



Covid-19 Rules

1. Pre-listed swimmers only. Anyone not on the list will be turned away.
2. No-one may participate if they or a household member have symptoms of Covid-19 or have been told to self-isolate.
3. No Parent/carer allowed inside Parkside Pool premises, nor are they allowed to watch from outside the bay windows.
4. Only swimmers should be queueing outside the dedicated entrance and while remaining socially distant.
5. Swimmers entering pool premises must wear a face covering except when in the water.
6. All Swimmers, coaches and volunteers to sanitise hands on arrival and at the end of each session (sanitiser will be provided).
7. Swimmers should arrive wearing their swimsuit and having showered at home just prior to coming to the pool. All swimmers should wear CoCSC kit if available.
8. All clothing must be stored in the individual's bag until the session has finished.
9. Swimmers to bring only what is on distributed list from Coach (list will be updated when necessary and available on the covid-19 page of our website) in addition to
 - a) Towel
 - b) CoCSC hat and goggles
 - c) Water bottle clearly labelled and filled at home (no access to fountain at any time)
10. No swimmers, coaches or volunteers are allowed to use the changing room or the lockers.
11. No equipment, food or drink should be shared between swimmers.
12. Personal equipment should be cleaned prior and after each training session using antibacterial spray, wipes or liquid.
13. In the premises, all swimmers, coaches and volunteers to remain at least 2m apart at all time, except in the water when it is acceptable for swimmers to pass each other at less than 2m as long as it is for a short period of time. It is imperative that swimmers remain 2m apart when static in or out of the water.
14. If a swimmer is taken ill, they will be taken to GLL Covid-19 isolation room or other suitable area and a parent/guardian will be contacted and asked to come and collect their swimmer as soon as possible.
15. On exiting the premises, swimmers should maintain social distancing while making their way to meet their parent/guardian post session.
16. Swimmers should adhere to all instructions given by the coach, Covid-19 Officer or liaison, or will not be allowed to take part in any session. Anyone who does not co-operate will be required to leave.