

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 sign in using the QR code located by the gate.
- 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 are late will not be able to enter for training. This is due to the number of swimmers we need to facilitate.
- Swimmers will be guided in through the fire exit and asked to sanitise their hands on entering. 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 fire exit doors only.
- Showers in the changing rooms must not be used.
- Swimmers will change on the poolside in allocated areas and they must be quick & sensible.
- All belongings must be placed in bags which will then be placed on a poolside bench seat.

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 or move into the middle lane (whichever is the closest).

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After Swimming

- Swimmers after the session are to quickly dry and leave within swimwear for journey home with dry and sensible over the top clothing to ensure they are warm and appropriately comfortable as possible to then shower and change once home.
- *Some permitted swimmers will be allowed use of changing rooms to get changed out of swimming clothing. Only a Maximum of 4 are allowed in the changing room at one time. This will be managed/judged by the covid officers and Coaching team. This must be a quick change 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 advise the club as soon as possible.

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