

POOL PROTOCOL DURING COVID 19 RESTRICTIONS

The procedure for attending Club training during COVID 19 restrictions is summarised below. All Swimmers, Coaches and parents should read and sign that they understand the procedure as swimmers will not be allowed access to training if the procedures are not followed.

Pre Pool

Swimmers will be given the training times that they are allowed to attend whilst the club is restricted to swimming numbers for each session.

All warm up exercises should be completed prior to arrival at the pool and swimmers should be wearing their costumes under appropriate attire. No changing at the pool will be allowed.

Access to Pool

Swimmers will sanitise their hands prior to entering the building / pool. Swimmers should arrive at least 10 minutes before the training session is due to start and form an orderly queue maintaining social distancing as per current government / pool operator requirements ready to enter the pool via the designated entrance doors, subject to agreement with GLL. You will receive separate guidance of which door or doors we will be using.

Swimmers will attend with their own clear plastic box with lid, big enough for shoes and to store their clothes & towel. These will be placed in prescribed positions on the poolside. On entering the poolside swimmers will change at prescribed positions placing all clothes/personal belonging into their box and taking out their water bottle, medication, goggles & hat.

Training Session

Coaches will indicate the lane and position for each swimmer for the session and this should be maintained for the session. The lead coach will provide a pre pool talk as required regarding the session and reminders regarding pool protocols.

No other bags or swimming equipment other than hat, goggles, medication and water bottles will be allowed at this stage due to space restrictions.

Toilet breaks will comply with GLL guidance and swimmers are asked to minimise toilets visits if possible.

All lanes will swim in a clockwise direction to minimise time/distance interaction. All swimmers must finish in the same position as they started for each set.

Water bottles should be placed at the side or end of the pool and spaced out to maintain distancing. All bottles and boxes must be clearly labelled to avoid accidental misuse.

All sessions will be monitored by a COVID-19 liaison officer who will enforce this policy and whose decision is final on adherence matters, including if necessary, removal of non-compliant individuals.

End of session/Changing

At the end of the session swimmers should get out of the pool, dry themselves and will not be allowed to use the change rooms (subject to GLL guidance). They will need to have suitable clothing /tracksuit/swimzi to leave the pool. They will not be allowed to remove their costumes on poolside.

Swimmers will remove their plastic box home (and sanitise at home before their next training session) as they leave the pool via the designated exit / fire door in an orderly manner whilst maintaining social distancing.

Signed Print

If under 18 parent's signature is required

Date.....