

# CoStA Return to Westminster Lodge Pool (Phase 2) Guidance Document



This document has been put in place to provide our swimming families with information regarding our return to the pool. CoStA only has the safety of your swimmers in mind.

Phase Two refers to the fact that CoStA is adhering to the 'Returning to the pool - Guidance for Clubs' (published 20 July 2020, Version 6) & current Government guidelines. As guidance changes then we may need to amend our information. This version applies to Phase 2 of return to swimming (from Sunday 16<sup>th</sup> August)

Should you have any additional questions then please email Debbie Millar [c19@costaasc.org](mailto:c19@costaasc.org)

## 1. Prior to Training Commencing

Parents, on behalf of their under 18y swimmer(s) and all swimmers over 18y will have had to complete and sign the following:

1. This Guidance Document Confirmation
2. Covid-19 & Risk Awareness Declaration Document
3. Pre-training Covid-19 Health Screen Document

The Declaration and Health Screen will be emailed out to each family (w/c 20<sup>th</sup>) and must be returned for each swimmer 48 hours prior to our return to the pool. We need signed documentation per swimmer.

The Guidance Confirmation be returned by email.

Parent volunteers will also be expected to complete the Declaration Form.

Swimmers or volunteers without completed documentation will not be able to train/help.

## 2. What to bring to the pool?

Swimmers must arrive at the venue 'pool ready'. This means in their costume, with minimal clothing and footwear. For example, a onesie, shorts and t-shirt, flip flops or sliders.

Hats and goggles should already be on any swimmer that struggles to manage that themselves.

Swimmers are allowed to bring a small bag (drawstring or bag for life), which will contain a towel, a clearly named and full water bottle. Swimmers should not be coming with their normal large CoStA swim bag.

Coaches will confirm equipment with swimmers which can be brought in a separate mesh bag. All items must be clearly named with a permanent marker.

# CoStA Return to Westminster Lodge Pool (Phase 2) Guidance Document



## 3. On Arrival

Swimmers must social distance at all times. Leisure Centre users are currently exempt from compulsory mask wearing, however a swimmer can use their own discretion should they wish to wear one on arrival to the Centre. These must be stored in their bags, when not in use.

Parents should drop their swimmer at the allocated time and place. Swimmers must be prompt. Swimmers will be allocated a lane which relates to their drop off point. Details for each swimmer will be communicated prior to training commencing.

If parents and swimmers arrive early, then please stay in your vehicles or away from the entrance area, so that this area does not become congested.

WML have confirmed that the spectator area and the cafe are closed. This means that CoStA parents are unable to watch their swimmer(s) training sessions. Parents will have to remain outside for the duration. We expect parents to adhere to social distancing at all times.

WML have introduced a one way system to and from the pool (See Appendix). Our swimmers will be guided, in small groups, by parental volunteers.

Whilst entry and exit are through the changing facilities, CoStA is not permitting our swimmers to use them for evening sessions. Swimmers will keep their small bag with them and would be expected to remove clothing poolside. There will be no lockers available for use. Morning swimmers will be allowed access to changing/showering facilities after the session if these are required.

We will be introducing staggered entry times, to ease congestion around the entrance to WML. Please ensure that your swimmer is prompt.

Late arrivals will need to wait outside WML until all other swimmers are in place in the main and teaching pools. They will then be safely marshalled poolside.

Hand sanitiser stations are available throughout the Centre. We encourage our swimmers to use them, especially on entry to and exit from the Centre.

## 4. Poolside

Each lane will have an allocated area poolside, for each swimmer to place their bag and remove outer clothing & footwear. All items should be placed in their bags during the training session. If swimmers need to bring phones, these must remain in their bag while in the Centre.

CoStA will be following the current Swim England guidelines and will allow up to 8 swimmers per lane. Swimmers should start in their allocated lane. As each squad is

# CoStA Return to Westminster Lodge Pool (Phase 2) Guidance Document



considered a “bubble”, this enables coaching staff to cater for individual’s training needs and use lane space effectively.

