



# Garioch COVID Swimming Condensed Guidance

***Note - This does not replace briefing pack***

**Social Distancing – Everyone 12 and over must socially distance in and out of the pool; 11 and under are not required to social distance unless in a group including 12 and overs.**

<p>The <b>Covid Liaison Officer (CLO)</b> will be the first person into the building to ensure the pool staff are ready for the swimmers to enter. The <b>Coach</b> will be the next to enter and act as <b>CLO</b> poolside until all the swimmers have entered the building and the <b>CLO</b> can take over.</p>	
<p>The <b>CLO</b> will signal swimmers to leave their vehicles. They will be directed to sanitise their hands and proceed to the changing rooms. A <b>coach</b> will be standing at the changing room door to allocate swimmers their changing cubicle. Swimmers are not allowed to use the family cubicles unless necessary. The <b>CLO</b> will take a headcount as they enter the building and record attendance (Swimmers, Coaches, Assistants and CLOs) on Session Register.</p>	
<p>Swimmers' equipment had been limited to a kick board, fins and snorkel. Swimmers will be informed of any additional training equipment required <b>prior</b> to each session.</p>	
<p>Swimmers should put on their cap and goggles, have a quick rinse in the shower and proceed under the direction of the coach to their designated lane. If a swimmer requires assistance with their cap, a parent / guardian should do this for them <b>before</b> they enter the building as coaching staff are not allowed to.</p>	
<p>The swimmers' lanes will be determined in advance of each session: this will initially be 6 lanes with 6 swimmers per lane. Predetermined lanes must be adhered to. Any changes must be recorded by <b>CLO</b>.</p> <p>Coaches will be stationed at designated areas of the pool deck, adhering to current guidance on social distancing.</p>	
<p>Swimmers should place their kit bag on an area of pool deck closest to their designated pool lane. Kit bags and any equipment used must be submerged in the pool water before leaving the pool deck area. The chemicals in the water will kill any bacteria or viruses. No equipment is to be shared and no LLA equipment should be used.</p>	
<p>Coaches' equipment will likely consist of a stopwatch, dry board pens and a whistle. These will be brought by each coach and sanitised prior to and after each session and must not be shared. The use of whistles should be kept to an absolute minimum. Each whiteboard stationed at the pool will be used by one coach only per session and must not be shared. They will be wiped thoroughly using disinfectant wipes before and after each session.</p>	
<p>Coaches and <b>CLOs</b> are required to wear face coverings poolside and throughout the building. They should still maintain social distance from each other, LLA staff and swimmers. Consideration for wellbeing is important and given that some sessions are lengthy (2 hours) it is reasonable to remove face covering whilst poolside for a short period of time. When they do this, they must be at least 2m away from anyone and not speaking / giving instructions etc. Inverurie pool has 2 doors on deck which can be opened if a coach / <b>CLO</b> is feeling unwell or requires fresh air.</p>	
<p>Swimming blocks may be used and must be requested in advance from the session coach. To reduce the chance of infection LLA staff are to set up blocks prior to the start of the session. When using blocks, swimmers will adjust their cap and goggles as necessary, rinse their hands in the pool water to kill any virus or bacteria then climb onto the blocks. Once on the blocks the swimmer <b>MUST NOT</b> touch their face. If they do, they <b>MUST</b> climb back off the blocks and rinse their hands again in the pool water.</p>	
<p>The end of the session will be staggered: swimmers will walk up poolside (socially distanced) and return to changing rooms, quick rinse if required, return to their cubicle, change, put on face coverings and leave ensuring nothing is left behind. On school day mornings, swimmers will be allowed to wash their hair. This is <b>only</b> if necessary, to allow swimmers to get to school on time and must be done quickly.</p>	
<p>The <b>CLO</b> will ensure all swimmers have left the facility. On school mornings swimmers who attend Inverurie Academy will be allowed into the atrium before school. If a parent is not present at pick-up, the <b>CLO</b> will wait with them inside the reception area until the parent arrives. As the <b>CLO</b> does not have contact details, the Session Coach or Head Coach must be informed so that they can contact the parent.</p>	
<p><b>CLO</b> to send Session Register to GASC COVID Lead post session for track and trace purposes.</p>	