

## 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 to leave their cars or enter the premises at the Leisure Centre. Swimmers are to be dropped off in the Leisure Centre Car Park and sign in using the NHS Track and Trace App.
- Swimmers must wear facemasks upon entering the leisure centre and must not take them off until they are instructed to do so by their coach on poolside.
- Arrive showered and Swim ready with clothing that is easy to change in/out of for speed in line with Swim England Guidance.
- Please ensure the swimmers arrive exactly on time, swimmers who are late will not be able to enter for training. This is due to the number of swimmers we need to facilitate.
- All belongings must be placed in bags and left in the cafe area as per the operator regulations.
- Swimmers will be guided in via the pools one way systems as per the plans in our risk assessment. Please remind your swimmers that they must maintain a 2 meter distance from anyone outside their household whilst waiting to enter poolside and on poolside. We must respect the social distancing rules to keep our community safe.
- Entry through the one way system only.
- Showers in the changing rooms must not be used.
- Swimmers will change on the poolside on entry in allocated areas and they must be quick & sensible.

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

## **During Swimming**

- Kit Bags must be placed at a 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 numbers and ensure the facilities are free to be used.
- If you need to stop then swimmers must not pause but swim to the end of the lane to climb out of the pool .

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

### **After Swimming**

- Swimmers must put on their facemasks as soon as they exit the pool and they must remain on until they leave the leisure centre.
- Showers are not permitted to be used.
- Swimmers will be guided to an area to change. This must be a quick change to facilitate the number of swimmers and also to reduce the time spent in the space.
- Swimmers will use the one way system to exit as per the plan attached to the risk assessment.
- Parents/Guardians are not permitted to exit their cars or to enter the Leisure Centre. Swimmers are to be collected by parents in their cars from the car park. ***IT IS THE RESPONSIBILITY*** of the Parent/Guardians to be on time to pick up their swimmer.
- If there is an emergency which means you can not arrive to collect your swimmer on time, you must advise the club as soon as possible.

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