



Perth City Swim Club COVID-19 Return to Training

Swimmers - Things You Should Know and Do to Safely Return to Training

- Before attending your first training session, to complete the Attachment 3 – Novel Coronavirus (COVID-19) Health Questionnaire and return a signed and dated copy to our COVID-19 Liaison Officer:
Name: Jackie Gardiner
Mobile: 0402725085
Email: jackie_gardiner@hotmail.com
- When you have chosen your training session, reserve your place in advance using a booking system available on the Perth City Swim Club website: <https://www.perthcityswimclub.org.au/>
- Please do not arrive to training without booking your place. Speculative attendance (without booking) is not permitted.
- If you can no longer make a booked session, please cancel your booking to allow others to swim.
- Training times are 19:00-20:30 Tuesday and Thursday, 09:00-10:30 Saturday. Further training sessions may be added if there is demand and attendance can be reserved via the booking system.
- Swimmers are required to be on time for each session. Due to the extra monitoring demands placed on the coach, swimmers are not permitted to join the training session once the coach has finished checking the attendance register and assessing the swimmers' health.
- If you bring your own pool gear, drink bottle and towel, please do not share them.
- If you become unwell during the session, inform the coach immediately and isolate yourself in the kitchen area and await further instruction.
- If you are immunocompromised or have medical conditions placing you at high risk of becoming very unwell if you catch COVID-19, please provide medical clearance to the COVID-19 Liaison Officer before resuming training.
- **If you are unwell with a fever, cough, shortness of breath or flu-like symptoms, then you MUST stay at home and seek appropriate medical treatment.**