

**All staff webinar – Thursday 10 September**

**Speakers: Carolyn Morris and Madison Wilson**



**Carolyn**

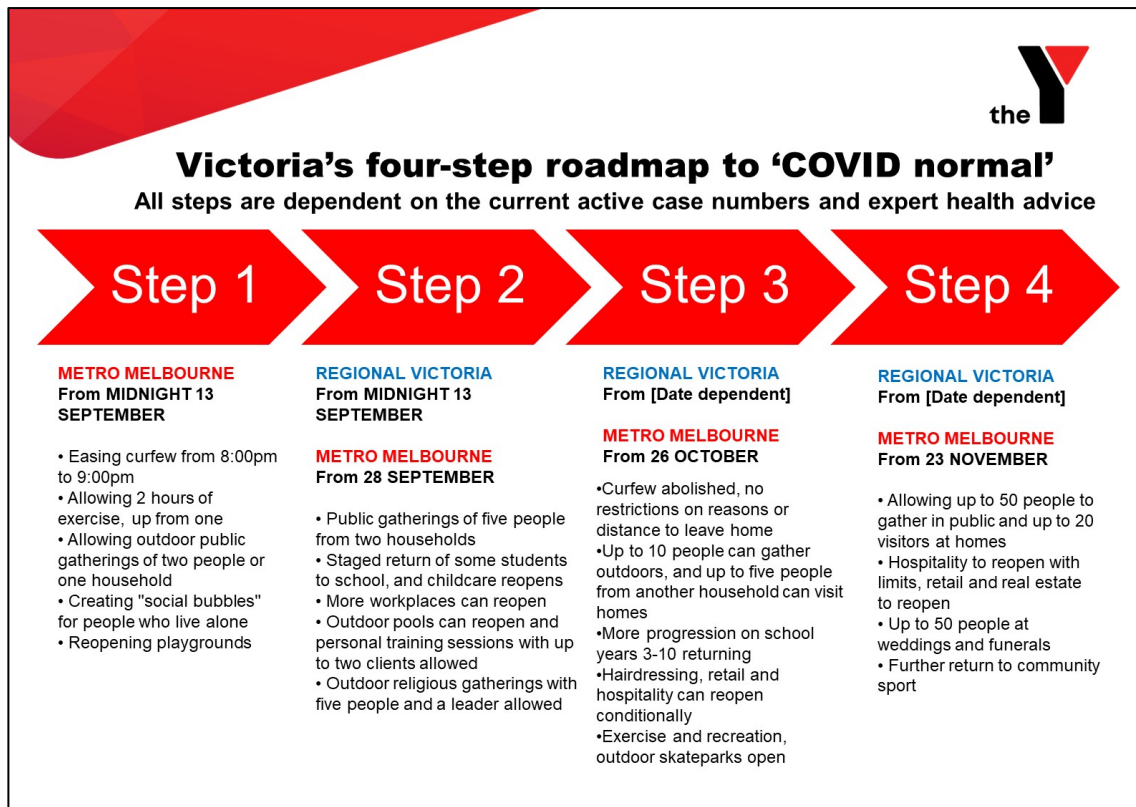
**Introduction**

- Hi everybody and welcome to this week's webinar.
- I'd like to acknowledge the traditional custodians of the lands we meet on today and pay my respect to Elders past and present.
- Today I am joined by a very special guest, Madi Wilson, an Olympic swimmer who trains at the South Australian Aquatic and Leisure Centre.
- Today is RUOK Day, which is why we have asked Madi to join us to share her journey as an Olympic swimmer. Madi is going to talk about the importance of health and wellness and share her experience as an elite athlete.
- My background is yellow for RUOK Day and I encourage you all to check in and ask those in your life how they are feeling. This morning you would have received an email with an RUOK toolkit to help you with starting conversations, as well as some recommendations for books and podcasts on this topic.
- It's a busy week as it also happens to be National Child Protection Week, which is why I'm wearing my *Stay Safe, Tell Someone* tee-shirt. The Y has launched the *Stay Safe, Tell Someone* program which encourages children to speak up if they ever feel unsafe or worried.

- You might remember Phil from Y Australia who came on a webinar recently to speak about this initiative. You will see more of the *Stay Safe, Tell Someone* initiative over the coming weeks and there will be opportunities to participate in the training program.

## Roadmap

- I'll now move on to the Victorian roadmap – apologies that this section will be very Victorian-centric. I'm sure many of you saw Premier Daniel Andrews' announcement on Sunday regarding the roadmap to 'COVID normal' in Victoria.
- The Premier announced a four step roadmap for when restrictions will begin to ease across Victoria. The key is that we will only progress to the next 'step' if we are meeting what the government are calling 'trigger points', or in other words, maintaining a specific number of coronavirus cases based on the 14 day averages of new cases and community transmissions.
- Just for clarity, I want to explain what community transmissions are – they are COVID cases that were acquired in the community and the source of infection hasn't been found. This is why people are saying getting tested and contact tracing is so important.
- For instance today at least 31 existing cases have been traced to the source. This is incredibly helpful in the reduction of coronavirus transmissions and therefore our ability to reopen sooner.
- Metropolitan Melbourne and Regional Victoria will follow the same roadmap however they will move into the steps at different times.



