

CWDC COVID-19 Safe Plan



This COVID-19 Safe Plan (**Plan**) has been developed in response to the risks associated with transmission of COVID-19 during Coastal Waters Dive Club (**Club**) activities. The Plan outlines how the Club members, guests and volunteers can be kept safe from COVID-19. The Club Committee will regularly review COVID-19 obligations under existing State and Federal government legislation. The Plan will be updated when required, as restrictions change.

The Club will ensure all members, guests and volunteers are aware of this Plan and the requirements that are relevant to them.

Limitations of this COVID-19 Safe Plan

This plan is in effect whenever the Australian Government and/or the World Health Organisation (WHO) declares a Covid-19 pandemic (as is currently the case) and its directions are limited to the confines of a pandemic and/or Australian government Covid-19 restrictions are in place. It will no longer be in effect when the Australian Government declares the Covid-19 pandemic over and all restrictions are lifted/not in effect.

1 Club Meetings

- 1.1 Keep a list of attendees at all face to face meetings (not required for meetings held via video conference).
- 1.2 Provide hand sanitiser on entry and exit of the premises.
- 1.3 The maximum number of members in a room is not to exceed South Australian government mandated requirements which currently stand at 1 person per 2 square metres of public space (as of 1st July 2020)
- 1.4 Maintain the physical distancing principle of at least 1.5m separation, where possible:
 - 1.4.1 Between groups within each room.
 - 1.4.2 At entry and exit points.
 - 1.4.3 Note that this means there must be at least 1.5 m between tables, but not necessarily between people at the same table.
- 1.5 All members must maintain good hand hygiene and cough etiquette (see section 2 below).
- 1.6 Members must not attend a Club activity if they are unwell or have COVID-19 symptoms (e.g. runny nose, fever, sore throat, dry cough, tiredness, loss of taste or smell, and/or shortness of breath).
- 1.7 Limit the duration of the meeting to 2 hours or less where possible, or as guided/updated by the South Australian government.

2 Hygiene

- 2.1 Wash your hands regularly, for 20 seconds using soap and hot water, and particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are using facilities (e.g. needing to touch lifts, door handles, stair rails, etc). Use hand sanitiser if that's all you have access to.

- 2.2 To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue in a bin immediately. Then wash your hands or use a hand sanitising gel.

3 Weekends Away

- 3.1 Clauses 1.1 to 1.6 above apply to all weekends away.
- 3.2 When sharing bedrooms at any booked accommodation, government defined physical distancing must be adhered to.
- 3.3 Ensure shared bathrooms / toilets are disinfected by each member and/or family group after use.
- 3.4 Ensure all bathrooms have soap for adequate handwashing.
- 3.5 Each family must use separate hand towels.
- 3.6 Kitchen benchtops to be disinfected after use.
- 3.7 CWDC recommends that hand sanitiser is available for use at all weekends away.

4 Shared Travel

- 4.1 Consider the risks before committing to travel with others, as maintaining the appropriate social distancing is difficult to achieve when sharing the same vehicle with people other than those of the same family.

5 Diving

- 5.1 All divers should conduct their own risk assessments for the dive in the normal manner, giving additional consideration to the impact of any factors associated with the risks of transmission of the COVID-19 virus and social distancing requirements.
- 5.2 The Dive Coordinator should confirm that each individual is fit and well prior to arriving at the dive site, and that if they are or become unwell at any time they should not attend.
- 5.3 A list of all attendees shall be recorded, both divers and non-divers.
- 5.4 The dive brief should include any additional specific risks relating to precautions to manage and control the risks associated with avoiding the transmission of COVID-19. This includes ensuring appropriate social distancing by those attending the briefing.
- 5.5 Discussion of a dive plan between a buddy pair can be completed as normal whilst maintaining a social distancing separation of 1.5m.
- 5.6 Do not spit into masks to defog them, as this will generate droplets into the environment. Use a defogging product or baby shampoo. Rinse masks in the open water - do not rinse them in a bucket of water shared by others.
- 5.7 It is recommended that a diver should don and remove their scuba equipment without the assistance of others, but only if it is safe to do so by making use of a bench, car boot or similar platform. If assistance must be provided it is recommended that:

