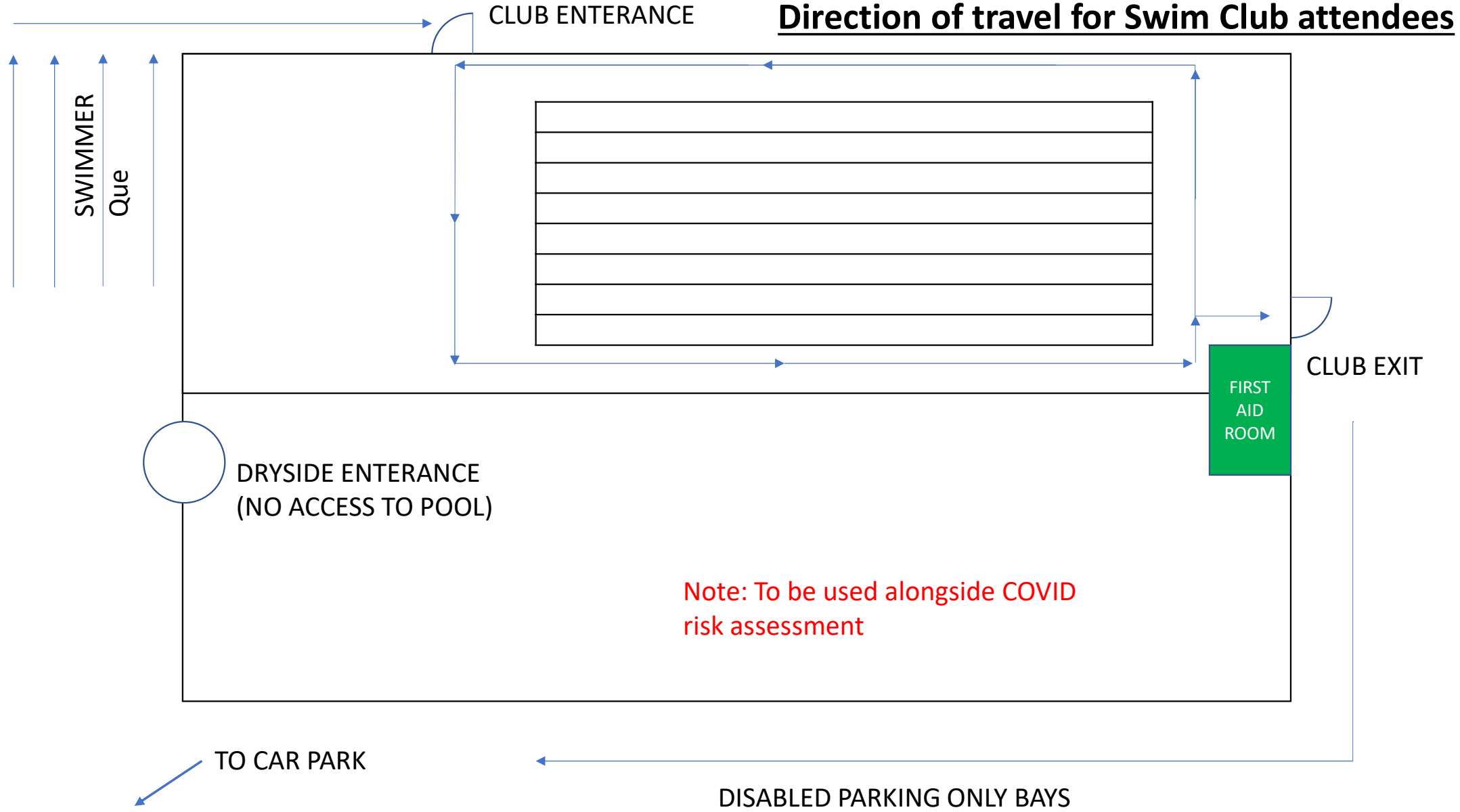


**Direction of travel for Swim Club attendees**



## Pool policy for Workington LC

- Swimmers to que in order of lane allocation and speed in the lane
- Swimmers to not put storage boxes down on the ground before entering the centre to stop outside contamination.
- Outdoor shoes to be removed as they enter the centre.
- Boxes to be positioned zig-zag at 1mtr intervals to allow for approx. 23 along each wall and approx. 18 at each end of the pool whilst still obtaining social distancing of 1+ mtr.
- Swimmers to move to lanes only when advised by the coach and maintaining social distancing, all swimmers to swim clockwise, with the start being a drop into the water and immediately start swimming until they get to their start position in the lane, ready for the session.
- No overtaking or tumble turns, whilst swimming in the lanes.
- No training aids to be brought to the pool and only colts squads to use WASC kit as per the risk assessment.
- Swimmers will be cycled through the end of the lane on a regular basis to allow for each swimmer to take a drink (coaches this should be when changing activity)
- Swimmers will not be allowed to exit the pool during their session unless they are unwell or have an emergency need, which will result in them moving to the first aid point.
- All Workington risk assessment and pool protocols to be followed by anyone attending the swim sessions.

# Pool swimming map

