



COVID-19 SAFETY PLAN AND CHECKLIST

Newport Kinghorn Surf Racing Academy

Surf Life Saving Club	Newport Kinghorn Surf Racing Academy
Club Facility Location	12/14 Jubilee Avenue, Warriewood NSW 2103
Academy Chairman	James Brooks
Contact Email	Surf_Racing_Academy@newportsurfclub.com.au
Version	V6 – 11 th October 2021
Aaron Morris 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 Newport Kinghorn Surf Racing Academy 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 Newport Kinghorn Surf Racing Academy, 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 Newport Kinghorn Surf Racing Academy'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

Newport Kinghorn Surf Racing Academy retains the overall responsibility for the effective management and implementation of the activities and operations outlined in this Plan.

The Board of Newport Kinghorn Surf Racing Academy 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 Newport Kinghorn Surf Racing Academy 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	Aaron Morris
Contact Email	Surf_Racing_Academy@newportsurfclub.com.au

Newport Kinghorn Surf Racing Academy 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 Newport Kinghorn Surf Racing Academy;
- 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 Newport Kinghorn Surf Racing Academy 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 contact for members regarding ideas and questions
- Develop strategies to check on maximum numbers and distancing requirements
- Define and develop cleaning strategies with club management

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 Academy Board 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 gym must not exceed 30 members
- Groups can only be a maximum of 20 people – no more than 10 people using a table
- Registration of those using the gym for possible contact tracing using the Service NSW sign in/out 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'
- All members (over the age of 16) wishing to enter the gym must have received two doses of a COVID-19 vaccine or have a medical exemption. Anyone under 16 can enter if unvaccinated but must be in the company of a member of the person's household who is fully vaccinated. Members under the age of 16 involved in training or education are exempt from this requirement.

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 gym

Information and safety promotion

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

- Brief Academy 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 Academy Chairman 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

Toilets

- Academy 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.
- Promote and monitor social distancing of 1.5m. Consider helpful "X" tape on floor systems and/or safety signage displayed promoting distancing
- Define process for entry. User tracing is important if an infection is identified. Ensure you have a system to identify members using the gym such as using the club electronic tag system or including a sign in process to enter. Display signage provided
- Provide hand sanitation on entry and exit provided
- Advise that the use of own towel and personal care products – safety signage provided
- Supply cleaning products and encourage members to self-clean surfaces used
- Ensure bathrooms are well stocked with hand soap and paper towels. Poster with hand washing information will be provided.

Gym

- Academy 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.
- 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
- 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
- Visitors must sign in when entering the gym using the NSW Service App. Members must provide proof of vaccination when requested to do so.
- Provide hand sanitation on entry and exit and encourage personal hygiene via poster
- Inform members must have their own towel – poster provided
- Discourage members from using equipment between sets

- Supply cleaning products provided to self-clean each item of equipment after use – promote self-cleaning after each use – poster provided
- Decide how you will provide cleaning of the gym and used surfaces
- Encourage member to member accountability where members self-monitor and provide safety information to other members who do not comply. Provide advice and encouragement – see something, say something!

General Information to members at entry points and in newsletters

To assist us to create a COVIDSafe Newport Kinghorn Surf Racing Academy please follow safety signage and the guidelines below: Register entry via electronic tag and sign in book

- ✓ 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 Academy Chairman if you are diagnosed with COVID-19 after attending the gym
- X Don't enter if you are feeling unwell
- X Don't congregate in groups

6. Suspected/Confirmed case within the gym

Exclude members or staff who are feeling unwell

Provide information on the nearest testing site.

Testing site is located at:

Newport Surf Club Car Park ACL Drive-through Pathology Clinic (8am – 5pm, 7 days)

Mona Vale Hospital, Coronation Street, Mona Vale 2103 (6:30am – 5:30pm, 7 days)

If a member tests positive to COVID-19 they're strongly encouraged to contact the Academy Chairman 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 gym, 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 an Academy level. If required notify members as possible.

The required sections of your gym 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 gym.

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 Poster to be displayed at each entry point of the gym

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.



