



**CITY OF SOUTHAMPTON
SWIMMING CLUB**

CSSC Return to Swimming Briefing

Note: This briefing has been produced in good faith following available guidance and will be amended accordingly as necessary. (Updated versions will be on the club website.)

We have all been missing the water during the Covid-19 enforced closure of swimming pools. This will have been the longest period out of the water for many of our swimmers.

The priority remains for the safety of everyone involved with City of Southampton Swimming Club, be they Members, Parents / Guardians, Coaches, Volunteers, Facilities staff, and other centre users.

At all times it is imperative that everyone adheres to the latest Coronavirus (COVID-19) Government guidelines. (Link Below)

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

Currently the government recommends that you keep two metres away from people as a precaution or one metre when you can mitigate the risk by taking other precautions in this list. (Link below)

<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

Also, anyone taking part in club sessions should familiarise themselves with the Swim England Guidance for Users before attending.

<https://www.swimming.org/swimengland/pool-return-guidance-documents/>

Following guidance from Swim England and working with our pool providers there are several protocols that we must implement, these are:

Before being allowed to return to training, ALL members, parents / guardians of members under 18, must have read the **CSSC Return to Swimming Briefing (this document), **CSSC Training Session Checklist***, and completed and submitted the compulsory **CSSC Return to Swimming Form**.**

* The Training Session Checklist should be read by all and actions followed **each** session.

The above documents and Form will be initially emailed to all members but will also be available and updated on the club website under the 'Return to Swimming' Tab.

Each member must have submitted the 'CSSC Return to Swimming Form' before being eligible to return to training.

NO FORM - NO SWIM - NO EXCEPTIONS



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How to avoid spreading the Covid-19 infection

It is particularly important to do what you can to reduce the risk of you and other people becoming ill with coronavirus.

You can spread the virus even if you do not have symptoms.

Do:

- try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble)
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Do not:

- touch your eyes, nose, or mouth if your hands are not clean

<https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/>

Parking

Please park as directed by signage at the facility.

Always maintain social distancing

Follow the guidance if sharing lifts or using public transport to and from training

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Arrival and departure protocols.

It is strongly encouraged to wear a face covering to and from training, in line with current Government Guidance. (Link Below)

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>



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

A designated reporting point / area will be assigned and confirmed by Email / Team Feed / Facebook or by a video 'walk through' of the procedure which will be available shortly).

On arrival, members will be expected to register their attendance with the session Covid-19 Liaison representative and confirm that they are following the actions in the 'Training Session Checklist', including hand sanitising before entering the facility.

An arrival time window will be allocated for the session. This time should be adhered to as far as practicable to minimise cross over with other groups or users, which might otherwise overload the capacity limitations of the facility. Always maintain social distancing and hand sanitise frequently!

After this time, the Covid-19 Liaison is likely to have moved to monitor social distancing within the session.

Arrivals outside of the allocated times should report to the 'Late Registration Area' TBC, and not proceed any further until they have been registered and have confirmed that they are following the actions in the 'Training Session Checklist'. We do understand that with some of the session start times and finishes there may be school hour conflicts, but still wishing to remain as accommodating as possible, but to minimise disruption, we do ask you to arrive/leave as quickly as you can. NOTE. Currently School holidays so please arrive promptly.

The Covid-19 Lead and/or the Covid-19 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!)

Departure also needs to be prompt with minimal time taken to minimise cross over with other groups or users which might otherwise result in clustering or reduced social distancing.

Parents / guardians should always be no more than 10 minutes from the training facility and be accessible by mobile.

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

Activity pre, during and post pool.

Advice will be communicated via Email / Team Feed / Facebook.

What to expect in training?

Social distancing protocols to be always followed.

Signage indicating designated space for each swimmer's kit etc.

Sanitisers to be used, alongside handwashing.



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Appropriate training to achieve social distancing protocols.

Swimmers arranged in appropriate groups.

Group numbers in line with Swim England guidance for clubs and Pool operators.

Initial Cycle for All Squads - All Training to be focused on Stroke Technique and low level Aerobic 1 energy zones. Mindful of swimmers' fitness levels on returning to training.

Swimmers will be notified of their training sessions in advance - Weekly Training Schedules will be sent via Email / Team Feed / Facebook

Swimmers Should:

Not dive into the pool off the side or blocks unless instructed to do so by the coach.

Ensure they start and stop at their assigned lane positions.

Adhere to correct direction of lanes.

Breathe out underwater where possible and breathe-in away from passing swimmers.

Stay socially distanced.

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.

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

Note only one swimmer at a time will be allowed to use the toilet.

Equipment

Swimmers should have their own equipment and only bring what is required for that session. All items to be clearly named. Details of required items will be confirmed with session information.

Swimmers should have their own water bottles, clearly named and identifiable. 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.

Sharing of equipment is not be 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 avoid handling other people's kit and take their own kit home to clean.



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Changing Rooms, Showers and Toilets

As the changing rooms and showers are out of use swimmers are encouraged to shower before arriving. A pre-swim shower is a vital contribution to ensuring the free chlorine in the pool water is available for disinfecting the Covid-19 virus (rather than being used to oxidise organic material coming off swimmers).

Swimmers to arrive 'Swim ready' with costume under appropriate clothing / Swimzi / Dryrobe / tracksuit etc. to minimise time spent in the changing areas / designated space on poolside.

Swimmers of all ages must be able to put on their own caps and goggles without help from teammates or coach's 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.

The availability of changing rooms, showers, toilets will be facility dependant and where possible, will operate on a one-way system to minimise contact with other swimmers. You will be advised on the day on which toilets are available.

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.

Spectators.

To begin with, no spectators allowed.

When the restriction is lifted, a limit on spectators per family may be imposed so as not to compromise the capacity limitations of the facility.

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 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 pre-designated area TBC when the poolside markings are applied. The parent / guardian will be contacted to collect immediately. If required, lifeguards in attendance will follow RLSS guidelines.

The swimmer will be required to return home to self-isolate and follow current NHS guidance which includes taking a Covid-19 test. If the test is negative the swimmer will be able to return to training. If the swimmer does not take a test they will be required to self-isolate for the full duration as advised by NHS guidelines.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

Other swimmers, parents / guardians in group will be advised of possible contact with person with Covid-19 symptoms. At time of writing NHS advice from link above states 'They do not need to self-isolate unless they are contacted by the NHS Test and Trace service. But they should take extra care to follow social distancing advice, including washing their hands often.' If they get any coronavirus symptoms, they must self-isolate and get a coronavirus test as soon as possible.

Exit

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.

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

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.

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.



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RETURN TO SWIMMING

WHAT TO EXPECT

(SUBJECT TO CHANGE)



NO SPECTATORS



MAINTAIN SOCIAL
DISTANCING



BRING OWN
DRINKS IN NAMED
BOTTLES



ARRIVE
'SWIM READY'



SWIMMERS
ALLOCATED INTO
GROUPS



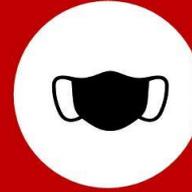
TRAINING SESSION
CHECKLIST ROUTINE



LANE CAPACITY
ALIGNED WITH SWIM
ENGLAND GUIDANCE



FREQUENT HAND
WASHING AND THE USE
OF HAND SANITISERS



ENCOURAGEMENT IN
WEARING OF FACE
COVERINGS TO AND
FROM TRAINING



NO SHARING OF
EQUIPMENT
(INCLUDING
DRINKS)