HAILSHAM SWIMMING CLUB

PROCEDURES AND PROTOCOLS FOR USING BATTLE ABBEY PREP. SCHOOL, BEXHILL

Address of the Facility

Battle Abbey Prep School Swimming Pool

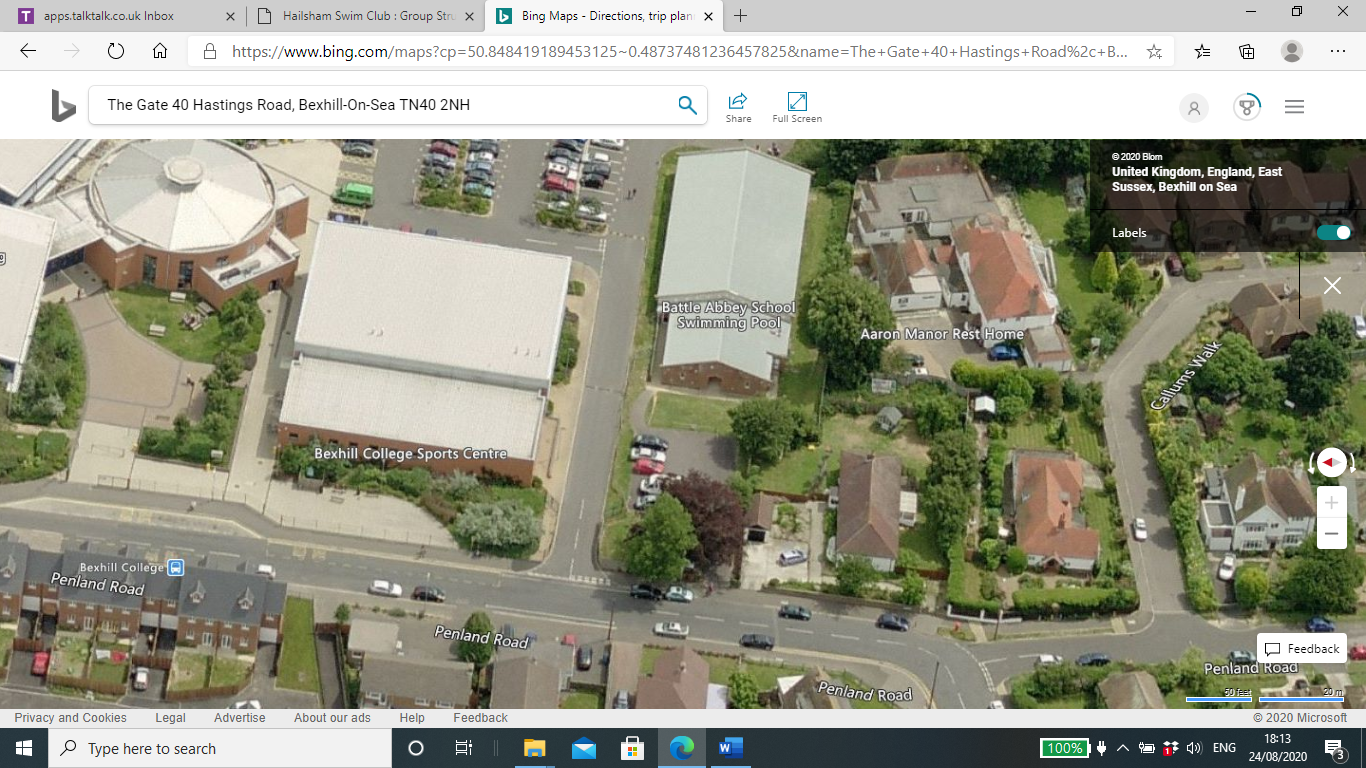
Penland Road, Bexhill

[TN40](https://www.google.co.uk/maps/@) 2JG

**Entering the facility**

**Coaches and COVID Officers**

Coaches and CLOs to enter the facility via main entrance (using personal key). It will not be necessary to sign in or out. Coaches and CLOs must only wear poolside footwear once they have entered the pool area. COVID officer will be responsible for swimmer on entry of the facility



Entrance Point (Queue with social distancing)

Exit Point (Leave through boys changing rooms emergency exit door)

COVID and coaching staff may use car park (Car park is small and it is best if swimmers are also picked up from the main road)

Drop off on Penland Road (swimmers walk to pool entrance)

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**Swimmers**

Parents/carers to drop off swimmers on Penland Road and swimmers will walk through the car park to the main entrance. Swimmers driving themselves may park in the car park.

Swimmers arrive 10mins before the start of the session and begin to queue at the front entrance of the pool alongside the building, maintaining a 2m distance from each other in household groups.

Swimmers will arrive beach ready, with swimwear underneath clothes as per our normal operating procedures.

Swimmers will be asked (by one of the CLOs) to enter the pool area through the main entrance. A temperature check will be undertaken and hands will be sanitised on entry.

Swimmers will all follow a one way system, by entering the building through the front door and leaving through the male changing area. An anticlockwise movement will be maintained throughout the use of the pool and poolside

COVID officers will be ensuring that social distancing is maintained when entering the pool area and moving around the pools to drop off bags etc.

Prior to entering the pool, swimmers will need to remove outdoor shoes.  They can wear poolside flip flops if necessary once inside.

**Within the facility**

Once swimmers are in the pool area they must turn right (in front of the handrails) and walk anti-clockwise around the pool towards the right hand side where there will be 1 long bench for swimmers to drop their bags and kit (spaced 1.5-2m apart).