- 5.7.1 The equipment is prepared in advance by the diver.
- 5.7.2 The assistance is for as brief a time as possible.
- 5.7.3 The assistant/buddy does not touch any part of the equipment that would be breathed from directly by anyone (e.g., regulator).
- 5.7.4 During assistance both participants wear their diving mask and snorkel or regulator whilst within 1.5m of each other as a means of limiting exposure.
- 5.7.5 Both position themselves so that neither is directly downwind of the other.
- 5.8 Whilst doing buddy checks, wear diving masks.
- 5.9 Social distancing is not applicable between buddy pairs who cohabitate with each other.
- 5.10 CWDC recommends that each diver includes hand sanitiser when packing dive gear to bring with them for both shore and boat diving.
- 5.11 If diving from a boat there must be sufficient room for each person (unless they are from the same family and cohabitate) to maintain the 1.5m social distancing.
- 5.12 All divers should bring their own drinks and food to avoid sharing with others.
- 5.13 When assisting or loading a diver's kit into a boat, do not touch regulator or BCD mouthpieces.
- 5.14 Where possible during water entry, exit and surface swimming divers should maintain a 1.5m separation if breathing surface air. Where conditions, for example uneven surface on entry, require closer proximity from a buddy for support then both divers should have masks and regulators in place, as is normal practice, and ensure they only breathe from their own air source. Once underwater with mask and scuba regulator in place there is no need for social distancing.
- 5.15 In an out of air situation do not offer or take the second stage from the donor diver's mouth – use the spare (octopus) second stage, which must then be adequately disinfected after use.
- 5.16 If exiting the water into a boat, leave the face mask on until back in the boat.
- 5.17 Whilst on a boat each divers equipment shall be kept separate to everybody else's.
- 5.18 A post dive debrief should be conducted whilst maintaining a social distancing separation of 1.5m.
- 5.19 It is recommended each diver uses fresh water when washing their dive gear i.e. do not use water previously used by others.

6 Equipment Hire

- 6.1 If hiring out CWDC regulators these must be disinfected upon return, and then quarantined for 14 days prior to being hired to somebody else.

7 Response planning

- 7.1 Ensure members have a basic understanding of how to respond to a case of COVID-19.
- 7.2 A brief, step-by-step summary of actions to take is:

- 7.2.1 Keep others away from the confirmed or suspected case. Talk to and assess the person concerned; if they need urgent medical help, call 000 immediately.
- 7.2.2 If the person is at your premises when symptoms emerge, assess the situation and risks. Talk to the person about your concerns and next steps, and seek government health advice.
- 7.2.3 If well enough, ask the person to go home, and seek medical advice and testing for COVID-19, and self-quarantine until a result is returned.
- 7.2.4 Ask everyone to leave and arrange for a full environmental and disinfection clean. Open doors and windows to increase airflow.
- 7.2.5 Notify SA Health via HealthCommunicableDiseases@sa.gov.au to ensure they can trace any contacts of this person and contain the spread. SA Health may ask for any attendance records you may have kept to assist with this.
- 7.2.6 SA Health will assess whether other staff, patrons or contractors may have been exposed to COVID-19, and direct them to self-quarantine at home. Note: this may include your staff; as such, it is recommended to have contingency plans in place.

8 First aid and emergency oxygen

- 8.1 The life of members must take precedence over the requirements of this Plan (e.g., if you need to perform resuscitation in the absence of necessary equipment). It is up to an individual to make the choice to commence resuscitation or not, but once resuscitation has commenced, it must be continued until the individual is no longer able to perform resuscitation or until medical assistance intervenes
- 8.2 Disposable gloves and surgical face masks or P3 masks should be carried in first aid kits and medical oxygen sets. It is important that those who may be required to use PPE are practiced in its use.

9 COVID-Safe App

- 9.1 CWDC encourages and supports the downloading of the Australian Government COVID-Safe App.