

Welcome to the LC State Cup! As COVID-19 continues event changes remain in place for this meet. Everyone has handled the changes very well and we know the changes may have been very hard and confusing at times, but these measures are to ensure a healthy community and we expect each attendee to “Do the Right Thing” enabling an enjoyable and successful competition.

## **LASTEST OBLIGATIONS**

- **Swimming Pools must observe a density limit of 1 person per 4 square metres**
- **Masks are mandatory in indoor fitness and physical recreation facilities while not exercising**

## **HEALTH DECLARATION**

Please do not be complacent or panic about COVID-19. A sensible, cautious and community minded approach to your health at this time is required.

**Do not attend if you are unwell or are experiencing any of the following symptoms**

- Fever Cough Sore throat Muscle and/or joint pain Stuffy nose  
Headache Fatigue Diarrhoea Vomiting Running nose Breathing difficulty Feeling unwell

By registering to swim or nominating to officiate you have agreed to the COVID-19 Terms & Conditions. Refer to document on website.

You will be required to reconfirm verbally upon entry to the venue that you have read, agree, and meet the terms and conditions prior to gaining entry. You are also required to scan in with the COVID-SAFE SA Gov App – Please use the QR Code available here and at the venue.

Masters Swimming SA and SA Aquatic & Leisure Centre Staff reserve the right to refuse any person venue entry.



## **VENUE ACCESS**

Access to the venue for swimmers, officials and coaches is only through the Entry doors and is specifically allocated by time. Please see below for your venue access group. Please ensure you are socially distancing and being patient when queuing at the venue entry.

<b>Club / Role</b>	<b>Entrance</b>	
Officials Only	Event	8:00am
Swimmers Only	Event	8:15am

**Note: All Attendees will be checked off on arrival. You will be asked for your name and to reconfirm your health status upon entry to the venue.**

## SEATING

All swimmers and coaches please ensure you are social distancing by skipping a seat between each person. This means do not sit:

- next to; or
- immediately in front; or
- immediately behind another person.

There is NO seating on Pool Deck – All swimmers and coaches must sit in grandstand unless warming up or cooling down.

## VENUE PATHWAYS

Please note a one-way traffic pathway “loop” applies when you are in the venue.

*(Refer to the attached Venue map).*

Once you are in the venue:

- Access to the pool deck for competition and warm up from the grandstand is from the Morphet Road (western) stairs only.
- Access to the grandstand is from the Event Entry (eastern) stairs only.
- Only exception being the mobility impaired swimmers who require to use the lift.

## WARM UP / DOWN

Swimmers and coaches please note that the water polo/diving pool is not to be used for warm up or cool down. Lanes 0 and 1 are available for warm up and cool down during the event.

Please ensure social distancing where possible when undertaking all activities at the pool including limiting the number of swimmers per lane to 8 at any one time during warm up / cool down.

## MARSHALLING

Please note, as with all spaces the marshalling area is limited by density and social distancing.

Therefore, we will be reducing the numbers of athletes in the marshalling room at any one time.

To access Marshalling from the grandstand:

- Come down the Morphet Road (western) stairs
- Turn right down the centre corridor
- Turn left at the second tunnel and go onto pool deck
- Wait until you are asked to enter the Marshalling Room through the storeroom.

*(Refer to the attached Venue map).* Once in marshalling you **MUST** remain in your allocated seat.

## SANITISATION / PPE

The Venue will undergo a COVID clean prior to and after the session.

During the event Sanitisation stations and PPE are available to attendees in various places at the venue.

Please ensure you utilise the sanitisation stations as needed.

We also encourage attendees to bring personal sanitiser and mask if that is your preference.

## FOOD / DRINK

All food and drink must be consumed in your seat in the grandstand. **NO GATHERING ON THE CONCOURSE.**

## BATHROOMS

Density limits apply to bathrooms. A **maximum of 10 persons are allowed in a bathroom** at any one time.

Please do your best to ensure this limitation is met and do not congregate in the bathroom.

## PROGRAMS

Swimmers are able to download a copy of the Event Info and Program from the website, but a copy will be available at the entry door on arrival.

## RESULTS

Results will not be posted on the day, but they will be available on the website post-meet.

