



Return to training guidelines (for coaches and volunteers)

Version 1.3, Last Updated 04/08/20

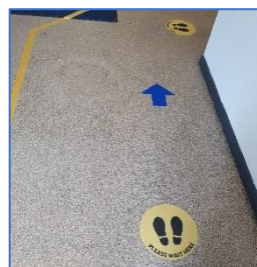
These guidelines have been written in conjunction with the club's risk assessment. This is a fluid document that will be updated and amended when appropriate, and in line with new information and guidance from the governing body Swim England or directly from the UK government and its policies which are 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 coaches and volunteers must ensure that they have read and understood the guidelines for before, during and after swimming.

Before Session

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 or a family member are unwell.
- In order to keep numbers of people inside the venue to an absolute minimum and allow social distancing, we will be asking parents/guardians to drop their children at the entrance and do not enter the venue at all if possible. Waiting outside the venue (for example in their car) is acceptable, as long as they can be contacted.
- Where it is essential for children 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.
- Swimmers will be given a specific arrival and departure time. Please do not congregate with other coaches, 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 coaches and volunteer 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 coaches) 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 members of the club before training. Hand washing or sanitising facilities will be available for your use at the entrance to the venues.
- Please bring a bag to store your personal 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.



During Session

Social distancing

- All coaches and volunteers must always maintain social distance rules and follow all instructional signage and requests from poolside staff.
- Coaches and volunteers 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.
- Under no circumstance will the club allow Hypoxic training to be carried out during their booking time.
- Coaches will need to identify and set up zones for pool briefings with clear markings of where swimmers and coaches should stand to maintain social distancing.

For Sheerness Pool, only 10 members will be allowed in a double lane and we recommend:

- Swimmers in Lane 1 will be briefed and put their belongings in an area near the rear internal window to the waiting area
- Swimmers in Lane 2 will be briefed and put their belongings in an area near the glass dividers for the teaching pool.
- Swimmers in Lane 3 will be briefed and put their belongings in an area near the windows to the quadrangle



For Maidstone Pool, only 10 swimmers will be allowed across two combined single lanes and we recommend:

- Swimmers in Lanes 1/2 will be briefed and put their belongings in an area near the divider to the changing rooms walkway
 - Swimmers in Lanes 3/ 4 will be briefed and put their belongings in an area on the far side of the pool near the windows
 - Swimmers in Lanes 5/6 will be briefed and put their belongings in an area near the Deep End Signs/lane rope spindles backing onto the Lagoon Pool.
- Swimmers must swim in the same direction.
 - Ensure that your swimmers only use the equipment requested by you (goggles, kick board, float/pool buoy, fins), and that this is stored in the clearly marked, designated area on poolside which allows the swimmers to maintain the social distancing guidelines.
 - Teachers and Coaches should deliver from poolside and should not enter the water unless required to for an emergency.
 - No physical contact between coaches and athletes should take place when making corrections, only oral communication, keeping the required distance (2m).
 - Lifeguards will be provided by the venue staff for club sessions.
 - Please ensure that the lane suits the ability of the swimmers.
 - If swimmers need to stop at the end of a lane, please ask them to keep near a lane rope so they 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 ensure that they keep at least a 1 metre apart.
 - 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.
 - It is imperative that swimmers maintain social distancing when static either in or out of the water.



Out of the water

- Limited toilet facilities will be available in the venue, so coaches and volunteers 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.
- In the event that you or someone in your lane becomes unwell during a session, alert the head coach or the covid-19 officer/liaison. 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.



After session

- Showers will not be available in any area of the building so please plan to shower when you get home.
 - 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. You must follow the social distancing guidelines at all times.

