imposed for deliberate behaviour. <p>RULES SPECIFIC TO SURF SPORTS The SLSNSW Return to Surf Sport Plan provides guidelines for rules relating directly to surf sports. Taking these guidelines into consideration, along with the AIS framework, the following rules apply –</p>	<p>General requirements</p> <p>Note : The NSW government “COVID-19 Safety Plan” is completed and attached to this plan</p> <p>File Name : Queenscliff covid-19-safety-plan-community-sporting-competitions 2662020</p> <p>Principle of “Get in, train, and get out” — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).</p> <ul style="list-style-type: none"> • Gym protocols as per this plan with 10 athletes/staff per gym session in total • All athletes/staff (this includes nippers and coaches) must: <ul style="list-style-type: none"> • must sign in on the register sheet • Note Nippers have a form as a register sheet See attached document. • monitor social distancing of 1.5m on all equipment • use hand sanitation on entry and exit • must have their own drink bottles, towels, rash vests, wet suits and equipment (Board, Ski) which they must clean. (must not share personal equipment)

Sydney Northern Beaches and SLS NSW COVID Template requirements.	Queenscliff method of compliance
<p>• Surf Ski training – Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (no more than 20 athletes/staff in total). Groups of single skis.</p> <p>o No Double Skis at this stage.</p> <p>• Surf Boat training - Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (no more than 20 athletes/staff in total).</p> <p>• Swim training – if in pool environment, use of communal pool with limited numbers maintaining social distancing requirements. In surf environment maintaining social distancing requirements. No more than 10 people allowed in the pool at one time.</p> <p>• Board training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total.</p> <p>• IRB Racing training - IRB training is only permitted for maintaining surf lifesaving skills. Strict physical distancing measures remain in place whilst outside the IRB maintaining 1.5m distance apart.</p> <p>o Patient pick-ups is to be kept to a minimum - it is anticipated that this restriction will be revised on July 1st</p> <p>• R&R and March Past training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total.</p> <p>• Lifesaving event training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total.</p> <p>• Beach event training - No contact maintaining social distancing requirements. Avoid packs of greater than 2 running. Not more than 20 athletes/staff in total.</p> <p>For all the above, as outlined by the AIS framework the underlying principles are as follows –</p> <p>➤ Get in, train, and get out — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).</p>	<ul style="list-style-type: none"> • No High fives or handshaking • No Spitting and clearing of nasal /respiratory secretions and fines may be imposed for deliberate behaviour. • Any shared equipment used must be disinfected after each use <ul style="list-style-type: none"> • All athletes must thoroughly full body shower with soap before and after training (preferably at home) • No social gathering prior to or post training to minimise gatherings with larger numbers • Spectators and parents must monitor social distancing of 1.5m there must not be a gathering of more than 20. • Any shared equipment used must be disinfected after each use. <p>RULES SPECIFIC TO SURF SPORTS</p> <ul style="list-style-type: none"> • Surf Ski training – Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (no more than 20 athletes/staff in total). Groups of single skis. • No Double Skis at this stage. • Surf Boat training - Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (no more than 20 athletes/staff in total). • Team boat training permitted. Rules as follows : • In boat training to be limited to one crew at a time. • Sweep to be responsible for ensuring seats, gunnels and oars are disinfected before and after each use of the boat. • Swim training – if in pool environment, use of communal pool with limited numbers maintaining social distancing requirements. In surf environment maintaining social distancing requirements. No more than 10 people allowed in the pool at one time. • Board training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total. •

Sydney Northern Beaches and SLS NSW COVID Template requirements.	Queenscliff method of compliance
<p>➤ Minimise use of communal facilities (e.g. gym) with limited numbers (not more than 10 athletes/staff per gym session in total).</p> <p>➤ Have cleaning protocols in place for equipment and facilities. Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training.</p> <p>➤ Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>➤ No social gathering prior to or post training to minimise gatherings with larger numbers</p>	<ul style="list-style-type: none"> • IRB Racing training - IRB training is only permitted for maintaining surf lifesaving skills. Strict physical distancing measures remain in place whilst outside the IRB maintaining 1.5m distance apart. <ul style="list-style-type: none"> ○ All members using the IRBs must : <ul style="list-style-type: none"> • be trained IRB drivers or crew • clean common equipment between use specifically the helmets and life jackets • to self-clean each item of equipment after use ,Boat ,rescue tubes etc • social distancing of 1.5m where possible. • Not congregate in the IRB shed other than to conduct equipment preparation. Ideally there should only be 2 people in the shed but safety requirements will deem it necessary to have more people to assist carrying boats and motors. <p>Patient pick-ups is to be kept to a minimum</p> <p>R&R and March Past training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total.</p> <ul style="list-style-type: none"> • Lifesaving event training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total. • Beach event training - No contact maintaining social distancing requirements. Avoid packs of greater than 2 running. Not more than 20 athletes/staff in total.
<p>Education and training</p> <p>Awaiting Information from Branch</p>	

