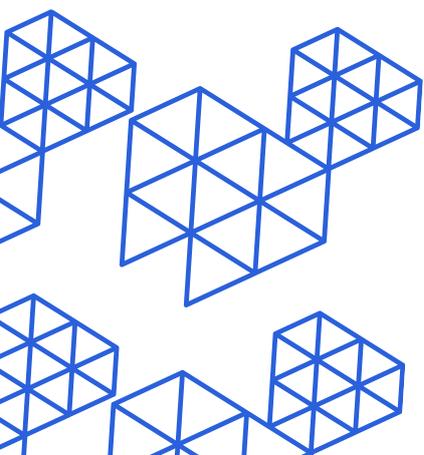


ATTACHMENT 1

COACHES GUIDELINES



Return to Play Plan – Guidelines for Coaches

Masters Swimming Victoria (MSV) clubs are required to comply with the association's approved Return to Play Plan except when the club is also affiliated with Swimming Victoria. Clubs that are affiliated with both State associations must comply with the Swimming Victoria Return to Play Plan.

A copy of the MSV Return to Play Plan is to be provided to all coaches, club captains and squad leaders. You can request a copy from your club's secretary or view it online at Masters Swimming Victoria if you have not received a copy.

We are trying to make swimming at squad during COVID-19 restrictions as fun and simple as possible while minimising the risk of coronavirus transmission. Coaches play a central role in how squad sessions run. We are asking all coaches or squad leaders to brief swimmers about staying safe and practicing appropriate hygiene standards.

Please review the MSV's Return to Play Plan and the clubs facilities agreement and ensure you follow all mandatory requirements.

The club secretary is the club liaison officer for COVID-19 matters except where the club has nominated a different person to take on this role.

Infection Control Training

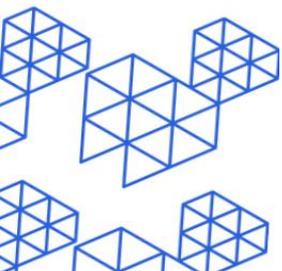
The Australian Government's Department of Health provides free online COVID-19 infection control training. We request all coaches complete this training prior to coaching any session for Masters Swimming Victoria.

The training is available on the Department of Health website at: <https://www.health.gov.au/resources/apps-and-tools/COVID-19-infection-control-training>

Pre squad briefing

We require all coaches, club captains or squad leaders to conduct a pool-deck briefing prior to swimmers entering the water. It is not necessary to follow the exact script provided but please try to cover all of the content.

Masters Swimming Victoria will provide updated information to clubs as the situation changes. Please incorporate changes to your briefings as the need arises.



Example script for pool-deck briefing

We are still in the middle of a global pandemic. There is no cure or vaccine for coronavirus. The restrictions put in place to slow the spread of the virus are starting to ease. We are now allowed to get back to swimming. But we need to do things differently to make sure we don't get a resurgence of cases.

Our mission today is to “get in – train – get out” but we want you to have fun and stay safe in the process.

Training sessions have to be a little different. Each session now starts with a pool deck briefing:

- Stay 1.5 metres away from other people whenever and wherever you can while you are out of the pool.
- No spectators are allowed except for carers.
- The change rooms are closed but the toilets remain open.
- You can only use your own equipment, all facility equipment is unavailable.
- Please keep equipment and water bottles separate and within reach.
- Please do not share equipment or water bottles.
- Today we will be using [pull buoy; fins; snorkel etc].
- If you have returned from overseas travel in the last 14 days you must leave this session now, you are not allowed to be here.
- If you have any of the following symptoms – fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, loss of sense of smell you must leave this session now. Please get tested for the virus.
- No more than three swimmers are allowed in each lane.
- Please either get in and out of the pool at your lane if you can, or move quickly and carefully across the pool from the ladder.
- As always, please let me know if you have any medical conditions that might affect your training.
- Please have clean hands when climbing down the pool ladder (be careful, hand sanitiser makes them slippery).
- Please let me know if you feel ill at any time. I will ask you to either leave the session to go home or move you to [explain where the isolation room is].
- [Add in any other details required by the venue].
- [Add anything you want to say as the coach].
- There is no staying back for a chat, coffee and socialising after the session.
- At the end of the session, please dry off, put your clothes on while you are on the pool deck. All showers must wait until you get home.
- Please read your emails from the club and get to squad with just enough time to participate in the pre-squad briefing.

And after all of that, let's get swimming. Welcome back to the pool. Are there any questions?