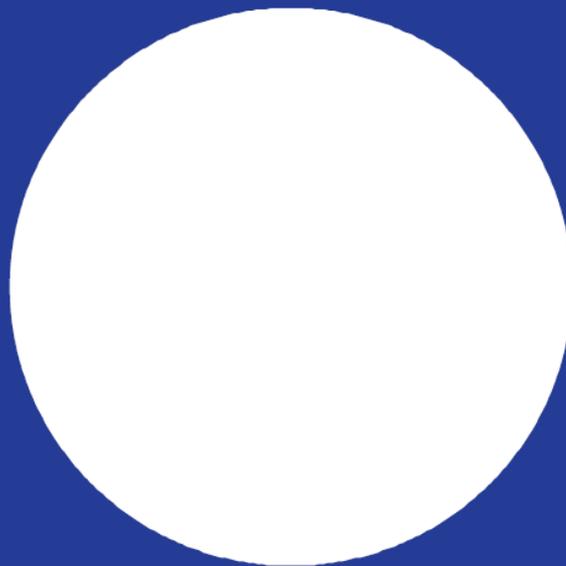
BE COVIDSAFE – Safety First!

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



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!

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



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!

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



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!

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



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.



9. Appendices – Training Plans by Competition Discipline

Newport Rowers – COVID-19 Safety Plan

26/06/2020

Plan Completed By:	Alex Brown	Newport SLSC Surf Boat Captain
Approved By:	Glen Borg	Newport SLSC President

Effective as off 1st of July Surf Boat training may re commence, provided that the following COVID-19 Safety plan is followed by all participants. This plan has been prepared specific for in-boat training and rowing group training sessions at Newport SLSC. All COVID-19 Safety plans relevant to the use of the Kinghorn Academy Gym and Newport SLSC facilities are separate and not covered under this plan, and as such participants must follow the relevant plans provided for these amenities.

In-boat and rowing group session training plan

People should not participate in any group and/or in-boat training including competition if they:

- a) have any cold or flu-like symptoms, even if mild;
- b) have travelled overseas or been in close-contact to a person with COVID-19 in the preceding 14 days;
- c) are at a greater risk of more serious illness if infected with coronavirus.

When attending rowing training, only essential people should be involved. This is in line with the '*National Principles for the Resumption of Sport and Recreation*'. This includes:

- Rowers
- Sweeps
- Coaches
- One parent or guardian of U19 rowers

Physical distancing measures are to remain in place whilst outside of the Surf Boat. Crew members, sweeps and coaches shall maintain 1.5m distance apart and the 4m2 rule prior to and post training, including:

- No more than 8 people to be inside the boat sheds at a time.
- All outdoor group training sessions are to be capped at 20 people, indoor group sessions to be capped at 10. If an indoor session is conducted using the Kinghorn Academy Gym facility, all requirements of that COVID-19 Safety plan take precedence.
- The club shower/change room are currently closed. It is strongly encouraged you shower and change at home where possible.
- Minimise co-mingling with other crews who may be training before or after you. Rowers are to encourage a 'get in, train, get out' approach to training.

Strict hygiene protocols apply for all the shared equipment, including boats, oars and other rowing equipment etc. All shared equipment must be wiped clean after each used or between different crews/rowers using equipment.

Crew members sweeps and coaches should practise good hygiene at the start and end of training, as well as during where possible including the following practises:

- Use soap and water to wash hands or use alcohol-based hand sanitiser.
- Clean high touch surfaces in and around boat and oars after use. Wash seats and oar handles after use with detergent and disinfectant to manufacturers recommendations. Disinfectant wipes would be preferred to avoid creating a slip hazard with detergent in the boat.
- Keep alcohol-based hand sanitiser dispensers in an easily accessible place i.e. with the trailer or in boat pocket if practical. Hand sanitiser will be available within the Newport SLSC boat shed for any beach training sessions.
- It is encouraged that all rowers are to bring their own water bottle, snacks and towel. Avoid shared food and drinks.

Sweeps are to keep a record of training times and dates for each of their crews, including a record of which boat was used. A crew register will be kept of all crew member and contact details. Sweeps are to keep are a record of any substitute rowers who may have filled in. Coaches are to keep a record of all attendees at group training sessions.