- What this means for you personally is demonstrated on this slide.
- For now, nothing is changing. The four-step plan starts from midnight this Sunday 13 September which is when the first changes to the restrictions will begin. But as many of you are aware, these are very small – but important – changes.
- In Metro Melbourne, we will **move in step one for another two weeks**, but with some small extra freedoms. These include:
  - Easing curfew from 8:00pm to 9:00pm
  - Allowing 2 hours of exercise, up from one
  - Allowing outdoor public gatherings of two people or one full household
  - Creating "social bubbles" for people who live alone
  - Reopening playgrounds
- Regional Victoria will move into step 2 from midnight Sunday 13 September which allows:
  - Public gatherings of five people from two households
  - Staged return of some students to school, and childcare reopens
  - More workplaces can reopen
  - Outdoor pools can reopen and personal training sessions with up to two clients allowed
  - Outdoor religious gatherings with five people and a leader allowed

- The next steps of the plan, as I have mentioned, are all subject to health advice and depend entirely on 14 day averages going down.
- You can see the other steps on the screen and we will talk about these more as we move into them.
- I'd like to take a moment to acknowledge those of us who are feeling deflated by this news. I know that it's been really hard here in Victoria. We are experiencing one of the strictest and longest lockdowns in the world, and it only makes it harder seeing other areas of the country and the world able to reopen and exist in their new COVID normal.
- But this is exactly why the Victorian government have taken this approach. Daniel Andrews said in his press conference on Sunday that "If we go too far too soon, the modelling tells us we'd be on track for a third wave by mid-November."
- So while this roadmap and the dates that it presents to us are perhaps stricter than you may have expected, we have to respect this conservative and cautious approach. It's what the experts are telling us needs to be done to avoid ending up in this situation again. And that's the last thing we need.
- The good thing is that we can feel more confident when reopen if we follow this plan – and at least we now have a plan.
- The next slide shows what the roadmap means for the reopening of our sectors in Victoria for Metro Melbourne. Please keep in mind that this is only what we currently know based off the roadmap and anticipated dates. Of course things can change, and we will continue to monitor all government announcements as they happen.
- The traffic light system includes red for closed, orange for heavily restricted, yellow for restricted and green for open with a COVIDSafe plan.
- We have overlayed each sector of the Y against the four steps in the roadmap using the traffic light system.

## the

### What does this mean for our sectors in Victoria? METRO MELBOURNE

	First Step	Second Step	Third Step	Last Step	COVID Normal
<b>Trigger points for easing restrictions – the decision for easing restrictions will be considered with Public Health advice, and preconditions being in place.</b>					
	11.59pm on 13 September 2020 First Step commences at 11.59pm on 13 September	Later of threshold being met and 28 September 2020 Move from the First Step to the Second Step if we reach an average daily case rate of 30-50 cases in Metro Melbourne over previous 14 days with public health advice regarding transmission source	Later of threshold being met and 26 October 2020 Move from Second Step to Third Step if we reach +5 new cases (state-wide average over previous 14 days) and +5 cases with unknown source (state-wide total last 14 days)	Later of threshold being met and 23 November 2020 Move from Third Step to Last Step if we reach no new cases for 14 days (state-wide)	When threshold met Move from Last Step to COVID Normal if we reach no new cases for 28 days (state-wide), no active cases (state-wide) and no outbreaks of concern in others states or territories
Recreation	Closed.	Except Heavily Restricted Outdoor pools	Heavily restricted.	Restricted.	Open with a COVID Safe Plan.
Children's Programs & Disability	Heavily restricted.	Open with a COVID Safe Plan.			
Camping	Closed.		Closed.	Restricted.	
Kingswim	Closed.		Heavily restricted.	Restricted.	Open with a COVID Safe Plan.
Youth	Closed.		Closed.	Restricted.	