Lanes will work alternately. For example, Lanes 1, 3, 5, 7 & 9 will start at the opposite ends to lanes 0, 2, 4, 6, and 8.

It is imperative that swimmers maintain social distancing when static either in or out of the water.

CoStA would expect swimmers to remain in their lane position. ‘Over-taking’ will not be permitted.

All lanes will swim in a clockwise direction.

As per the Swim England guidelines, there will be a ‘rest area’ for any swimmer requiring it.

Swimmers cannot share any swim equipment and should avoid handling another swimmer’s equipment.

## 5. Coaches & Helpers

Swimmers should expect to see a coach and coaching helpers at each end of the pool.

In addition, there will be a Covid liaison who is there for the monitoring of social distancing and well-being of the swimmers.

Coaches will be following Swim England guidelines for phase 2 of their training plans, so there will still be no race-pace practice, excessive heart rate intensity, hypoxic training or use of blocks.

Coaches and poolside helpers will be required to maintain their social distance with swimmers.

Be aware that coaches cannot pass any items to the swimmers, for example water bottles. They will also be unable to replace a swim hat if a younger swimmer is struggling with it.

## 6. Toilets

Should a swimmer require the use of a toilet mid-training, then they will be directed by the Covid liaison. WML have identified a toilet for CoStA’s use, which they have assured us will be cleaned both thoroughly and regularly.

Please remind your swimmer to thoroughly wash their hands before returning to the pool.

# CoStA Return to Westminster Lodge Pool (Phase 2) Guidance Document



## 7. Lifeguards & First Aid

WML lifeguards will be following RLSS guidelines. Swimmers will be required to treat any minor injuries themselves, for example nose bleed. A Covid liaison can support the swimmer with this at a social distance. This can be done in the allocated rest area.

More serious injuries will require the lifeguards to dress in full PPE before commencement of treatment.

If the coach doesn't believe the swimmer can return to training then the parent will be contacted and asked to collect. The Covid liaison will bring the swimmer to the reception exit.

## 8. Completion of training

Swimmers will be departing the pool at staggered times.

On exiting the pool, they will return to their allocated area, where they can towel dry before being guided through the one-way system to the exit of WML. We are expecting swimmers to leave the centre in their damp costumes. We expect our swimmers to leave in a towel or onesie after all evening sessions and morning sessions where this is possible.

If necessary, there will be access to individual changing and shower cubicles after morning sessions (e.g. to get ready for school or work). They should get showered/changed quickly before exiting the changing room through the one-way system and leaving the facility.

There will be no access to hairdryers.

WML have asked that CoStA parents are mindful of congesting the entrance to WML while waiting for their swimmer to emerge, as the building is also in use by other Centre members.

Swimmers must be aware that the Public will also have use and access to the changing facilities at the same time as CoStA, in the mornings. We expect all our swimmers to respect the Public when sharing these facilities. Should there be any complaints then we may need to withdraw the access to the changing facilities.

## 9. Once home

Swim England advise that all swimmer equipment should be cleaned with anti-bacterial wipes or spray, between training sessions.

# CoStA Return to Westminster Lodge Pool (Phase 2) Guidance Document



## 10. Information for Parents/Carers on Suspected Covid-19

We have developed a flow chart, which we expect you to follow should your swimmer or family member develop any Covid-19 symptoms.

See Appendix.

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**Response required. Please return ASAP:**

### Guidance Document Confirmation

I.....CAPITAL LETTERS (Parent, on behalf of their under 18y swimmer(s) and all swimmers over 18y), confirm that I have read the guidance document, understood the requirements and ensure that I/my u18y swimmer(s) will commit to adhering to them.

Please copy and paste this into an email response to Debbie Millar ASAP, but no later than 48hours before training commences ([c19@costaasc.org](mailto:c19@costaasc.org))

Signature.....

# CoStA Return to Westminster Lodge Pool (Phase 2) Guidance Document



Version control

Phase 2 - for sessions from Sunday 16<sup>th</sup> August 2020 - Sunday 13<sup>th</sup> September 2020