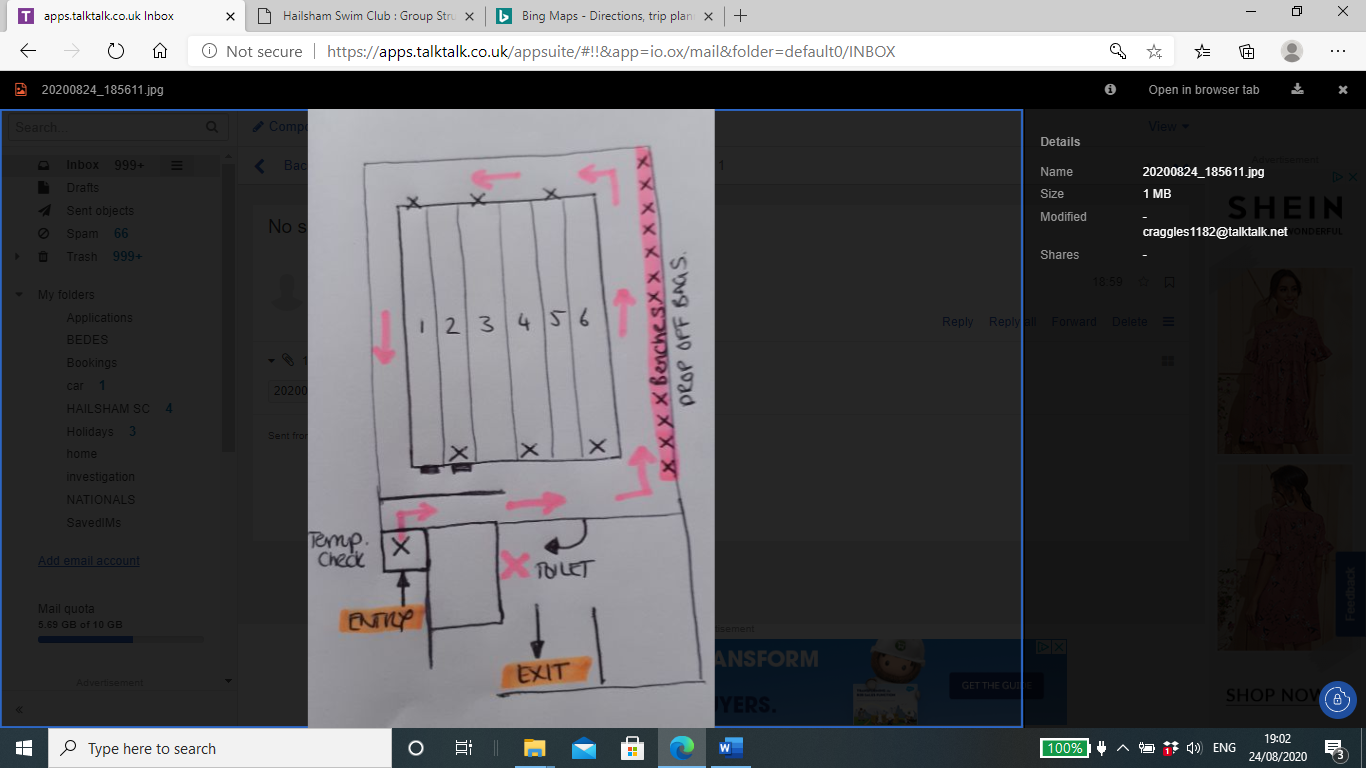
Their bags (not kit bags) should be left by the benches, and then they should continue anti-clockwise around the pool to the far end of the pool.  The changing rooms will be closed, but one accessible disabled toilet will be open. Only one swimmer is allowed in the toilet at a time.

Half of the swimmers will start from the deep end of the pool and these swimmers will be called round first so that they can walk with their kit anticlockwise to the lanes they are swimming and enter the water as soon as possible to start training. The remining swimmers will start from the shallow end.

Swimmers can then enter the pool.  All swimmers must exit the pool from the same end as they started, and follow the instructions of the coaching staff at all times, maintaining social distancing between and during sets.

All swimmers will swim clockwise in each lane. Two coaches will lead the session, one from each side of the pool.

Swimmers can use the toilet between sets, but will need to travel anti-clockwise around the pool to get to them, and again only one swimmer in each toilet at a time.

 Anti-clockwise movement around poolside

**Leaving the facility**

Swimmers will leave the pool at the same end as they entered and then travel around the poolside in an anticlockwise direction to get to their bags. Swimmers then will dry themselves and get dressed.

Once dressed, swimmers to again travel anti-clockwise around the pool to the fire exit via the boys changing room to maintain a one way system as other users will be using the facility afterwards and may be queuing for entry,

Swimmers leave the facility via the fire exit, and travel up grass mound to the car park and walk to Penland Road where parents/carers should eb waiting to pick them up.

Coaches and CLO will assist with cleaning arrangements as indicated below and will leave the facility via the same emergency exit as swimmers, locking the facility if no one is using it afterwards.

Cleaning arrangements

There will be a cleaning pump spray available in the office and we would kindly ask you to use this at the end of the session to spray any areas used in addition to the main pool area such as the accessibility toilet, hand rails, door handles and the seating area.

**Other points to note for coaches and CLOs**

The following are specific notes for coaches and CLOs:

* HSC swimmers should be able to access the pool area up to 10 minutes before the start of each session, so swimmers should not be dropped off more than 10 minutes before their session.
* There will be a cross over of 15 minutes between users of the pool.
* Unless they are members and using the facility at the same time, no parents/carers or spectators should attempt to enter the facility nor should they be queuing with swimmers outside prior to the session.
* There are two diving blocks available in lanes 1 and 2. There are 6 lanes with normal non-anti turbulence lane ropes. Maximum capacity is 36 swimmers, 6 in each lane, starting from alternate ends of the pool in adjacent lanes
* Full stroke butterfly is not appropriate in the single lane set up. Full stroke butterfly can be swum in one way sprints with walk-backs where all swimmers are swimming in one direction.