HAILSHAM SWIMMING CLUB

PROCEDURES AND PROTOCOLS FOR USING FREEDOM LEISURE, UCKFIELD SWIMMING POOL

Address of the Facility

Uckfield Leisure Centre

Downsview Crescent, Uckfield

[TN22 1UB](https://www.google.co.uk/maps/@)

**Entering the facility**

* **Coaches and COVID Officers**

Coaches and CLOs to enter the facility via main entrance and advise reception that they are with HSC.  They will then be shown to the pool area via the one way system.  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, ie outside footwear is not permitted.

* **Swimmers**

Parents/carers to drop off swimmers outside the front entrance.  There is plenty of parking for swimmers driving themselves.

Swimmers should go through the large metal gate at the side of the building and to the left of the main entrance.  One of the CLOs will be at the gate.

Swimmers should queue alongside the building until asked (by one of the CLOs) to enter the pool area through the fire exit.  The path where swimmers will be queuing is in the shade in the afternoons, and has cover in the event of rain.

Due to the limited space around the pool in a number of areas, it is likely that swimmers will be called into the facility in group/lane order.  This is so swimmers can enter the pool area, drop of bags, shower and then enter pool in their lane groups in an orderly fashion.

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, have their temperatures taken and sanitise their hands.  They can wear poolside flip flops if necessary once inside.

**Within the facility**

Once swimmers are in the pool area they must turn left (in front of the lifeguard station) and walk clockwise around the pool towards the opposite side where there will be 4 benches, ie 1 for each lane group. Before arriving at the benches all swimmers should (if they have them) submerge their kit bags in the pool water for sanitisation purposes.   Their bags (not kit bags) should be left by the benches, and then they should continue clockwise around the pool to the changing room and shower area.  The changing rooms will be closed, but shower area and toilets will be open.  If swimmers need the toilet before the session they must use the toilet before they shower. There are male and female toilets in the small changing area, and only one swimmer is allowed in each toilet at a time.

Every swimmer **must** have a shower prior to entering the pool.  After their shower they must then continue around the pool clockwise to the end of the pool (which they would have already passed just after entering the pool area).  Swimmers can then enter the pool.  All swimmers must enter and exit the pool at the same end, ie the left hand side as they enter the pool area.

 If groups are split between lanes 1/3 and 2/4 with a coach at each end, then one group will need to swim to the other end of the pool to receive instructions from their coach.  Swimmers will need to know which lanes they will be in before entering the pool, so they can ensure their kit bags and water bottles are at the right end.

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

**Leaving the facility**

 Swimmers must all leave the pool at the same end, ie the end opposite their bags and the benches.  Swimmers must leave the pool in lane order, ie 1 first, then 2, etc.

Swimmers to then travel clockwise around the pool to their bags, dry themselves and get dressed.

Once dressed, swimmers to again travel clockwise around the pool to the fire exit via the large slide, ie not the same fire exit they came in.  Uckfield has strict one way systems throughout the centre.

Swimmers leave the facility via the fire exit (under the supervision of a CLO), go down some steps and then walk along a path next to the school astro turf.  They will enter the car park at the far side, where they can be collected by a parent or guardian. Both the swimmer and their parent/guardian should then return to their vehicle immediately.

 Coaches and CLOs to leave facility via main reception, following one way system, and advise reception that all HSC swimmers have left the pool area.

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

The following are specific notes for coaches and CLOs:

         The shallow end of the pool is 0.9m deep, so tumble turns should be possible.

         There are no 5m flags, plus the structure of the roof does not run parallel with the swimming lanes, so backstroke is not advised at Uckfield.  Therefore only freestyle and breast stroke recommended.

         There should be at least 30 minute intervals between HSC and public swimming sessions.  For some sessions it will be 45 minutes.  HSC swimmers should therefore have no interaction with public swimmers once inside the facility.

         HSC swimmers should be able to access the pool area up to 15 minutes before the start of each session, so swimmers should not be dropped off more than 15 minutes before their session.

         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.