- The next slide is the same thing but for Regional Victoria

## the

### What does this mean for our sectors in Victoria? REGIONAL VICTORIA

	First Step	Second Step	Third Step	Last Step	COVID Normal
<b>Trigger points for easing restrictions – the decision for easing restrictions will be considered with Public Health advice, and preconditions being in place.</b>					
	11.59pm on 13 September 2020 First Step commences at 11.59pm on 13 September	Later of threshold being met and 28 September 2020 Move from the First Step to the Second Step if we reach an average daily case rate of 30-50 cases in Metro Melbourne over previous 14 days with public health advice regarding transmission source	Later of threshold being met and 26 October 2020 Move from Second Step to Third Step if we reach +5 new cases (state-wide average over previous 14 days) and +5 cases with unknown source (state-wide total last 14 days)	Later of threshold being met and 23 November 2020 Move from Third Step to Last Step if we reach no new cases for 14 days (state-wide)	When threshold met Move from Last Step to COVID Normal if we reach no new cases for 28 days (state-wide), no active cases (state-wide) and no outbreaks of concern in others states or territories
Recreation	Closed.	Heavily restricted.	Restricted.	Open with a COVID Safe Plan.	
Children's Programs	Restricted.	Open with a COVID Safe Plan.			
Camping	Closed.		Heavily restricted.	Restricted.	Open with a COVID Safe Plan.
Youth	Closed.		Heavily restricted.	Restricted.	Open with a COVID Safe Plan.

- Following these announcements on Sunday, there has been confusion as to when indoor recreation and aquatic facilities will open.
- In the third step, in some documentation exercise and Recreation is limited to Outdoors only; and some says it can open 'Heavily Restricted'.
- Fitness Australia have had confirmation that indoor recreation and aquatic facilities can open under the Third Step. We are still awaiting government confirmation. We are also awaiting confirmation on the density rules in each of the traffic light restrictions. For instance heavily restricted may mean we have to enforce a one person per eight square metre rule.
- Please remember that just because the government says we can open, doesn't mean that we will. We will have to confirm with our council partners the timings for reopening recreation facilities.
- On top of this, the government have made announcement around the COVID safe plans and there are a couple of additional items on this. Nicole Rudden will be on the webinar next week to take us through the impact of these items on our COVID safe plan.
- I'm sure you will have questions on all of this information so please begin entering them into the Q+A function and I will do my best to answer them.
- But first, I would like to introduce you to Madison Wilson. As I mentioned, Madi is an Olympic swimmer who trains at SAALC and we invited her on the webinar today to share her insights into mental health and wellbeing for RUOK Day.
  - **Madi, tell us a bit about yourself?**
  - **What did you have to do to become an Olympic athlete?**
  - **It must have been really disappointing, you've done all this work to be an Olympic athlete, how have you kept your spirits up?**
  - **What does life look like now for you during COVID?**
  - **Why is RUOK Day an important day to you?**
  - **Can you speak about your experience with mental health as an elite athlete? Is there a stigma in your industry?**
  - **What's your favourite iso activity?**

## **Madi**

- *It's an important day today, especially for elite athletes. The stigma around mental health in athletes is sad, mental health struggles are seen as weaknesses.*
- *Unfortunate that athletes tend to believe not being "okay" makes them less of an athlete or less of a strong person in society's eyes.*

- *Important to check in with others.*
- *I know especially myself I allow my results to determine my entire life's success and happiness. Personally I have experienced the feelings of low self-esteem and questioning my own self-worth.*
- *In any aspect of life, it is important to separate success and or failures with your feelings of self-worth.*
- *When having successful outcomes or results you need to be proud and be happy of that but I also believe you should separate the outcomes from the journey.*
- *The journey is the amazing part, it's the fun, it's where I learn about determination and respect, it's where I show myself everyday how tough I am, and I'm proud of that person who comes in everyday with a smile on her face ready to push herself to her limits again and again. Proud of me.*
- *Olympic shutdown story – March 22nd in the best shape of my career all taken away by 23rd of March. Lucky for a teammate reaching out to me.*
- *I hope everyone knows that yourself worth is not determined by your success, it is determined by your actions, the amazing person you are and how you got to that point. Check in with each other because you are enough before any pay rise, any job or any another major successes in your life.*

## **Carolyn**

- Thank you Madi for sharing your story with us today, it's so important that we do check in with ourselves and others and prioritise mental health. I'm sure the whole team at SAALC are very proud of you.
- On Sunday the Lord Mayor Sally Capp announced the Victorian Father of the Year for 2020. Each year, the Y in partnership with the Victorian Father's Day Council coordinate the award, and as you will see this year we had an incredibly deserving winner.

## **[PLAY VIDEO](#)**

- Now let's move into Q+A

## **Closing**

- Thank you for all your questions, and thank you Madi for joining us today and sharing your story. We really appreciate it.
- Before we sign off, I'd love you to all join me to wish a happy birthday to Jean-Maurice Rangarsamy who turns 80 tomorrow.
- Jean-Maurice was the Head of the YMCA in Mauritius for decades before suffering a heart attack in 2006. Since then he has had to slow down and move to Melbourne. The Y is still a huge part of Jean-Maurice's life.



- His niece, Nadine, has recorded a short message to share the amazing work her uncle did with the Y in Mauritius.
- Over to you Nadine.