It is encouraged by SLSNSW that all rowers install the COVIDSafe app to support contact tracing if required.

Advise the Boat Captain immediately if you are diagnosed with COVID-19, after you have been involved in any form of training.

Newport IRB Racing – COVID-19 Safety Plan

26/06/2020

Plan Completed By:	Guyren Smith	Newport SLSC IRB Racing Coach
Approved By:	Glen Borg	Newport SLSC President

Effective as off 1st of July IRB Race training may re commence, provided that the following COVID-19 Safety plan is followed by all participants. This plan has been prepared specific for in-boat training and group training sessions at Newport SLSC. All COVID-19 Safety plans relevant to the use of the Kinghorn Academy Gym and Newport SLSC facilities are separate and not covered under this plan, and as such participants must follow the relevant plans provided for these amenities.

In-boat and IRB Competition group session training plan

People should not participate in any group and/or in-boat training including competition if they:

- d) have any cold or flu-like symptoms, even if mild;
- e) have travelled overseas or been in close-contact to a person with COVID-19 in the preceding 14 days;
- f) are at a greater risk of more serious illness if infected with coronavirus.

When attending IRB Competition training, only essential people should be involved. This is in line with the '*National Principles for the Resumption of Sport and Recreation*'. This includes:

- Drivers
- Crews
- Patients
- Handlers
- Coaches

Physical distancing measures are to remain in place whilst outside of the IRB. Crew members, sweeps and coaches shall maintain 1.5m distance apart and the 4m² rule prior to and post training, including:

- No more than 4 people to be inside the IRB shed at a time.
- All outdoor group training sessions are to be capped at 20 people, indoor group sessions to be capped at 10. If an indoor session is conducted using the Kinghorn Academy Gym facility, all requirements of that COVID-19 Safety plan take precedence.
- The club shower/change room are currently closed. It is strongly encouraged you shower and change at home where possible.
- Minimise co-mingling with other crews who may be training before or after you. IRB Competition Team Members are to encourage a 'get in, train, get out' approach to training.

Strict hygiene protocols apply for all the shared equipment, including boats, engines, fuel cells and all other ancillary equipment. All shared equipment must be wiped clean after each used or between different crews using equipment.

Drivers, crews, patients and coaches should practise good hygiene at the start and end of training, as well as during where possible including the following practises:

- Use soap and water to wash hands or use alcohol-based hand sanitiser.
- Clean high touch surfaces in and around boat and engine after use or between different crews using the same boat. Wash boat pontoons and engine tiller/pull start after use with detergent and then rinse off with fresh or salt water to avoid a slip hazard. Using alcohol-based sanitiser on the boat pontoons is to be avoided due to the potential damage to the rubber compound in the pontoons.
- During training a bucket of water with detergent will be available on the water's edge for cleaning purposes.
- Hand sanitiser will be available within the Newport SLSC IRB shed for any beach training sessions.
- It is encouraged that all IRB Competition Team Members are to bring their own water bottle, snacks and towel. Avoid shared food and drinks.

A log will be placed inside the IRB shed and attendees to training are to log their attendance and appropriate contact numbers. The same log will also be used for group training (fitness) sessions. Coaches will ensure compliance with filling in the log.

It is strongly encouraged by SLSNSW that all IRB Competition Team Members install the COVIDSafe app to support contact tracing if required.

Advise the IRB race coach immediately if you are diagnosed with COVID-19, after you have been involved in any form of training.

Newport SLSC Beach Team – COVID-19 Safety Plan

23/08/2020

Plan Completed By:	Leanne Pate	Newport SLSC Beach Team Manager
Approved By:	Glen Borg	Newport SLSC President

- Athletes should not participate in any group training or competition if they:
 - a) have any cold or flu-like symptoms, even if mild;
 - b) have travelled overseas or been in close-contact to a person with COVID-19 in the preceding 14 days;
 - c) are at a greater risk of more serious illness if infected with coronavirus.

