

## **'Return to the Pool'**

Swimming NT COVID-19 advice for Member Clubs.

The Northern Territory Government has outlined a 3-stage road map to 'new normal' to begin reducing restrictions across the Territory. Stage 1 commencing 1<sup>st</sup> of May 2020 at 12 noon has included swimming within the relaxing of restrictions.

Clubs are urged to follow advise posted on <https://coronavirus.nt.gov.au/> this is the most trusted source of information for Northern Territory residents. Swimming Northern Territory will continue to pass on relevant information given by the Department of Tourism, Sport and Culture to assist its member clubs in implementing strategies to 'Return to the Pool'. Clubs should recognise that pools operators across the NT differ and there is no 'one size fits all'. We will try to gather as much information as possible to ensure our members are up to date but clubs should contact their pool management for clarification.

Swimming is one of the first sports having restrictions lifted, and we are one of the first states/territories to have access to our facilities. Members need to understand that health and safety should be all clubs, coaches, athletes and parents' number one priority. Failure to follow directions given by governments and facility management may lead to activity restrictions tightening again.

'As one of the first sports to go back we must set an example for others'

Clubs should recognise that facilities reopening need to abide by social distancing restrictions. Clubs & coaches need to implement plans which abide to the physical distancing and hygiene principles.

### **Physical distancing**

- A minimum space of 1.5 metres between you and other people that aren't from your household.
- Reduce the size of gatherings.
- If you need to be facing another person and closer than 1.5 metres apart minimise contact to less than 15 minutes.

### **Hygiene principles**

- Avoid touching your face and cough and sneeze into a tissue or into your elbow.
- Hand washing with soap and water for 20 seconds or use hand sanitiser before and after any contact with surfaces such as playground equipment that is used by more than one person.
- Regularly cleaning and disinfecting surfaces that are touched by more than one person – e.g. phones, door handles, benches, equipment, toys etc.
- Avoid sharing cups, utensils and water bottles.

Swimming Northern Territory will be in contact with clubs and coaches individually regarding regulations as soon as we have clarity from pool operators.

**All the best,**

*Swimming Northern Territory*

**30/4/20**

