



CITY OF PETERBOROUGH SWIMMING CLUB

RETURN TO TRAINING 5 Covid Guidelines – changes and additions

All covid guidelines will remain the same as previously disclosed on the practise guideline videos for Regional and Whittlesey pools on the following link: [City of Peterborough Swimming Club - COVID-19 Return to Training Information and Documents \(teamunify.com\)](#)

In addition to this are the following actions:

Regional Pool

- After morning swim session members will be welcome to change in the 'school changing' area of the male and female changing rooms. This is to reduce and hopefully avoid overlap with public swimmers.
- Showers will be open to public. They will not be open to COPS members. Please DO NOT use showers post swim session until notified otherwise.
- Members under 13 years of age must be dropped off and collected by their parent or family member. Parking is in the main car park, the driveway is still a no access zone. Members under 13 years of age must not walk down from the car park on their own, they must be accompanied.

Whittlesey Manor Pool

- As per video direction

Jack Hunt School Pool

- Entry and exit will be through the main reception. Because this leads to a 'high traffic' public area, please ensure masks are put on before leaving the changing rooms.
- Please do not queue outside the front entrance. Stand to the right-hand side if waiting to enter the pool.

General practise for all pools

- As with all sessions, there is no parent spectating during covid protocol. Parents must drop off or wait in the car. Only Covid officers are permitted to observe training sessions from deck side/balcony.
- For all AM & PM sessions members can arrive up to 15 minutes early. Covid officers will allow members through the facility door around 10 minutes before the start of the session. Members must ensure they arrive at least 10 minutes early for their session.
- Lane dispersals are now no longer in place. Each squad will act as its own bubble. Should a member of the squad contract Covid-19 the whole squad will be asked to isolate as per government guidelines. Coaches will guide members to appropriate lanes at the beginning of sessions.
- Members over 12 years old must wear a mask.
- In some sessions public members will be using the pool at the same time as the club. Please keep a 2m distance away from any public member using the facility and wear a mask in all transitions from outside to poolside and visa versa.
- Members must bring their full kit bag and a drinks bottle with them to the session and clean them appropriately after session.
- After a session members will be changed and leave the facility within 10 minutes of the session finishing. We ask parents to be ready to receive their child within 10 minutes of the session finishing. Parents can wait for their child outside of the pool reception. We ask that you stand back and give public right of way.



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Covid symptoms, positive tests or isolation

- Any member that has covid symptoms must notify the coaching team and avoid attending training sessions until a test result has been confirmed and communicated.
- Any members with a positive covid test must communicate this to the coaching team and isolate as per government guidelines.
- Any member who has been asked to isolate due to being in contact with positive covid case at school, college, work or family, must notify the coaching team and isolate as per government guidelines.
- Should we have any internal covid cases, members of the relative squad will be asked to isolate as per government guidelines.

Reception entrance



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Teaching pool lane dispersal

