

## POOL & CHANGING ROOM PROTOCOLS

### On Arrival/before swimming

- If for any reason the session has to be cancelled in an emergency, emails will be sent to all members. ***IT IS THE RESPONSIBILITY*** of the parent/guardian to check your emails to ensure the session is running.
- Parents/Guardians are not permitted on the school grounds. Swimmers are to be dropped off at the 'Last Day' gate and must arrive in time for their slot in the changing rooms.
- Arrive showered and ready to swim in clothing that is easy to change in/out of for speed, and keeping in mind that the changing room doors will have to remain open for ventilation and to reduce the contact points.
- Please ensure the swimmers arrive on time, swimmers who miss their time slot will not be able to enter for training. This is due to the number of swimmers we need to facilitate.
- Swimmers will be guided into the changing rooms at their allocated time and asked to sanitise their hands before entry. Please remind your swimmers that they must maintain a 2 meter distance from anyone outside their household whilst waiting for the changing rooms. We must respect the social distancing rules to keep our community safe.
- Entry through the Girls Changing Rooms only.
- Showers in the changing rooms must not be used.
- We have allocated only 3 Minutes for each group of swimmers to change. They must make their way to poolside as quickly & sensibly as possible.
- All belongings must be taken with swimmers onto the poolside.

**REMEMBER TO MAINTAIN A 2 METER DISTANCE AT ALL TIMES**

## **During Swimming**

- Belongings are to be placed on the long benches around the pool and must not be touching any other bags.
- Kit Bags must have only a kickboard, Pull Buoy and Snorkel which are placed at reasonable distance from others kit bags (Swimmers kit must not be touching another person's kit and all belongings must be clearly labelled.)
- Water bottles to be placed where you enter the water (Swimmers bottles must not be touching another person's bottle and must be clearly labelled).
- The Coach will indicate where your group is within the pool and when and how swimmers are to enter the pool.
- Swimmers are required to maintain continuous movement in the pool to uphold distancing rules.
- Should you need to use the toilet, swimmers must first inform the Covid Officer so we can maintain a limit on changing room numbers and ensure the facilities are cleaned after use.
- If you need to stop then swimmers need to not pause within the swimming lane but to climb out of the pool

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### **After Swimming**

- Swimmers will be guided into **one of the** changing rooms in groups of **4** to change. This must be a quick change to facilitate the number of swimmers and also to reduce the time spent in the space. Each swimmer is allocated 3 Minutes to change and exit.
- The outside door to the changing room must be propped open at all times to allow ventilation and to reduce the number of contact points. Please be mindful of this so swimmers are able to dress quickly and safely. We would advise putting loose clothing over their swimsuit/trunks and changing fully at home.
- Showers are not permitted to be used.
- Swimmers will be asked to sanitise their hands before exiting.
- Parents/Guardians are not permitted on the school grounds. Swimmers are to be collected from the 'last day' gates. ***IT IS THE RESPONSIBILITY*** of the Parent/Guardians to be on time to pick up their swimmer. (Advisory swimmers to phone to confirm to be picked up and collected from the 'last day' gates once out of the changing rooms).
- If there is an emergency which means you can not arrive to collect your swimmer on time, you must call the emergency number and advise the club as soon as possible. Emergency No....**07494 597781**.....

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