

## Annual Teacher SSSA Inservice Term 4 2020 and COVID-19 SAFETY

In relation to the COVID-19 pandemic, participants are required to observe the latest Australian government health authority advice as well as others with authority in the management of areas outside of your home and complete a COVID-19 Safe **Attendance Register** on the day.

### SSSA Inservice Format

In practice the usual format remains the same however before commencing the SSSA Inservice each teacher will need to complete an additional **Attendance Register** and answer questions about history of previous 14 days

(have you:

Had any COVID-19 symptoms?

Been in contact with any confirmed/suspected COVID-19 case?

Travelled internationally?)

With the **opening theory component** teachers will complete registration and theory questions **handout** and give back to instructor, however if any teacher would prefer to not complete the handout with pen and clipboard on the day, then there is an invited option of completing registration and theory questions handout online afterwards.

If teachers wish to not provide a hardcopy of the **RPL forms** on the day, this can be scanned and emailed to [info@apola.asn.au](mailto:info@apola.asn.au) with the registration and theory questions handout.

The **ocean mission** of swim, jog, paddle, jog with teachers using their own surfcraft will be completed as usual. However **the in-water rescues component involving direct contact with a partner will not be required** – the instructor will review rescue techniques via dry sand demonstration and discussion only).

### NSW Government Reference (as at 20 October 2020)

Link <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/changes#gymns-dance-martial-arts-outdoor-exercise-and-pools>)

### Gyms, dance, martial arts, outdoor exercise and pools

#### Number of people allowed in a class

Gym or recreation classes or sports activities must have no more than 20 participants, plus the instructor and any assistants, per class.

There may be multiple classes in a room if there is enough space to accommodate this under the one person per 4 square metre

<<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/four-square-metre-rule>> rule and the classes remain separate.

Do not go to training if you have any COVID-19 symptoms <<https://www.nsw.gov.au/covid-19/symptoms-and-testing>> , however mild. Get tested <<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>> and stay home until you have received your test results.

#### Outdoor group exercise classes

Outdoor exercise classes such as bootcamps are allowed for up to 20 people.

Remember to

- practise good hygiene <<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/practising-good-hygiene>>
- maintain physical distancing <<https://www.nsw.gov.au/covid-19/social-distancing>> from people you do not live with.

If you are unwell, get tested <<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>> and stay home.