



COVID supplement for Swimmers.

You are required to be aware of the general COVID safety procedures and social distancing which have been widely published in the general community.

The first of these is in relation to your health.

Every swimmer must respond to these questions prior to attending the event.

Question 1: In the last 14 days have you or anyone in your household been diagnosed with or tested positive to COVID-19?

Question 2: In the last 14 days have you or anyone in your household been exposed to or come in contact with someone positive to COVID-19?

Question 3: Have you in the last 14 days or are you currently experiencing: fever, difficulty breathing, cough, fatigue, sore throat?

Question 4: In the last 14 days have you or anyone in your household travelled to or from a COVID-19 Hot spot?

Question 5: In the last 14 days have you or anyone in your household returned from overseas travel?

If you respond YES - please do not attend the event - please advise Emma if you cannot attend.

Regarding the above and general social distancing advice, there is appropriate signage around the site and messaging reminders from the Announcers over the PA.

There will be hand sanitising stations will be located throughout event site.

We have rolling race starts to ensure we limit the number of athletes on the beach,

This year there are no post-race presentations,

We are providing fluids as bottled water only for competitors.

Commercial cleaners will be roaming around the site and managing the change rooms and temporary toilets and can assist where needed.

There will be a short briefing @ 6.45am to explain the flow and process on the race morning, for those there at that time.

You will also be sent / see on the website a short video explaining the flow and entry process from a competitor's perspective.