



## Worcester Swimming Club Protocols for Returning to Training

These protocols have been put into place following the Swim England Guidance, Freedom Leisure and Worcester Swimming Clubs Return to Pool Risk Assessments.

- Please note:- the management of Perdiswell Leisure Centre have decided to maintain 2m social distancing, as it is unlikely that members will be wearing masks in the building. Swimmers must adhere to this when lining up, walking around poolside etc.
- Swimmers **must** arrive, swim ready, in car park no later than 5 minutes before the session starts
- Swimmers **must** line up at the side of the building next to the Fire Exit, observing social distancing.
- When instructed by Covid-19 liaison officer, who will take the register, swimmers will enter the building by the fire exit door either at the end of the pool or spectator area.
- **If a swimmers' name is not on the register they will not be allowed into the session. Swimmers will only be admitted to the session/s they have been allocated.**
- Swimmers **must** remove their shoes at the door. If possible, swimmers should wear flip flops or slip on shoes to make this easier.
- There will be a sanitising station at the door and swimmers **must** sanitise their hands, when entering the building.
- Swimmers will then move on to poolside or spectator gallery to one of the designated chairs – marked by tick. They will then place their bag on a chair and remove outer clothes.
- Water bottles and equipment should be left by the designated chair (if not required at start of session). **If swimmers are using a white non fixed chair, they should not be moved as they are also there to demonstrate social distancing.**



- Social distancing still needs to be maintained when swimming. **Swimmers must not overtake other swimmers.** Swimmers should be mindful about breathing when passing other swimmers.
- Swimmers **must** leave the pool to have drink. There should be no drinks bottles at the end of the pool.
- At end of session swimmers will be instructed by the coaches to exit the pool, maintaining social distancing.
- Swimmers must quickly get dried and dressed by their allocated chair.
- Shoes **must** only be put on just before leaving by the fire exit door. Sanitising station should be used when leaving.

### **Additional Information:**

- A Covid Liaison Officer will be present at training every session.
- If a swimmer arrives late for a session they may only be admitted to the session at the discretion of the Covid-19 liaison officer/lead.
- If a signed copy of the Health Survey and Return to Pool Declaration have not been received prior to returning to the pool, the swimmer **will not** be allowed to take part in the session.
- Swimmers are asked to shower at home both before and after the session.
- Changing rooms **will not** be used initially and showers are only available in an emergency.
- **There will be no spectating** and parents **must not** enter the leisure centre unless they have pre-booked book a gym session or class at the centre.



- All equipment and water bottles **must** be named and taken home at the end of the session. **They must not be shared. If they are not taken home they will be disposed of!**
- **If a swimmer does not observe the protocols that have been put in place to ensure that the return to training is as safe as possible for all concerned, a swimmer may be asked to leave the session by the Covid-19 liaison / lead.**
- Parents are asked to collect swimmers from fire exit, while maintaining social distancing.
- In case of illness or injury a parent will be contacted to collect their swimmer.
- All life guards on poolside will have undertaken additional RLSS Covid training. They will have individually wrapped PPE on poolside should it be needed.
- All seats used by swimmers to put their bags and clothes on will be washed and disinfected at the end of each session.