

## General Guidance and Expectations in support of a Return to Swimming Squads - Version 3

### Introduction

We recognise the return to swimming may feel strange and may make people nervous or worried. We are doing our utmost to ensure we are taking all the necessary precautions whilst trying to provide a sense of normalcy.

Over the coming weeks if you do have any concerns you can contact any of the following people, depending on the nature of your concern;

- Club Covid Leads: Mike Fisher and Vicky Harrison
- Head Coaches: Sarah Standen and Zoe Baker
- On site at each session: Covid Liaison / Support person
- Welfare Officer: Paula Satchwell

### Before returning to training / lessons

- Swimmers, staff and volunteers need to sign the club's 'ready to return' self-declaration online form.
- Check timetable for your sessions and your specific group within the session

### Before leaving home and on your return

- Do not go to a training venue if you currently have any illness symptoms or have been in contact with a known Covid-19 case in the last 14 days. Use the Club's 'Pre-Training Assessment' to help.
- To reduce time spent in changing areas:
  - Arrive 'beach style' ready to swim. Once you have finished your swim, leave the venue as soon as you can.
  - Shower at home, pre and post swimming (showers will be available at Oaklands only, but by arriving wearing your swimwear under your clothing and showering at home pre and post swimming you will help minimise time spent in the changing rooms and help maintain the water quality).
  - *Note: Particularly at Kings School if swimmers do not shower at home before coming training the pool staff will be unable to maintain the required PH levels in the pool and will be forced to close the venue. Please don't use deodorant or moisturiser or apply makeup after showering!*
- People from a household or [support bubble](#) can travel together in a vehicle. You should try not to share a vehicle with those outside your household or social bubble. If you need to do this see additional guidance [here](#)

- Check the instructions on arrival time, parking, travel arrangements for the pool you are going to and plan your journey accordingly.
- Take hand sanitiser with you and use it before entering the facility and again on exit.
- Minimise the amount of equipment and personal items brought to sessions. Ideally they are in a single, identifiable bag. Items should be labelled. **A lot of swim kit bags are very large, please seek smaller alternatives in the short term.**

### At the facility

- Each facility we use will have a meeting muster point for drop offs and a muster point for pick-ups. These will likely be different locations.
- We will have a member of our support team located at drop-off and pick-up points to help facilitate a safe, smooth and timely transition to and from the poolside.
- Upon arrival at the venue you will need to register in with the support team. Please arrive 10 minutes before the session starts to register so we can be on the poolside in time to start your swimming.
- Please check if our support staff have your parents / guardians' correct telephone number should we need to contact them during the session.
- The timing of entry to your training session needs to be followed strictly to enable social distancing, strict arrive and strict departure. Swimmers arriving late will not be permitted to swim until we facilitate access to the session safely.
- Please follow the guidance on pre swim arrival, duration of swim and post swim arrangements for the specific pool you are using and the group you are in.
- Parents / guardians of under 16's are required to drop off and pick-up from the pool's identified mustering point at the times required.
- Only one parent/guardian should come onto site to drop off or collect.
- Parents/guardians are not allowed poolside during training sessions.
- No adults other than venue and coaching staff will be permitted to enter the pool building without permission.
- Swimmers will only be permitted to go to the toilet on their own and not in groups. When returning from the toilet do not enter the pool until you have been given permission by your coach to do so in the appropriate gap.
- When you arrive poolside please familiarise / remind yourself of the pool environment, for example entry and exit points and one way systems.
- Whilst in the building and the pool, follow the guidance on social distancing, direction of travel and other risk control measures that are put in place for the pool you are using.
- Use hand sanitiser/wash stations wherever made available.
- We will have additional support staff in place to help people at the venue and will also have clear signage around the spaces we are using.
- If you need help at any time please ask a member of the support team or our specific site Covid Liaison Lead

## Pool-Specific Guidance

The generic guidance above applies to all the following venues.

### Kings School

- Swimmers must arrive pool-ready and have showered at home
- The drop-off and pick-up point for swimmers is outside the reception to the sports facilities in good weather, and just inside in poorer weather.
- The onsite Covid lead will meet and organise swimmers at the drop-off point.
- There is a one-way system down the corridor to the pool building. Swimmers will be asked to use the hand sanitiser on entry to the building and then be guided by the onsite Covid lead to poolside at the appropriate time.
- Masters swimmers can use the changing facilities at the end of a session but with numbers limited to 6 people in the changing room at any given time.
- Coaches and the Onsite Covid Lead will wear a face covering inside the building until swimmers are in the water and the session is ready to start.

### Oaklands Community Pool

- The drop-off and pick-up point for swimmers is outside the reception to the sports facilities.
- The onsite Covid lead will meet and organise swimmers at the drop-off point.
- There is a one-way system down the corridor to the pool building. Swimmers will be asked to use the hand sanitiser on entry to the building and then be guided by the onsite Covid lead to poolside at the appropriate time.
- Coaches and the Onsite Covid Lead will wear a face covering inside the building until swimmers are in the water and the session is ready to start.
- The poolside shower is available after the session for a brief rinse as swimmers leave poolside. This cannot include shampoo and shower gels etc and this must be a matter of seconds per swimmer. The changing rooms will be open for use, so swimmers can quickly change and get dry and leave by the exit doors and not the fire exits as we have been doing. We strongly recommend use of the shower and changing rooms are avoided if possible, but recognise they may be needed before school/college for example.

