



**CITY OF SOUTHAMPTON  
SWIMMING CLUB**

**Training Session Checklist**

**Before Training**

Encouraged to shower and make sure you use the toilet before leaving home.
Pack only recommended equipment for the session, including spare hat and goggles etc. No equipment sharing permitted
Clearly label your water bottle, equipment, swim bag and kit bag.
Pack your hand sanitiser, antibacterial wipes and face covering.
Thoroughly hand wash with soap and water for 20 seconds or use hand sanitiser before leaving home.
Be 'swim ready' with your swim wear under your clothing and wearing swim hat if you cannot put this on independently poolside.
Allow sufficient travel time to arrive within your allocated time.
Check your temperature and ensure you have no symptoms before you leave. <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/">https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/</a>
Follow the 'Covid-19 Training Venue Assessment' on page 2.
Pack suitable clothes to put over wet swim wear for journey home.
Ensure you have emergency contact details in your bag.
Wear fresh clean clothes
You are also strongly encouraged to wear a face covering to training and at the training facility. Please see guidance <a href="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">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</a>

**During Training**

Follow the instructions of the Coach / Covid Liaison
Ensure you start and stop at your assigned lane positions
Adhere to correct direction of lanes
Always maintain social distancing
Use only your own equipment <b>No Sharing of equipment is allowed</b>
Do not dive into the pool off the side or blocks unless instructed to do so by the coach
Breathe out underwater where possible and breathe-in away from passing swimmers.

**After Training**

Thoroughly hand wash with soap and water for 20 seconds or use hand sanitiser after training
You are also strongly encouraged to wear a face covering when leaving training. Please see guidance. <a href="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">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</a>
Shower when you arrive home.
Clean your equipment with antibacterial wipes
Wash your swim wear and towel.
At all times keep up to date with latest advice at <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a> and <a href="https://www.swimming.org/swimengland/pool-return-guidance-documents/">https://www.swimming.org/swimengland/pool-return-guidance-documents/</a>



## Covid-19: Training venue assessment

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.

