

WOODSIDE & THORNTON HEATH SWIMMING CLUB

(Affiliated to the CBSA + SCASA)

www.wthsc.co.uk

GUIDANCE RETURNING TO SWIMMING

We have all been missing the water during the Covid-19 enforced closure of swimming pools. For many of our members across all our disciplines, this will have been the longest period out of the water, which can take a toll on both our physical and mental wellbeing.

Our first priority remains the safety of everyone involved in our sports, be they participants, coaches or volunteers. We will at all times, be led by the latest government guidance and regulations.

As we are about to return, this is a reminder it will not be a case of **'business as usual'**. We know that things will have to be different and it is vitally important we follow the latest guidance and adjust to the new 'normal'. With that in mind, the following has been put in place to safeguard you, your coaches and your fellow squad members.

- Ensure you are swim ready – shower at home before arriving to the swimming pool and arrive at the swimming pool wearing your swim wear under your clothes;
- Swimmers must bring their own kit. You will not be permitted to use the centre's equipment or share another swimmers kit. Please make sure all your kit is clearly labelled;
- Please bring your own water bottles with sufficient water for your whole session as there are now no drinking water facilities available at the leisure centre.

Before recommencing your training session:

- Complete the 'Return to Training Declaration & Pre-Training Health Survey Form (mandatory);
- Attend the Zoom pre-training Q & A session for swimmers and parents (mandatory).
Wednesday 12th August 2020 @ 7.30pm.
- You must arrive 10 minutes prior to the commencement of your training session time (this is to allow time to change). Late arrivals will not be permitted to swim.

On entering the leisure centre:

- **Sanitise** your hands at the entrance (sanitiser will be made available);



- **Face coverings** are to be worn on arrival and up to the point you enter the pool;
- Remove your shoes before entering poolside (outdoor shoes are not to be worn on poolside);
- Proceed to the **training pool** entrance (through the turnstiles and first door on the right). Please adhere to the **one way** system and the **2m social distancing rules**;
- Markers will be placed at regular intervals around the pool. Make your way to a vacant marker and get changed there;
- Once all swimmers are pool ready (outdoor clothes removed) you will be instructed to enter the main pool;
- Proceed to the main pool with your belongings, and again find a vacant marker around the poolside and leave your kit and belongings here for the duration of your session.

During the training session:

- Remain on your designated marker until you are asked to proceed to your given lane;
- The pool will now consist of 3 double lanes and you will be assigned a lane with a maximum of 10 swimmers. You will not be permitted to change lanes at any time and will train with the same swimmers at every session;
- Only swim in one given direction at all times and keep a safe distance from other swimmers to the front and side of you;
- Avoid stopping and starting mid pool and if stopping at pool end, swimmers must face away from fellow swimmers;
- Briefings and corrections will be kept to a minimum and continuous swimming will be encouraged. When waiting at pool end for instructions, please do not congregate in one area and spread out along the lane, facing away from other swimmers;
- Whilst swimming, where possible please try and exhale in the water and be mindful of incoming swimmers (i.e. breath to the opposite side in freestyle);
- Please be respectful to all fellow swimmers and coaches and where possible keep a 2m distance at all times when entering, exiting, diving and walking around poolside during your session;



- Submerge all your training equipment in the disinfected swimming pool water at the end of your session to reduce the risk of enveloped viruses.

After the training session:

- We **strongly** advise you towel dry by poolside and return home to shower, thus minimizing the transmission risk in changing rooms. Shower areas and cubicles will be significantly restricted so please only use if completely necessary;
- You are asked to vacate the poolside speedily and follow the one way system and exit via the fire escape;
- Sanitise your hands before exiting.

Toilet facilities:

- There will be one toilet in use - near poolside. Only **one** swimmer **at a time** will be permitted to exit the pool to use the toilet during the training session (observing the one way system at all times) and please ask before doing so.

Viewing Gallery:

Note to parents/guardians/carers

- Viewing gallery capacity has been significantly reduced;
- We advise you to drop swimmers off and return at the end of the training session;
- If you are collecting your child after swimming, you will need to wait outside the fire exit from where the swimmers will leave;
- Please do not be **late** when collecting your child.

We thank you for your support and co-operation.

Geoff Buxton
Club Secretary

Suzanna Karpouzas
Coach

Katharine Brown
Covid-19 Lead / Welfare Officer

