

1. OVERVIEW

- 1.1 The COVID-19 Virus has caused significant and ongoing challenges for Australian society. The social restrictions that saw so much upheaval for our entire community have been effective at “flattening the curve”, and on 8 May 2020, the Prime Minister announced that these restrictions would start to be rolled back, via a three stepped approach. The final details and timings will vary from State to State.
- 1.2 Some State Governments have announced the timings and some details, and these guidelines are intended to assist Diving Australia, our State Associations, our High Performance Partners and our Diving Clubs to integrate requirements from their pool operators and enable access to resume diving training, in accordance with any terms, conditions, policy or process that pools may require.
- 1.3 Diving Australia and all of our stakeholders take our responsibilities in returning to training in pools and associated dryland and weights facilities very seriously. These guidelines have been prepared in collaboration with State Associations and National Coaches.
- 1.4 We consider that Diving is a sport that can be participated in effectively, whilst at all times adhering to social distancing measures.
- 1.5 The below Guidelines will be in effect from 15 May 2020, until further notice, and contemplate small groups of no more than 10 (unless otherwise permitted by State Governments), in each specific location (for example, pool and/or dryland and/or associated weights rooms).
- 1.6 In these guidelines:
 - (a) “participant” means any person attending the training session and includes athletes, coaches, support staff and any other person attending a training session.
 - (b) “athlete” means any person actually performing the session.

2. GENERAL GUIDELINES

- 2.1 These guidelines are to be read in conjunction with the general principle of “Get in, Train, and Get Out”.
- 2.2 Prior to being eligible for a return to training all participants are required to complete the COVID-19 Training located at <https://covid-19training.gov.au/login>
- 2.3 Prior to arriving at a training venue, all participants are required to thoroughly shower with soap. If possible, and on the advice of coaches, athletes should have prepared with the required home warm up provided by their coach, prior to arriving at the venue.
- 2.4 Upon arrival at the training venue, participants are not to gather together in groups. No meetings will take place at the venue, prior to training. Team meetings and the like are to take place via a virtual platform such as Zoom or Teams, prior to, or following, “in person” training.
- 2.5 Wherever possible, coaches should arrive at the venue ahead of athletes and other participants and ensure that the walking path to the training location is free from obstacles. For example, whilst abiding by other rules such as fire safety, doors should be left open, to enable no contact with door handles and limited contact with any surface.

- 2.6 Once arriving at the venue, participants should ensure that any bag or backpack they have with them, is placed at least 2m away from any other bag or backpack.
- 2.7 DA is endeavouring to procure non-contact thermometers for each of its high performance programs. Wherever possible, participants should test their temperature on arrival. Any participant with a temperature greater than 37.5 degree Celsius, will NOT be permitted to train, and will be required to consult a Doctor.
- 2.8 If a participant has any cold and flu like symptoms, particularly fever, cough or respiratory issue and/or they have come into contact with a confirmed case of COVID-19 in the previous 14 days, they are not to attend training and must advise their coach. They should also contact either their own Doctor, or the National Coronavirus Information and Triage Line – 1800 020 080.
- 2.9 Immediately prior to commencing training, participants should sanitise their hands. DA will endeavour to make sanitiser available to all major pools. It is expected that venues will also provide sanitiser and participants should also have their own sanitiser, for their own use.
- 2.10 At all times during training sessions, it is essential that no water bottles (or other personal items) are shared. Further no water bottle (or other personal item) other than your own is to be touched.
- 2.11 At all times during training sessions, all participants must use their best endeavours to remain at least 1.5m from other participants.
- 2.12 Immediately at the conclusion of training, participants are to sanitise their hands and then leave the training venue promptly, and as safely as possible.
- 2.13 At all times, the touching of any contact points within the training venue should be avoided (unless otherwise unavoidable). For example, seek routes that do not require doors to be opened (see 2.5 above) and avoid touching handrails.
- 2.14 Upon arrival at home following training, participants are again required to thoroughly shower with soap prior to coming into contact with other occupants of the residence.
- 2.15 It should be expected that bathrooms and other such communal facilities at venues will NOT be available.
- 2.16 Participants are not to carpool to trainings with any persons other than those that reside at the same residence.
- 2.17 It is expected that all participants will practice good respiratory hygiene at all times. Coughing and sneezing into a tissue (which is to be thrown into a closed bin immediately) or a bent elbow (and then immediately use hand sanitiser on both your hands, and the bent elbow.
- 2.18 DA strongly encourages all participants to have a current flu vaccination prior to attending any training session.
- 2.19 DA strongly encourages all athletes to download the Smartabase athlete app (if not done so already) and to complete daily, the athlete COVID-19 Screening.
- 2.20 DA strongly encourages all participants to download the COVID-Safe app prior to attending any training session.

