



**CITY OF SOUTHAMPTON  
SWIMMING CLUB**

## CSSC Covid-19 Protocols Briefing (From December 2020)

**ALL SWIMMERS, COACHES, VOLUNTEERS, AND ANYONE ELSE ACCESSING ANY OF OUR TRAINING ENVIRONMENTS MUST COMPLETE A COVID-19 HEALTH DECLARATION FORM BEFORE ATTENDING.**

Please do so now by using the link below OR on the club website.

### [CSSC Covid-19 Health Declaration Form](#)

The priority remains for the safety of everyone involved with City of Southampton Swimming Club, facilities staff, and other users.

At all times it is imperative that everyone adheres to the latest Coronavirus (COVID-19) Government guidelines by using the link below:

<https://www.gov.uk/coronavirus>

It is critical that everybody observes the following key behaviours:

**HANDS** - Wash your hands regularly and for 20 seconds.

**FACE** - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.

**SPACE** - **Stay 2 metres apart** from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings).

#### **Covid-19 symptoms or confirmed positive case.**

Do not attend training if swimmer/s or a member of your household has Covid-19 symptoms or is confirmed as a positive Covid-19 case. Always follow the government guidelines.

Please inform the Covid Lead immediately by email: [cssccovid@gmail.com](mailto:cssccovid@gmail.com) so action can be taken if necessary.

#### **Contact of a confirmed Covid-19 positive case.**

Any member that has either been contacted through NHS Test and Trace or instructed to self-isolate by their school / college etc should not attend a training session until they have completed their isolation period and remain symptom free. Always follow the government guidelines.

Please also advise the Covid Lead by email: [cssccovid@gmail.com](mailto:cssccovid@gmail.com)



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### **Social distancing**

**Always keep your distance, swimmers this includes poolside and in the water.**

To reduce the risk of catching or spreading coronavirus, keep **2 metres away** from people you do not live with. Social distancing is essential to stop the spread of the virus, as it is more likely to spread when people are close together. An infected person can pass on the virus even if they do not have any symptoms, through talking, breathing, coughing, or sneezing.

When with people you do not live with, you should also avoid physical contact; being close and face-to-face; and shouting or singing close to them. You should also avoid crowded areas with lots of people; and touching things that other people have touched.

### **Timetable**

The squad timetables are published on a weekly basis in cooperation with our pool providers. Please check regularly for any changes. (Please do not assume your session is the same as previous weeks)

### **Face coverings**

Always wear a face covering when arriving and departing a training session. Those not swimming or exercising should wear a face covering in accordance with the latest government guidance.

### **Parking**

Park in designated parking spaces only and display the appropriate parking permit or Pay and display ticket. (Club permits for the Quays are available to purchase)

### **Arrival protocols**

Members should always maintain **social distancing of 2 metres apart**. As tempting as it may be, please refrain from greeting your friends in close proximity. (e.g. No hugs, high fives etc)

On arrival, members must register their attendance with the session Covid Liaison and confirm that they are well and not displaying any Covid-19 symptoms i.e. a high temperature, a new continuous cough, or a loss of / change to sense of smell or taste.

Please access The Quays via the left-hand stairway from the carpark and registration will be in the foyer / reception area, where the Covid Liaisons will direct you from there.

Registration time is 10 minutes before the training session start time. When the training session takes place when the facility is closed to the public the doors will be locked at the session start time i.e. Mornings and later weekend sessions. **DO NOT BE LATE!**



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After this time, the Covid Liaison is likely to have moved to monitor social distancing within the session.

The Covid Lead and/or the Covid Liaison has the right to refuse entry to training to any member they believe may have symptoms of Covid-19 or is returning to training too early after having Covid-19. There is no right to appeal these decisions. (Remember they are volunteers!)

If necessary and with agreement from your coach, you may arrive late after school / college or work, please report to the Covid Liaisons to register your attendance. Please do not hang around in the changing rooms and be prompt onto poolside.

**Parents / guardians should always be no more than 10 minutes from the training facility and be contactable by mobile. Please keep your contact details up to date!**

**Late collection of a swimmer could result in the swimmer being prevented from attending the next available session.**

### **Activity pre, during and post pool**

Please see weekly squad timetable for any planned studio or poolside land training and any equipment required. Advice will be communicated via Email / Team Feed / Facebook.

### **During the session**

Always stay socially distanced (**2 metres apart**) both on poolside and in the water.

Following the instructions from the coaches, Covid Liaisons, or other club officers.

Avoid using toilet facilities if possible, but if used, wash hands thoroughly, use hand-sanitiser where possible.

Wait until the end of a set where possible if they need the toilet and notify the coach before leaving the pool.