Sydney Northern Beaches and SLS NSW COVID Template requirements.	Queenscliff method of compliance

6. Suspected/Confirmed case within the clubhouse

Exclude members or staff who are feeling unwell

Provide information on the nearest testing site.

Testing site is located at: Northern Beaches Hospital

If a member tests positive to COVID-19 they're strongly encouraged to contact the Club President and state date and times they were at the premises (these details are to be kept confidential).

If a confirmed case of COVID-19 has been identified and they have used the clubhouse, close the facility for cleaning.

Monitor the welfare of the member and check with the member if they have contacted NSW Health and if contact tracing is underway.

Contact the NSW Health Helpline on 1300 066 055 to check advice and to check if contact tracing is required from a Club level. If required notify members as possible.

The required sections of your clubhouse will need to be thoroughly cleaned and disinfected before people can return. Some Safe Work Australia guidelines include:

- Using an ISO accredited cleaner is not required.
- Fogging is not required and is not recommended.
- Swabbing surfaces following disinfection is not required.

For more information on what to do if there is a case of COVID-19 see our infographic What to do if a worker has COVID-19. <https://www.safeworkaustralia.gov.au/sites/default/files/2020-04/COVID-19-Infographic-Suspected-or-Confirmed-Cases-a3.pdf>

7. Supplies and Resources

General reference guides and assistance

Policy and Compliance – Tracey Hare-Boyd, President SLS Sydney Northern Beaches 0416 042 465

SLSSNB COVID-19 Liaison Officer

Mechelle Hare slss@surflifesaving.net.au or 9913 8066 (option 2)

Cleaning Safe Work Australia website:

<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/cleaning-prevent-spread-covid-19#cleaning-and-disinfection>

Posters Reprints

If you would like an editable version of these posters, please contact president@surflifesaving.net.au

How to calculate the number of people for the size of your room

1. Measure the length of the room.
2. Measure the width of the room.
3. Multiply the length by the width to calculate the area of your room in square metres.
4. Divide the area of your room (calculated in square metres) by 4 to calculate the maximum number of people allowed.

Number of people	Minimum space required
1	4 square metres
10	40 square metres
20	80 square metres
30	120 square metres
40	160 square metres
50	200 square metres










8. Safety Promotional Material

Posters been provided and can be printed on A3 or A4 for use within each Club.

Welcome! Poster to be displayed at each entry point of the Surf Club.

Welcome!

To assist us to create a **COVIDSAFE** Surf Club please follow **safety signage** and the **guidelines** below:

-  Register entry via electronic tag or sign in book.
-  Maintain Social distancing – 1.5m.
-  Use hand sanitation on Entry and Exit.
-  Observe maximum number signage and guidelines.
-  We recommend you download and turn on the **COVIDSAFE** App.
-  Self-clean surfaces used with products provided.
-  Contact the Club Office if you are diagnosed with COVID-19 after attending the Club.
-  Don't enter if you are feeling unwell.
-  Don't congregate in groups, leave clothing or wetsuits in the Club or share equipment without cleaning first.

BE COVIDSAFE – Safety First!

This Surf Life Saving Club is implementing **COVIDSAFE** practices. Please follow instructions provided to ensure we keep members and visitors safe.



Attention!

If you have experienced a **fever, cough, sore throat, shortness of breath** or **travelled overseas** in the past month, please **do not** enter this facility.



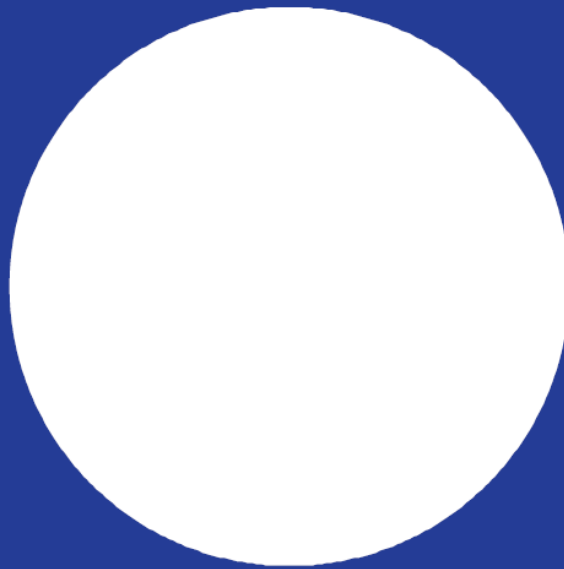
BE COVIDSAFE – Safety First!