- When attending training, only essential people should be involved. This is in line with the '*National Principles for the Resumption of Sport and Recreation*'. This includes:
 - Athletes
 - Coaches
 - One parent or guardian of U18 athletes

- Physical distancing measures are to be practiced at all times, with athletes remaining 1.5m apart and the 1 person per 4m² rule applying if indoors, including:
 - All outdoor group training sessions are to be capped at 20 people, indoor group sessions to be capped at 10. If an indoor session is conducted using the Kinghorn Academy Gym facility, all requirements of that COVID-19 Safety plan take precedence.
 - When at the Sydney Academy of Sport and Recreation for track training, athletes will adhere to the Covid safety regulations put in place there by the NSW government.
 - The club shower/change room are currently closed. It is strongly encouraged that athletes shower and change at home where possible.
 - Athletes are to encouraged to adopt a 'get in, train, get out' approach to training.

- Strict hygiene protocols apply for any shared equipment. All shared equipment must be wiped clean after each use.

- Athletes and coaches should practice good hygiene before, during and after training, including the following practices:
 - Use soap and water to wash hands or use alcohol-based hand sanitiser.
 - Keep alcohol-based hand sanitiser dispensers in an easily accessible place
 - Athletes are requested to bring their own water bottle, snacks and towel. Avoid sharing food and drinks.
 - A record of all attendees at group training sessions is to be kept which includes time, date and location. Contact details of all attendees should be kept on record.
 - It is encouraged by SLSNSW that all athletes install the COVIDSafe app to support contact tracing if required.

- Athletes are to inform the coach immediately if they become unwell or are diagnosed with COVID-19, after they have been involved in any form of training.

Newport Water – COVID-19 Safety Plan

26/06/2020

Plan Completed By:	Aaron Morris	Newport Nipper Coach
Approved By:	Glen Borg	Newport SLSC President

Effective as off 1st of July surf sport water training may re commence, provided that the following COVID-19 Safety plan is followed by all participants. This plan has been prepared specific for board, ski, surf swim and Iron training and group training sessions at Newport SLSC. All COVID-19 Safety plans relevant to the use of the Kinghorn Academy Gym and Newport SLSC facilities are separate and not covered under this plan, and as such participants must follow the relevant plans provided for these amenities.

On beach session training plan

People should not participate in any group and/or water training including competition if they:

- g) have any cold or flu-like symptoms, even if mild;
- h) have travelled overseas or been in close-contact to a person with COVID-19 in the preceding 14 days;
- i) are at a greater risk of more serious illness if infected with coronavirus.

When attending training, only essential people should be involved. This is in line with the '*National Principles for the Resumption of Sport and Recreation*'. This includes:

- Athletes
- Coaches
- One parent or guardian

Physical distancing measures are to remain in place whilst training. Athletes and coaches shall maintain 1.5m distance apart and the 4m² rule prior to and post training, including:

- No more than 4 people to be inside the board sheds at a time.
- All outdoor group training sessions are to be capped at 20 people, indoor group sessions to be capped at 10. If an indoor session is conducted using the Kinghorn Academy Gym facility, all requirements of that COVID-19 Safety plan take precedence.
- The club shower/change rooms are currently closed. It is strongly encouraged you shower and change at home where possible.
- Minimise co-mingling with other groups who may be training before or after you. Athletes are to encourage a 'get in, train, get out' approach to training.

Strict hygiene protocols apply for all the shared equipment, including skis, board and other equipment etc. All shared equipment must be wiped clean after each used or between different groups using equipment.

Athletes and coaches should practise good hygiene at the start and end of training, as well as during where possible including the following practises:

- Use soap and water to wash hands or use alcohol-based hand sanitiser.
- Clean high touch surfaces. Wash equipment after use with detergent and disinfectant to manufacturers recommendations. Disinfectant wipes would be preferred to avoid creating a slip hazard with detergent.
- Keep alcohol-based hand sanitiser dispensers in an easily accessible place.
- It is encouraged that all athletes are to bring their own water bottle, snacks and towel. Avoid shared food and drinks.

Coaches are to keep a record of training times and dates for each of their crews, including a record of which equipment is shared. A register will be kept of all athlete contact details. Coaches are to keep a record of all attendees at group training sessions.

It is encouraged by SLSNSW that all athletes install the COVIDSafe app to support contact tracing if required.

Advise the Surf Club President immediately if you are diagnosed with COVID-19, after you have been involved in any form of training.