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**KCASA Masters supported/hosted by KWSS Masters - Tuesday swim sessions information**.

**Masters Swim Training Sept 29th 2020 and weekly from then on 7.45pm pm to 8.45pm Strood Sports Centre. Last session Dec 15th 2020**

Tuesdays 7.45 to 8.45pm at Strood Sports Centre. Meet outside at 7.35pm for registration 1-2m apart. Strood Pool Car Park is quite difficult to find if you have not been there before, so allow plenty of time to get there. It is around the back of the Sports Centre via Woodstock Rd (and then Whitham Way) off London Rd (the A2) going West out of Strood. The address is Strood Leisure Centre, London Rd, Strood ME2 3JG.

KCASA Masters have booked Strood pool (8 lanes) every Tuesday for one hour coached sessions 7.45pm to 8.45pm up to and including Dec 15th. The Coach is Jay Parsons of BLSC. He is an experienced masters coach who excels in attention to detail with swim technique. Given that Kent Clubs have lost so much pool time, and that some clubs have reduced their time allocation for their masters swimmers alarmingly ( to zero hrs per week in some cases) we (KCASA and KWSS ) have organised some coached masters swimming at Strood on Tuesdays 7.45pm to 8.45pm. These sessions are supported and financially sponsored by KCASA.  
  
We invite you to participate. KCASA have guaranteed that they will subsidise any losses from this venture as they are particularly keen to promote Masters swimming at this awful Covid 19 time.   
  
It will be an opportunity for you to train with Kent masters swimmers of all ages, levels of fitness and aptitudes. It is hosted by KWSS masters who could not fill all 8 lanes with their own masters, so have opened it up to all masters swimmers from Kent to try to break even. We already have swimmers from Orpington, Gravesend, Black Lion, Beachfield, KWSS, Tonbridge, Ashford, Maidstone and Greenwich Royals.  
  
Please let me know if you are interested ASAP.  We currently have 25 swimmers signed up but can support up to 40 masters swimmers in the 8 lanes as is permitted by Medway Council.  
  
Fingers crossed that you are interested. If so let me know and please return the form attached, filled in.  
  
Take care - hope to see you on Tuesdays at about 7.35pm at Strood Sports Centre

Arrive “beach ready” (i.e. costume on under outer clothes) if possible. Changing Rooms are available however – see below for the protocols for their use.

Masks must be worn when entering and leaving Strood Pool Sports Centre but not on poolside.

Pay John King £6 in cash at the entrance for the first session. You may have to pay a £2.50 facility entry fee unless you are a Medway Member. KWSS will pay this for non- Medway Sports Centre members out of the various £6s collected. If you are a member of a Medway Leisure Centre please bring your membership card along (thank you).

**Pay £6 cash per session or pay by Bacs for the 11 remaining sessions – up to you (£66).** BaCs address is KWSS, sort code 20-54-25 a/c no. 33597180

Additional kit required: pull buoy and kick board, also short fins, snorkels and hand paddles if you have them and a full large bottle of water. Use a locker for your clothes or bring them on poolside in a bag to put on the seating area (which will be empty as no spectators are allowed) bags 1-2m apart.

Swimmers will be allocated to certain lanes to match their aptitude and fitness levels.

Lead coach is Jay Parsons.

The form below must be signed and the table on page 6 filled in please ASAP and given to John King by 7.35pm at the latest on the day, or emailed to John King before then to [johngking119@live.com](mailto:johngking119@live.com) .

Any problems ring John King 07849 295 958

### Hazard Identification and Risk Assessment

**Risk Assessment for** Masters (18+/Adult) Swim Training on 29th Sept 2020 and weekly from then

**Undertaken by** John King **Date** 9.9.20

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Identified Hazard** | **Persons at Risk** | **Risk Significance** | | | **Action required** | **Date Action taken** |
|  |  | **Low** | **Med** | **High** |  |  |
| Accident at or outside Facility (eg. tripping) or other medical issue e.g breathing problems | Swimmer /coach | Y |  |  | First Aid available at facility. Follow pool operator’s procedures. Sufficient supervision for 1 to 1 with injured including taking to hospital if required | 9.9.20 |
| Accident in pool (eg injury) or other medical issue e.g. breathing problems | Swimmer |  | Y |  | First Aid available at Pool. Follow pool operator’s procedures. Sufficient supervision for 1 to 1 with injured including taking to hospital if required. **Pre- existing Medical conditions reported to organisers 24 hrs in advance.** | 9.9.20 |
| Ensure all Swimmers and coaches have read and signed the KWSS Masters swimming document/form | All |  | y |  | Collect in forms before session 1 | 9.9.20 |
| Ensure all Swimmers and Coaches have read and obey **Strood Sports Centre COVID19 Protocols\*** and agree to follow them | All | y |  |  | Issue Pool Protocols before session 1. Ask swimmers to sign that they have read them and will follow them | 9.9.20 |
| Lack of social distancing at the sports centre inside and outside | All |  |  | Y | Swimmers not to arrive too early, to spend minimum time in changing rooms. Come” beach ready” if possible. To distance by at least 1m on poolside, in the changing rooms and outside. Showers are for rinsing only (no shampoo, shower gel etc). No spectators are allowed. | 9.9.20 |
| Lack of disinfecting of hands | All |  |  | Y | The centre will provide hand sanitising disinfectant which swimmers and coaches should use regularly | 9.9.20 |
| Lack of physical distancing in the pool | Swimmers |  |  | Y | Maximum of 8 swimmers per lane, 40 in the pool as a whole | 9.9.20 |
| Use of water and toilets | All |  | Y |  | Toilets to only be used when absolutely necessary. Water bottles to be filled before arriving at the pool. | 9.9.20 |
| Masters fitness worries | Swimmers |  | Y |  | The coaches are aware that Masters swimmers are often at completely different levels of fitness and may not have performed any training for many months. They will keep a close eye on all and suggest rest regularly as appropriate. Swimmers to indicate in advance their perceived level of fitness to the organisers. Coaches will decide the lanes appropriate to each swimmer | 9.9.20 |
| Covid 19 Virus (general) | All |  |  | Y | If you have any of the symptoms of Covid 19 given below or have been in close contact with another who has in the past 3 weeks DO NOT ATTEND. If you dispute this, contact John. | 9.9.20 |
|  |  |  |  |  |  |  |

