



## Return to training guidelines (for members)

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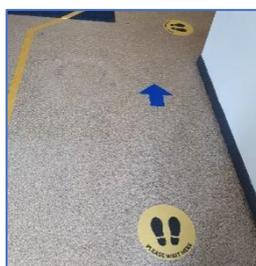
These guidelines have been written in conjunction with the club's risk assessment. This is a fluid document that will be updated and amended when appropriate and in line with new information and guidance from the governing body Swim England or directly from the UK government and its policies which are applicable to England. Please read through these guidelines properly and in full before your first training session so that you know what to expect.

All members must ensure that they have read and understood the guidelines for before, during and after swimming.

### **Before Swim**

#### Arrival

- Please ensure that you continue to comply with the health declaration you returned to us and please do not attend the venue if you, your swimmer or a family member are unwell.
- In order to keep numbers of people inside the venue to an absolute minimum and allow social distancing, please drop your child at the entrance and do not enter the venue at all if possible. Waiting outside the venue (for example in your car) is acceptable, as long as you can be contacted.
- Where it is essential for your child to be accompanied into the venue, supervision/spectating is to be limited to one Parent/ Guardian per child. Where necessary, the accompanying adult may still be asked to wait in the car to minimise the number of people poolside.
- There will be a one-way system in place in the form of a separate entrance and exit from the building or specifically marked walkways to follow.
- You will be given a specific arrival and departure time for each session. Please do not congregate with other members or spectators pre/post swim or turn up significantly early for your session. Please maintain the government social distancing guidelines at all times.





- At the date of writing (4th August), government guidance does not require face coverings inside leisure centres. However, the guidance states that “you are strongly encouraged to wear a face covering in other enclosed public spaces where social distancing may be difficult and where you come into contact with people you do not normally meet”. It is up to members’ and spectators’ discretion, but you may wish to consider a face covering whilst travelling and when you arrive at and leave the venues.
- A contact tracing recording system will be implemented and all persons attending sessions (including spectators) will be required to confirm attendance on an information sheet so that they can be contacted if necessary. Please ensure that the contact details given on your declaration are correct and up to date.

### Preparation

- Thorough hand washing with soap or, if not available, hand-sanitiser, is required by all participants before training. Hand washing or sanitising facilities will be available for your use at the entrance to the venues.
- Please come ‘beach ready’ i.e. wearing your costume or swim shorts under your clothes as changing rooms may not be available at your venue in our opening phase.
- Please bring a towel to dry off and be prepared to go home in your swim wear and clothes/robe over the top as changing rooms are not available.
- Please bring a bag to store your clothing and belongings which will remain on poolside, in a designated place, which allows you to follow social distancing guidelines. Note: Lockers will not be available, so please do not bring any valuables into the venues.
- You should bring sufficient fluids for the session in your own clearly marked water bottles and any necessary food in clearly marked containers. Vending machines are unlikely to be available at the venues.



### Equipment

- Only bring the equipment requested by your coach (cap, goggles, kick board, float/pool buoy, fins, etc).
- Please ensure that your equipment is clearly marked/readily identifiable and (in the case of goggles and caps), please ensure that you have necessary spares as sharing is not permitted.
- This equipment should be brought in a mesh kit bag, which can be used to store it when not in use.
- Equipment should not be shared with others and cleaned before and after a session.
- Equipment that can't be cleaned in the water should be cleaned with anti-viral wipes.



- You will be required to store your personal belongings in a clearly marked, designated area on poolside which allows you to maintain the social distancing guidelines.
- Individuals should avoid handling other people's kit and take their own kit home to clean. If you handle equipment belonging to someone else, you should follow the hand washing/sanitising guidelines. Equipment should not be left at the venue.
- Water bottles should be left at the end of a lane for rehydration if needed.



## During swimming

### Social distancing

- All members and visitors must always maintain social distance rules and follow all instructional signage and requests from poolside staff.
- It is imperative that swimmers maintain social distancing when static either in or out of the water.
- Parents and swimmers must adhere to government guidance on social distancing when walking or waiting on poolside in accordance with the venue procedure and risk assessment.



### In the water

- The club will be the sole user of the pool during our allocated sessions and only 10 members will be allowed in a double lane.
- Please swim in the same direction and stay in the lane that was designated to you by the head coach based on your ability.
- It is acceptable for swimmers in a session to pass each other at less than social distancing requirements as long as it is for a short time and only when swimmers are in motion.
- If you need to stop at the end of a lane, please keep near a lane rope so you can avoid swimmers turning at the end of the lane.
- Please do not have more than two people at the end of each lane who are resting and keep at least a 1 metre apart.
- Please keep front crawl leg kick under the surface to avoid splashing the person behind you – you may go faster too!
- You should sanitise/wash hands after handling equipment and at least once more during the session.



## Out of the water

- Limited toilet facilities will be available, so participants and spectators should avoid using wash/toilet facilities if possible but if used, then they should wash hands thoroughly, use hand-sanitiser where possible and not touch their mouth or nose.
- Please follow the instructions given to you by the coaches regarding rest periods and breaks. You will be given these at appropriate times to maintain social distancing guidelines.
- In the event that someone becomes unwell during a session, the Covid-19 officer/liaison will contact the parent/guardian or next of kin at the earliest convenience to come and collect their child and take them home. Lifeguard support will be available and if necessary, the individual will be isolated in an appropriate area with PPE supplied by the venue.
- Please leave the pool promptly by the designated steps at the end of your session.



## **After swim**

- You must follow the social distancing guidelines at all times.
- Please collect your equipment before you leave poolside.
- Showers will not be available in any area of the building so please plan to shower when you get home.
- As there are no or limited changing rooms available, please dry off on poolside and if you have a modesty towel, then please use this to towel off and re dress, or simply put on a robe or your outer clothing over your costume.
- As you leave the venue please wash/sanitise your hands as you go.
- Please follow the exit route that has been marked for/explained to you to enable a social distance between customers.
- You will leave the building via the separate exit provided or marked by the venue, where your parent/guardian will meet you.