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Maximum Capacity poster should be displayed at the entry to change rooms/showers, the gym and the bar. Write the maximum number of people allowed to enter based on one person per square metre (see Section 7)

The Maximum Capacity for people in this section is:



Public Health Orders require social density not to exceed one person per 4 square meters.
This number is calculated on this order.

BE COVIDSAFE – Safety First!

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Gymnasium Poster to be displayed at entry to the gymnasium. Indicate the maximum number that can enter based on the one person per 4 square metre rule

Gymnasium

- 1** A condition of entry to this gym is that a maximum of members is not exceeded. Please count numbers on entry. If you remain in the gym exceeding the maximum numbers, you are in breach of our safety plan and your membership may be suspended or fines apply.
- 2** Maintain social distancing of 1.5m.
- 3** Each member must use the club electronic tag or sign in process to use this gym.
- 4** Please use hand sanitation on entry and exit.
- 5** You must have your own towel.
- 6** Use cleaning products provided to self-clean each item of equipment after use.

BE COVIDSAFE – Safety First!

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Shower and Change Room Poster to be displayed at entry of male and female change rooms. Indicate the maximum number that can enter based on the one person per 4 square metre rule

Shower and Change Room

- 1** A condition of entry to these showers/change rooms is a maximum of members is not exceeded. Please count numbers on entry. If you remain in the change room exceeding the maximum numbers, you are in breach of our safety plan and your membership may be suspended or fines apply.
- 2** Maintain social distancing of 1.5m.
- 3** Each member must use the Club electronic tag or sign in process to enter.
- 4** Please use hand sanitation on entry and exit.
- 5** Use own towel, soap & personal care products.
- 6** Use cleaning products provided to self-clean surfaces used.

BE COVIDSAFE – Safety First!

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Club Bar Poster to be displayed at entry and inside the club bar. Indicate the maximum number that can enter based on the one person per 4 square metre rule.

Club Bar

- 1 A condition of entry to the Club bar is that a maximum of members is not exceeded. Please count numbers on entry. If maximum numbers are exceeded members will be asked to leave.
- 2 Maintain social distancing of 1.5m.
- 3 Each member must use the Club electronic tag or sign in process when attending the bar.
- 4 Please use hand sanitation on entry and exit .
- 5 Do not share food, drinks or utensils.

BE COVIDSAFE – Safety First!

This Surf Life Saving Club is implementing COVIDSAFE practices. Please follow instructions provided to ensure we keep members and visitors safe.



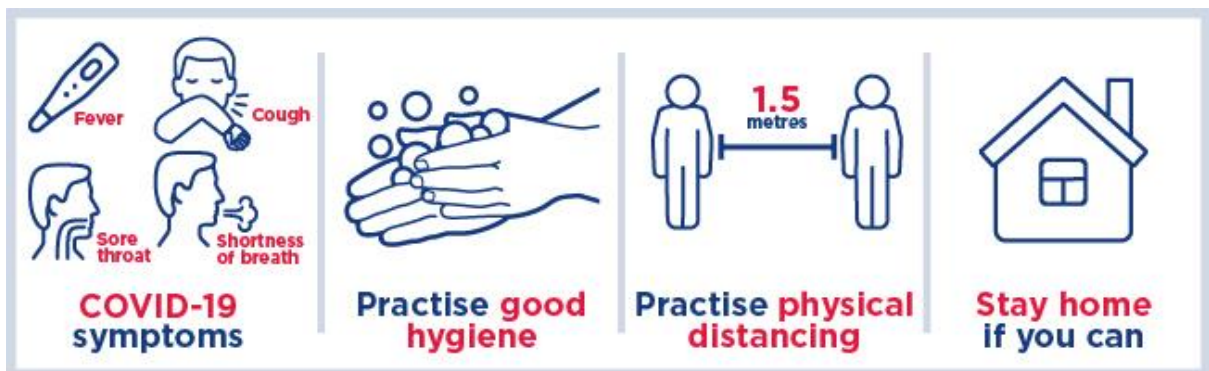
Queenscliff board training – keeping safe during COVID-19

Queenscliff SLSSA is very happy to be able to get back to training activities. To keep our trainers, water safety and Nippers safe we are asking every participant to fill in the following disclaimer.

