



## COOLMINE SWIM CLUB

### RETURN TO WATER - OPERATIONAL PROCEDURES

#### Information for Members

The aims of our COVID-19 Operational Procedures are:

- to reduce the risk of transmission of COVID-19
- to protect the health and well-being of all athletes and coaches in our club

The success of our return to training depends on **every parent and swimmer taking personal responsibility** for their own behaviour to protect their own health and safety as well as the health and safety of their friends.

Thanks in advance for your co-operation. If you have any questions or concerns on any of the following please contact the club Lead COVID Officer, Les Lennox – see contact details below.

#### Lead COVID Officer

In advance of returning to training, we appointed a Lead COVID-19 Officer. The Coaches, Committee and the Lead COVID Officer have completed a risk assessment and walk through of the facilities prior to returning to training. The Lead COVID Officer is contactable by email and phone: Les Lennox [coolminecovidofficer@gmail.com](mailto:coolminecovidofficer@gmail.com) (086 854 0671)

#### COVID Officer / Parent on Duty

The Parent on Duty will cover the duties of the COVID Officer at each training session. The role of the COVID Officer is a very responsible function of the Parent on Duty. It is mandatory for at least one parent of each swimmer/family to complete the Swim Ireland COVID Officer online training course (as set out in the club Online Registration process).

#### Pre-Training Health Screening Form for COVID Officer / Parent on Duty and Athletes

Every swimmer and the COVID Officer/Parent on Duty must complete the Pre-training Self-Report Health Screening declaration in advance of every training session. This is



a requirement of Swim Ireland. To simplify this we have designed a simple Google Form – you will receive a link (one for each Squad) from the Lead COVID Officer which should be saved for re-use for each training session. It must be submitted in advance of each training session **no later than 8pm the evening before**. Returns not received on time will preclude that swimmer from attending the session. Repeated failure to return forms on time for either the swimmer or Parent on Duty will result in sanctions being imposed e.g. the swimmer may be precluded from training for up to one week.

- If you answer YES to any question on the form you should not attend training and should notify [coolminecovidofficer@gmail.com](mailto:coolminecovidofficer@gmail.com)
- If you become unwell after submitting the form you should not attend training and should notify [coolminecovidofficer@gmail.com](mailto:coolminecovidofficer@gmail.com)

### **Entry and exit to/ from the Facility**

- The current advice from Swim Ireland in relation to car-pooling or lift sharing to the training sessions for those from different households is:  
*“We would ask people to consider refraining from car-pooling for the meantime if at all possible”*. We are keeping this under review and will update members of any changes.
- Athletes should only come to training if they are feeling well.
- Athletes should arrive 5 minutes before the training session is due to start so the coach can check the attendance list. The attendance list will only include those who returned their Pre-Training Health Screening form by the 8pm deadline. Please note that latecomers may not be permitted.
- Athletes should be dropped to the facility and parents/ carers should remain within a reasonable distance from the pool in case they are required to collect their child at short notice.
- Athletes/Coach/COVID Officer/Parent on Duty should wear masks while moving through public areas of the facility and use hand sanitizer upon entry to the building.
- The COVID Officer/Parent on Duty will verify with the Coach that the self-screening form has been returned by all swimmers in attendance.
- In the interest of social distancing & minimisation of person-to-person contact, no parents/ carers are permitted into the facility.
- Please follow the directions laid out by the facility as communicated by the Coach/Lead COVID Officer where appropriate.



- Use of changing rooms is permitted in all facilities. However, Swimmers must arrive with swim gear already on under tracksuit and should follow the directions of the facility in the changing area. **Swimmers must not spend more than 10 minutes in the changing room.** The use of showers is not permitted, they should dry off and get dressed as quickly as possible and leave the facility to meet their parent.
- Swimmers must bring their own water bottle(s), which should be filled in advance.
- Swimmers will be advised by the Coach when equipment / kit bags should be brought to the pool.
- Athletes should be collected promptly from the facility at the end of the training session.

### **Hand Hygiene**

- Hand sanitiser is available at the facilities (it is advisable for swimmers to have their own hand sanitiser in their bag just in case)
- Athletes should sanitise their hands:
  - on entry/exit from the facility,
  - after using the toilet.
  - after coughing or sneezing

### **Respiratory Hygiene and Cough Etiquette**

Respiratory hygiene is vital to prevent the spread of respiratory infections such as influenza, colds etc. The following measures will be promoted in the club:

- Covering nose/mouth using disposable tissues when coughing, or sneezing
- Disposing of tissue in the nearest bin after use.
- Performing hand hygiene after coughing or sneezing.
- Keeping hands away from the mouth, eyes and nose.

### **Social Distancing and Club Operation**

Social distancing needs to be enforced to reduce the potential spread of infection. We have considered the layout of our pool/ lanes for training sessions.

In line with the guidance of Swim Ireland, we have put the following measures in place:

- There will be a limited number athletes per lane/ in pool at any one time



- Each athlete will be designated a home point, from which they will start and finish. We will rotate the home point frequently to ensure fairness to all.
- Athletes will need to follow the coach's instructions for entry to and exit from pool
- Each athlete will be given a designated space to place their water bottle and equipment

### **Contact Tracing**

An attendance register and contact details record has been created to ensure adequate details available for contact tracing if required.

### **Suspected case of COVID-19 and designated isolation area**

In the event of a suspected case of COVID-19, the club/facility is required to provide a designated isolation area and have a Suspected COVID-19 Procedure in place.

### **Suspected COVID-19 Procedure**

The COVID Officer/Parent on duty will:

- Direct the individual to the isolation area.
- Ensure the individual wears their facemask.
- Contact the parent/ carer to advise and arrange collection from the facility.
- Complete Swim Ireland COVID-19 Suspected Case Form – which will be provided by Lead COVID Officer – [coolminecovidofficer@gmail.com](mailto:coolminecovidofficer@gmail.com)

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