



AQUATHON CHAMPIONSHIPS HEALTH AND SAFETY PLAN

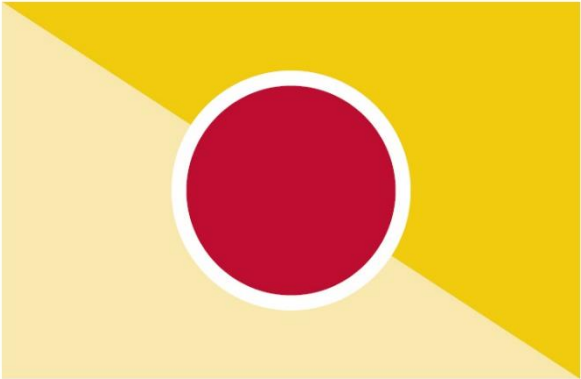
All athletes and support staff are required to be familiar with the Aquathon athlete guide as this forms a key part of safety on course.

SWIM			
General	Risk / hazard	Eliminate / isolate	Minimize danger
1. A competitor suffers harm or serious injury as defined by the Act	1. Cut feet from glass, cans or other objects on the course.	1. Race director / marshals to check areas to locate any glass / cans or sharp objects, and remove same. 2. All water personnel to assist where required. Race Director will monitor any rubbish collection to ensure it is safe prior to starting the swim section.	1. First aid personnel (Event Medic Safety) on site to attend to any medical issues eg treat hypothermia and any cuts 2. Volunteers will pick up and remove any competitor requiring assistance.
2 Injury from fellow competitors or course markers	1. Injury in swim from eg finger nails or minor cuts to face or body.	1. Competitors to be instructed on swim course direction.	1. Any injuries sustained will be attended to by Event Medic Safety as applicable.

	<ol style="list-style-type: none"> 2. Injury from bunching at turning buoys over or knocked down. 3. Competitor takes in excess water 	<ol style="list-style-type: none"> 2. Wave starts to give manageable number of starters. 3. Race Director will brief all swim safety personnel on all areas of the swim course. 	<ol style="list-style-type: none"> 2. Thorough check at least one hour prior to the commencement of the swim looking for any changes in conditions. 3. Monitor change of conditions
3 Inability to complete course	<ol style="list-style-type: none"> 1. Sustains cramp. Loses way or incompetent swimmer. 2. Asthma or respiratory problem 3. Inappropriate clothing is worn on swim section that causes unnecessary drag 	<ol style="list-style-type: none"> 1. Lifeguards monitor this and assist when required. 2. Lifeguards monitor this and assist when required 3. All swimmers to wear appropriate swimming apparel as per race rules. 	<ol style="list-style-type: none"> 1. Lifeguards will pick up and remove any competitor requiring assistance. 2. First Aid personnel (Event Medic Safety) onsite
4. Route to transition	<ol style="list-style-type: none"> 1. Injuries sustained while running to transition eg twisted ankle, cut foot 	<ol style="list-style-type: none"> 1. Marshals to monitor this section 	<ol style="list-style-type: none"> 1. Event Medic Safety personal on hand

RUN			
General	Risk / hazard	Eliminate / isolate	Minimize danger
1. A competitor suffers harm or serious injury as defined by the Act	<ol style="list-style-type: none"> 1. Dehydration 2. Running injury 3. Overheating 4. Hypothermia 5. Other condition 	<ol style="list-style-type: none"> 1. Medical assistance available 2. Competitor treated on the spot. If able is allowed to finish race. If unfit to complete course, competitors are withdrawn and assisted back to transition 	<ol style="list-style-type: none"> 1. First Aid available 2. Support persons identified and briefed on condition and recommended treatment. 3. Local hospital advised where applicable.
2 Race rules and road/Footpath rules	1. Race rules and road rules	1. Competitors are advised they must comply with race rules and road rules. Competitors are advised they must comply with any instructions from marshals	
3 Footpath conditions	1. Broken seal, potholes, glass	1. The route is checked immediately prior to the run and hazards are eliminated, marked or coned	1. First aid is on hand
4 Course layout and marking	1. Route confusion	<ol style="list-style-type: none"> 1. Marshals are on course. All marshals briefed on the route and their duties and responsibilities. 2. The course is out of bounds for spectators 	<ol style="list-style-type: none"> 1. Marshalls will have RTs 2. Marshals monitor course. Signage and cones in place.

GENERAL COVID PREVENTION

General	Risk / hazard	Eliminate / isolate	Minimize danger
<p>1. Prevention of the spread of infection</p> 	<p>1. Spread of any transmissible virus</p>	<p>All athletes, volunteers, team and spectators to do the following:</p> <ol style="list-style-type: none"> 1. All volunteers, staff and participants must have a valid vaccine pass which shall be scanned on arrival Participant vaccine passes will be scanned and managed by the TIC – with QR codes provided by College Sport (this is to minimise interactions between groups) 2. Do not attend if they are sick, symptomatic or have been in close contact with any identified case or at a place of interest 3. All staff, volunteers, and students to wear a mask at all times except while competing 4. Each participant will be allocated a coloured wrist band which corresponds to their race pod – they must not intermingle outside this group. Students must be in either designated school group or their race pod. We will tape off areas for schools. Each race pod has a separate transition area and allocated toilet. 5. All attendees to scan the QR code on arrival at event 6. No sharing of drink bottles 7. Hand sanitiser to be available across the site and use encouraged 8. Once a school group has completed the event, they will leave the race site. No onsite prizegiving. 	<p>1. All government advice to be followed by participants</p> 