3. DIVING SPECIFIC GUIDELINES

- 3.1 As mentioned above (1.4), it is considered that Diving can undertake full training, whilst still adhering to social distancing principles. The following Diving Specific Guidelines are meant to be read in conjunction with the General Principles above, and are in addition to those Guidelines.

Pool Training

- 3.2 Once within the pool training environment, any athlete should ensure that if their coach has required them to warm up on the pool deck, that that warm up be performed at least 1.5m from other participants, and preferably 2m in all directions.
- 3.3 If warm up mats are to be used, do not share mats. Prior to using the mat, ensure it has been disinfected. Athletes are encouraged to keep one mat and to take with them to and from the pool, wherever possible.
- 3.4 Once in pool training has commenced, follow the principle of one person per board/platform (unless synchro training where 2 is permitted).
- 3.5 With regards to Synchro training, athletes should endeavour to also remain at least 1.5m apart at all times.
- 3.6 Poolside coaches should not stand or sit together and should ensure there is at least 1.5m between them. Any chairs used should be disinfected immediately following use.
- 3.7 Athletes seeking coaching feedback must not come within 1.5m of their coach.
- 3.8 Handshakes, fist bumps, high fives etc are not permitted.
- 3.9 Athletes that use chamois style towels (sometimes referred to as Shammies) must take extra precautions with the chamois towel. The dropping of towels from platforms should be done with more care than previously, so as to ensure that the towel is not in another person's way, touches another person, or is hanging from a part of the tower that is hard to reach.
- 3.10 It is important to ensure that, like water bottles, no chamois towels are to be shared, and only your own chamois is to be touched.

Dryland and Weights Training

- 3.11 For dryland and/or weights training sessions, DA will adopt the notes listed in the AIS Rebooting Sport Framework for the sports of Gymnastics and Weightlifting. That is, only 1 athlete per apparatus (for example, tramp, dry board etc), limited numbers in weightlifting areas, and that all high touch surfaces should be regularly disinfected (in the absence of manufacturer's guidelines).
- 3.12 Wherever possible, athletes should use only one dry board, and not share that board with other athletes. It is acknowledged that this may be difficult. In either case, touching of the board should only be done with feet. That is, avoid touching the board or fulcrum with hands.
- 3.13 DA will endeavour to provide disinfectant spray and wipes for each major dryland centre and weights room and after each athlete has finished with an apparatus, or weights and kettle bells etc, they should be disinfected. Every apparatus and training aids (such as weights, bars, skipping ropes, TRX ropes, gym machines and mats etc) must be disinfected both at the end of a training session and at the beginning of a training session.
- 3.14 DA will ask each venue to increase cleaning programs, but DA considers that this is also the responsibility of users of the equipment to disinfect wherever possible in accordance with these guidelines.
- 3.15 Regular hand sanitising should be undertaken during dryland and weights training.

4. LOCATION SPECIFIC RULES/GUIDELINES

- 4.1 DA recognises that each venue is likely to have its own specific rules and it is important that those rules are respected and adhered too. DA encourages users of these guidelines to attach copies of the location specific rules to these guidelines and to ensure that those location specific rules are at all times adhered to.



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