### River Park Leisure Centre

- Swimmers must arrive pool-ready and have showered at home
- Swimmers can enter the building 5-minutes before the start of the session through the normal reception area and come straight to the pool entrance following the blue circular one-way signs on the floor.
- The pool entrance is now located adjacent to the cafe entrance and footwear will need to be removed before coming onto poolside.
- The onsite Covid lead will meet and direct swimmers either from the pool entrance or by the soft-play area.

- There is also a one-way system operating around the pools at River Park that are clearly marked.
- At the start of the session swimmers will be directed to their lane and starting positions by the coaching team and will use the one-way system to move to their area.
- At the end of the session the changing rooms are part of the one-way exit route and the showers and cubicles are available for use by all swimmers but we encourage you to use those as quickly as possible.
- The exit for swimmers from River Park will be out the normal changing rooms doors and, following the red markings on the floor, exit at the rear of the building.
- Coaches and the Onsite Covid Lead will wear a face covering inside the building until swimmers are in the water and the session is ready to start. Adults coming into the building with swimmers are encouraged to wear face coverings, consistent with Government guidance.

### **In the pool**

*In trying to follow the instructions below please do not be fearful of asking for further instruction or help, or stopping if you really need to.*

- Follow the directions for entry and exit to the pool for your group and your position in the group.
- You will have been provided, prior to the start of the session, with details of which lane you will be training in and which end of the pool to enter the water from. If you are unsure where you are meant to go ask a member of the support team. The lane allocations are non negotiable.
- Listen carefully to the instructions provided, including the intensity and specifics of the set.
- Do not overtake whilst swimming or touch another swimmer. If a swimmer needs to change their lane order this will be done under the strict supervision of the coaches and made when appropriate.

### **Covid Training Groups**

- Remain with your training group - the same small group of swimmers share your lane in all your training sessions. You should not attempt to swap positions with another swimmer in a different lane.

### **Direction**

- The coach will inform you of the direction of the lanes at the start of the session. Please follow this and move across to the appropriate side of the lane each length.
- At Kings School all swimmers will be required to swim in a clockwise direction around the lanes (unless another pool layout has been agreed with the pool manager in advance)

## Space

- Always attempt to maintain appropriate social distance between yourself and another swimmer both in and out of the water.
- There will be a maximum of six swimmers in any training lane to ensure social distancing can be maintained.

## Resting

- Coaches will have allowed for plenty of rest and rehydration stops, however if you need to stop during a set please exit the pool and seek support so that others can continue to swim.

## Equipment

- The use of training equipment will be kept to a minimum. You will be advised on which equipment to bring with you to any session by your lead coach. All club equipment in use will be disinfected between sessions. Upon arrival poolside swimmers will be required to disinfect their own equipment by submerging it in the pool. Equipment should not be shared or swapped between swimmers. No personal equipment may be left on site.

## Sessions

- Initial swim sessions will be focussed on safe access, water familiarity and fitness / competency testing
- When two sessions run back to back the swimmers from the first session will need to have left poolside and a cleaning regime carried out before the swimmers for the second session can be allowed poolside. We hope this can be achieved in less than 10 minutes and therefore a 1 hr session will in effect run for 50 minutes with a 10min change over period. The length of time required for the change over will be dependent on the ability of our swimmers to promptly exit the pool at the end of the session, swiftly put on towel/dry robe and shoes and leave the building without delay.

### **Anyone not making every effort to abide by social distancing measures**

- Will be asked to immediately leave the session
- Will not be allowed to return to training unless able to assure staff of their ability and intention to follow the guidance.

### **Actions to be taken if any swimmer develops symptoms of Covid-19**

If there are any concerns about a swimmer showing signs of illness during a training session, especially linked to coronavirus, they will be removed from the session and escorted to the first aid room / designated location to be looked after until they can be collected and taken home

Individuals showing signs should book a test for Covid-19 as soon as possible and self isolate until the results are known.

Members who have been in close conduct with a confirmed or symptomatic case will be informed and advised of the appropriate course of action, namely;

- self isolation of those that have been in close contact with the individual for 14 days.

Thorough cleaning of the venues where the individual has been training/working will follow a symptomatic case at training.

Any swimmer that has had Covid-19 should only resume training following advice given by their own medical practitioner.

## Changes Version 1 to Version 2

### Page 1 Addition

- People from a household or [support bubble](#) can travel together in a vehicle. You should try not to share a vehicle with those outside your household or social bubble. If you need to do this see additional guidance [here](#)

### Page 2 Amendment

- Parents / guardians of under 16's are required to drop off and pick-up from the pools identified mustering point at the times required ~~and to stay on site in case of emergencies. This will be reviewed again following the first week of training.~~

## Changes Version 2 to Version 3

### Page 2 Amendment

- Upon arrival at the venue you will need to register in with the support team. Please arrive ~~1020~~ 1020 minutes before the session starts to register so we can be on the poolside in time to start your swimming.

### Page 3 Additional section 'Pool-Specific Guidance'

### Page 5 Amendment

- There will be a maximum of ~~six~~ five swimmers in any training lane to ensure social distancing can be maintained.