If you feel unwell or have any cold or flu-like symptoms, please stay at home and join us for board training when you feel better.

By signing the below you confirm that you and your nipper have:

- not been overseas in the last 14 days.
- not been in close contact with anyone who has been overseas in the last two months.
- not been in close contact with anyone who currently has, or has recently recovered from, COVID-19.
- do not have any of the following symptoms:
 - Fever
 - Cough
 - Runny nose
 - Sore/scratchy throat
- are not currently unwell.
- Have downloaded the COVID-safe app



DATE/TIME: _____

Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Avoid close contact with anyone with cold or flu-like symptoms.



Stay home if you are sick.



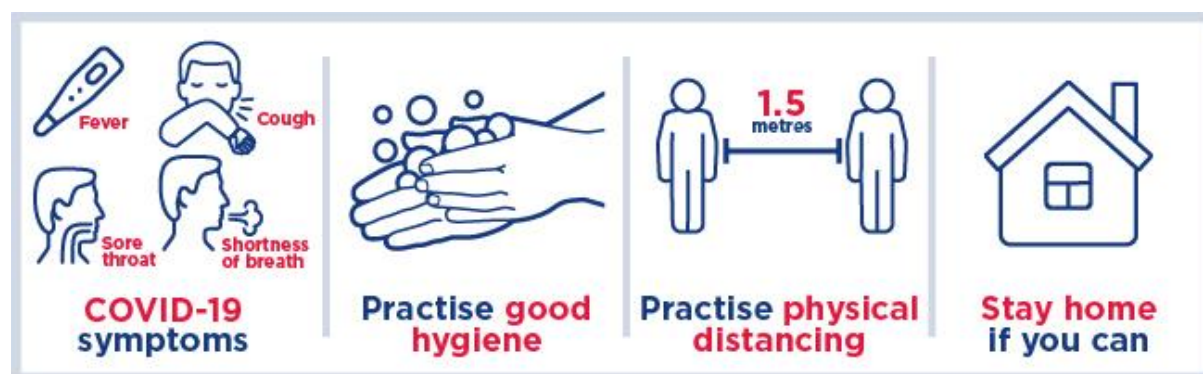
Find the facts

health.nsw.gov.au/coronavirus

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Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Wear a face mask in public places, especially when you are around other people.

Queenscliff Surfboat COVID19 in boat training protocols 7th July 2020 Issued By Dave Williams

Requirement	Action
Clubs MUST create a COVID-19 Safety Plan (for activities involving more than 20 participants).	In boat training to be limited to one crew at a time.
Any shared equipment used must be disinfected after each use.	Sweep to be responsible for ensuring seats, gunnels and oars are disinfected before and after each use of the boat.
A 'Get in, participate and leave' approach is in place. This means, all participants are still advised to leave immediately following the conclusion of the activity.	Crews to be advised that they should be prepared for training prior to arrival at venue (minimise the need to use/ gather in change rooms, bathrooms). No social gathering prior to or post training to minimise gatherings with larger numbers.
Apply superior personal hygiene measures, such as regular washing of hands, frequent use of hand sanitiser, coughing into an elbow or tissue etc.	Sweeps to provide hand sanitiser pre, post and during training. Crews to be advised to have a thorough full body shower with soap before and after training (preferably at home)
Minimise use of communal facilities (e.g. gym) with limited numbers (not more than 10 athletes/staff per gym session in total).	Revise gym policy
Bring your own drink bottle, towel etc.	Crews to be advised
High fives or handshaking should still be avoided.	Crews to be advised
Spitting and clearing of nasal /respiratory secretions is strongly discouraged and fines may be imposed for deliberate behaviour.	Crews to be advised
If any participant has been unwell or been in contact with a known case of COVID-19, they should be isolated and tested immediately. Should they be diagnosed with COVID-19, they are to remain in isolation until they are medically cleared of the virus.	Crews to be advised
Clubs are required to record names of all participants for all sessions and records are kept for a minimum of 4 weeks (28 days).	Sweeps to be responsible for maintaining such records. The use of an electronic app such as "Team App" is recommended Information to be provided to Carla with data to be collected and maintained for 28 days.

