



Just Sports n Fitness

# POOL & RECREATIONAL SWIMMING

Just Sports n Fitness, now open for some recreational swimming.

Just Sports n Fitness will open their Aquatic Venues for lap swimming & hydrotherapy use only, from Wednesday 20 May. All swimmers must read this document before they commence swimming.



[www.justsportsnfitness.com.au](http://www.justsportsnfitness.com.au)  
[www.valleypoolbrisbane.com.au](http://www.valleypoolbrisbane.com.au)



# Pool and Recreational Swimming

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# Contact Information

<b>Bundamba Swim Centre</b>	07 3282 2801	<a href="mailto:bundamba@justsportsnfitness.com.au">bundamba@justsportsnfitness.com.au</a>
<b>Goodna Swim Centre</b>	07 3381 8240	<a href="mailto:goodnapool@justsportsnfitness.com.au">goodnapool@justsportsnfitness.com.au</a>
<b>Leichhardt Swim Centre</b>	07 3281 8743	<a href="mailto:leichhardt@justsportsnfitness.com.au">leichhardt@justsportsnfitness.com.au</a>
<b>Valley Pool</b>	07 3852 1231	<a href="mailto:valleypool@justsportsnfitness.com.au">valleypool@justsportsnfitness.com.au</a>

## Background

The World Health Organisation declared the Novel Coronavirus (2019-nCoV) a Global Health Emergency on 30 January and a Pandemic on 11 March. With guidance from the Australian Government, Swimming Australia and Swimming Queensland Just Sports n Fitness closed until further notice.

Both Federal and State governments have now released their easing of restrictions plans, which include a three stage process for sport.

## COVIDSafe APP

To aid the fight against COVID-19, Just Sports n Fitness supports the COVIDSafe app and encourages the swimming community to get behind this initiative. It represents our best chance to get back to normal swimming quickly.



# Hazards

## Recommendations

- Eliminate use of low ventilated spaces and rooms that prevent social distancing, such as change rooms and communal showers.

## Plan Building Consideration

- We will manage/sanitise bathroom use according to a set schedule. At this stage, all changerooms are closed. Toilets are available for essential use only.
- Create a checklist for cleaning and disinfecting surfaces.
  - Create a plan should an employee or customer become sick.

# Safe Practices

## Recommendations

- Swimmers/lifeguards who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.
- Swimmers should shower with soap before and after swimming (at home, not at the pool)

## Supervision

Just Sports n Fitness staff will be at the venues to assist with customer service, patron safety and facility cleaning duties only. Their role will be to screen all visitors, supervise social distancing rules, pool safety and to monitor the strict session times so as to adhere to our detailed risk management plan.

## Swimming Procedures

- Maintaining safe social distancing practice of 1.5m per person and swimming one to a lane.
- No spectators, except for up to one parent/carer per child, if necessary.



# Swimming Safely

## Preparing to Swim

- Over the phone/at venue lane bookings – all bookings to be paid for in advance to reduce customer contact and cash handling.
- Washing hands with a disinfectant soap and water or use a hand sanitiser if soap and water is not readily available, before going to the pool.
- Do not share equipment.
- Just Sports n Fitness will not be supplying any equipment.
- Bring a full water bottle to avoid touching a tap or water fountain.
- Do not enter the pool if you, or a member of your family does not feel well.
- Wear your swimming attire to and from training.
- Temperature will be checked upon arrival with a mini questionnaire completed.

## When Swimming

- Follow directions for spacing and stay at least 1.5m apart from others.
- Do not make physical contact with others, such as shaking hands or giving high fives.
- Avoid touching your face.
- Do not share food, drinks and towels.
- Maintain appropriate social distancing from other athletes when taking a break.

## After Swimming

- Leave the facility as soon as your allocated time has finished.
- Wash hands thoroughly or use hand sanitiser after leaving the pool.
- Do not use the change rooms, shower at home, wear your swimming attire to and from training as access will be limited.
- No extra-curricular or social activity should take place at the pool.
- No congregation after swimming within the facility.

## Parents

- Due to restrictions No spectators, except for up to one parent/carer per child, if necessary
- Swimmers will be allocated a time to swim and need to arrive with a session they have planned.
- There will be no coach, just relevant venue staff.

# Health Considerations

## *Response if a Swimmer Becomes Sick Whilst Training Recommendation*

- Swimmer to be safely isolated in care of a staff member.
- Contact staff immediately and/or the COVID-19 triage care hotline for further advice.
- Once you have notified staff, please leave the venue and follow government guidelines relating to COVID19 testing and self isolation.

## *Response Should a Case Of COVID-19 be Confirmed Recommendation*

- Immediate reporting to Queensland Health.
- Immediate reporting to the venue in which you visited
- Follow all Queensland Health advice regarding temporary closure, tracing and communication plans.
- Swimmers must see a doctor and be cleared for training after being diagnosed or suspected to have Covid -19.
- If swimmer or any member of their family does not feel well, they should stay at home.

# Maintenance and Cleaning

- Cleaning and disinfecting in accordance with Safe Work Australia and public health authority
- Frequently touched surfaces including computers, EFTPOS machines, phones, counter tops, door handles etc to be regularly cleaned
- Alcohol based sanitiser available at all workstations
- Posters on handwashing are prominent within the venue
- Physical distancing signage and floor markings to keep staff and customers adequate distance apart – ideally 1.5m
- Staff have been briefed on symptoms of COVID-19 and have been told to stay home if they are not feeling well
- If a staff member becomes unwell at work, a process is in place to isolate them and arrange for them to be sent home to receive medical attention.
- Staff do not have contact with delivery drivers, all paperwork is completed electronically.
- PPE available to all staff and worn always.
- Equipment and goggles will not be loaned
- All chairs and tables taken away from pool deck
- Change rooms closed to patrons.
- Every second toilet cubicle closed to patrons and staff
- All staff temperature checked upon arrival with mini questionnaire completed. Details to be completed electronically by staff.





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