**Strood Pool Protocols (KWSS Comments in bold):**

We (Strood Sports Centre) will require a register from you of the people attending the session each week. This can be given in the day before or prior to the session, however we will need this before any person attending can enter the building**. John King ( or a substitute) will take the register at 7.35pm** Anyone not on the list will not be able to enter. If people can then check in at main reception about 5 minutes before the session to show a valid membership or pay a daily admission **(£2.50 – KWSS will pay this)**.  All contact names and numbers are held for 21 days for a track and trace system. There is a member of the club in reception to meet anyone attending your session **(John King or substitute).**  
I can confirm it is a maximum of 40 people in our pool, whether you choose to have double or single lanes. Please let me know which set out you require, double or single lanes. **We are using single lanes**  
  
You are able to use our changing rooms and lockers, as it will be solely your club in the pool area at your designated time. We ask that people arrive with swim wear underneath their outdoor clothing and try to keep the time in the changing rooms to a minimum **(i.e. beach ready**). Where possible use the same changing room at beginning and end of session to keep contact to a minimum. There are showers poolside to rinse off before and after entering the pool, but no showers available for the use with shower gel and shampoo.

Masks must be worn in the Sports Centre ( not on poolside though) when entering and leaving.

Protocols given above are from Strood Pool on behalf of Medway Council.

**Masters Swim Training Sept 29th 2020 and weekly from then on 7.45pm pm to 8.45pm Strood Sports Centre . Last session Dec 15th 2020 - Information**

* Organisers John King and Glen Isaacs of both KWSS and KCASA (Development Officer and Masters Officer respectively for KCASA).
* John King publicity, information, payment and communication 07849295958.
* Lead Coach: Jay Parsons
* swimmers are aware of what is involved, kit required and emergency telephone number 07849 295 958 ( John’s Phone number)
* Warn swimmers about good behaviour and following Strood Sports Centre rules
* Make list of those intending to swim and medical and next of kin details
* Check that a minimum of 2 coaches are present (spare adult to take to hospital etc)
* Allocate swimmers to different lanes and groups depending on aptitude and fitness
* Check on any swimmer who needs to take medication.
* Check on Swimmers needs who have disabilities
* Check on the nearest Hospital with A&E details Postcode and telephone number
* Check that swimmers are wearing masks in the Sports Centre (entering and leaving the centre – they are not required poolside)

### Medway Martime Hospital,Windmill Road, Gillingham ME7 5NY

### Ring 111 for non emergencies or 999 for emergencies

### **Or** 01634 830 000 (Full A&E)

* Try to ensure that a first aid trained adult is present - not essential as the pool operators should have one and be left to undertake their job.
* Ensure that organiser (John or substitute) and communicator (John or substitute) has everyone’s phone number and next of kin number mobile number.
* If the session is cancelled John (or substitute) to contact swimmers in advance (telephone, email, Twitter and Facebook)

### Just before/during the swim

* + - Ensure that a full suitable warm up is undertaken – Jay Parsons or substitute
    - Check that swimmers requiring medication (e.g. inhaler) possess it/have remembered to bring it.
    - Check all have suitable attire, especially footwear, clothing and swim kit
    - Check on non- attendees by phone if possible
    - Check that all swimmers follow a carefully constructed warm down

### After the swim

* Check that all belongings have been collected in

### De-Briefing

* + - Discuss what went right and went wrong with key personnel and the swimmers’ rep
    - File risk assessment and make note of concerns for future, if any.

9.9.20

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**John King KWSS Risk Assessor, Covid Coordinator and KWSS treasurer**

**Scroll down (Important Swimmer form below)**

**Form to be signed and given (or e-mailed in advance) to John King - johngking119@live.com**

**I have read the above guidance and agree to abide by the guidelines and protocols listed above and in the risk assessment. I can confirm that I have none of the symptoms of Covid 19 – high temperature, loss of taste or smell senses, or a new continuous cough. I have not been in close contact with anyone with Covid 19 symptoms as far as I am aware over the past 3 weeks. (If you do not like these rules/would like to discuss this, please ring 07849295958)**

**Name of Swimmer : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now please fill in the table below – **ESSENTIAL** Please

|  |  |
| --- | --- |
| Full Name \* |  |
| Date of birth |  |
| Self -perceived Level of Fitness | Ring one of:  High Medium Low Exceptionally Low |
| Email address |  |
| Phone no.\* |  |
| Club/s |  |
| Pre- existing Medical Condition(s) | MUST be communicated to [johngking119@live.com](mailto:johngking119@live.com) in advance of the first session you swim at (at least 24 hours in advance of the first session please) |
| Name of next of kin and phone number |  |

\*Required for Track and Tracing by Medway Council

Form for individual Swimmers to fill in and sign. Return the “filled in” form to [johngking119@live.com](mailto:johngking119@live.com) ASAP as an attachment **or bring it at 7.35pm on the day of the first session you swim at**. Pre-existing Medical Conditions must however be communicated 24 hours in advance so that arrangements/discussions can take place.