**Note: Only one swimmer at a time should leave the pool to use the toilet.**

### **Equipment**

**All equipment, water bottles etc should be Clearly named and identifiable.**

Swimmers should have their own equipment and only bring what is required for that session. All items to be clearly named.

Swimmers should have their own water bottles. Filled enough to last the duration of the session.  
**ON NO ACCOUNT SHOULD BOTTLES BE SHARED.**

Personal equipment should be cleaned with anti-viral wipes or solution before and after use and should not be stored at the Facility.



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Sharing of equipment is not permitted. "If you don't have it you train without it"

When using equipment this should be kept separated from other individuals' equipment in your lane.

Individuals should NOT HANDLE other people's kit (Including drinks bottles) and take their own kit home to clean.

### **Changing Rooms, Showers and Toilets**

Swimmers to arrive 'Swim ready' with costume under appropriate clothing / Swimzi / Dryrobe / tracksuit etc. Get ready on poolside whilst keeping socially distanced (**2 metres apart**).

You may **only** use the changing rooms if you are either going to or arriving from school / college / work or using public transport. Otherwise **please DO NOT use the changing rooms or showers**.

This is enforced to minimise cross infection in public use areas! (Please explain to your swimmers)

Swimmers of all ages must be able to put on their own caps and goggles without help from teammates or coaches poolside. If they are unable to do so, then swimmers must enter the building wearing their hats and goggles. Goggles must already be sized and spares of both are recommended as equipment cannot be shared or borrowed.

After training, swimmers must return to designated space on poolside, dry off and put on appropriate clothing / Swimzi / Dryrobe / Track suit etc over costume.

There will be a one-way system in place. Swimmers must leave the facility as soon as possible. No loitering in any area and swimmers must maintain social distancing (**2 metres apart**).

Swimmers should avoid using toilet facilities if possible, but if used, then they should wash hands thoroughly, use hand-sanitiser where possible and not touch their mouth or nose.

### **No Spectators**

The spectator gallery remains closed to parents and guardians.

### **Safety Arrangements / Emergency Contact**

**Please ensure that members contact details are up to date on Team Unify/On Deck.**

Parents / guardians always need to remain contactable on their emergency number during the session. Swimmers to have knowledge of this number on their own mobile phones or written on paper securely in their bag in a waterproof casing.



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### **Becoming unwell during session, including with suspect Covid-19 symptoms**

If a person becomes unwell during a session, they must alert the Coach. The individual will be isolated in the first aid room or any immediately available area separate from others on poolside. The parent / guardian will be contacted to collect immediately. If first aid is required, attending lifeguards will follow RLSS guidelines.

For Covid-19 symptoms the swimmer will be required to return home to self-isolate and follow current NHS guidance on testing. <https://www.gov.uk/coronavirus>

Other swimmers, parents / guardians in group will be advised of possible contact with person with Covid-19 symptoms.

At this stage (until the test result is known), those people do not need to self-isolate, but they should take extra care in practising social distancing and good hygiene, like washing their hands regularly. They should also watch out for their own symptoms. Should they get any coronavirus symptoms, they must self-isolate and follow current NHS guidance on testing.

### **Departure**

At the end of the training session swimmers return to designated space on poolside, dry off and put on appropriate clothing / Swimzi / Dryrobe / Track suit etc over costume. Swimmers to leave facility as soon as possible, maintaining social distancing (**2 metres apart**) .

Swimmers to use hand sanitiser before leaving and wear a face covering.

Parents / guardians must arrive to collect swimmer before allotted session finish time to limit time exiting facility at end of session. Parents / guardians should always be no more than 10 minutes from facility.

Please would Parents with younger swimmers collect them from the area at the bottom of the stairs, especially during the hours of darkness.

Strict adherence to club CSSC Drop-Off and Collection of Swimmers Policy.

Swimmers whose parents are not in the Car Park at pick-up time should go back to the door they exited and wait.

### **Weekend sessions when the centre is closed to the public at departure time**

**PLEASE DO NOT USE THE CHANGING ROOMS OR SHOWERS** and be prompt out so as not to keep anyone waiting to lock up. If you are using public transport and need to use the changing rooms, please arrange with the session Coach and Covid Liaison, as swimmers will need to leave the pool a few minutes early, so they are ready to leave the building with everyone else.

Please would all sign out with the Covid Liaison before exiting the complex.



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## Covid-19: Health assessment Flowchart

Do not go to a training venue if you currently have any illness symptoms or have been in close contact with a known Covid-19 case in the last 14 days. Also do not attend training for 14 days if required to self-isolate when returning from travelling abroad in accordance with the latest Government guidance.

