

GREENWICH ROYALS SWIMMING CLUB



RETURN TO SWIM PROCEDURES (UPDATED 8 APRIL 2021)

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DECLARATIONS

- All swimmers, coaches and volunteers **must** complete the COVID-19 Health and Risk Declaration. A link to the Declaration can be found on the home page of the Greenwich Royals Swimming Club website.
- Individuals who have not completed the Declaration will not be permitted to return to training.
- The Declaration requires all swimmers, parents / guardians, coaches and volunteers to only attend training sessions if they are fit to do so (as set out in the Declaration) and to inform the Club immediately should they develop any symptoms (as set out in the Declaration)

TRAINING TIMETABLE

- Timetables will be published and made available to all members before returning to the pool, via e-mail and the Club's website.
- Swimmers will only be able to train in their allotted sessions and in their allotted 'squad bubbles'. Swimmers turning up to sessions not allotted to them will be turned away.
- The timetables may change as further lockdown measures are eased and more pool-time becomes available to the Club. Updates will be communicated via e-mail and the Club's website.

SQUAD REPRESENTATIVES / COVID LIAISONS / COVID LEAD

- The Club will appoint a COVID lead.
- All squads will be assigned a COVID liaison / lead representative, and deputy representatives
- Squad representatives, or a named deputy (hereafter – squad representative), will attend every squad training session.

- Squad representatives will keep a register of all swimmers, coaches and volunteers in attendance at each training session.
- Squad representatives should familiarise themselves with each venue's isolation area
- In the event that a swimmer is taken ill during a training session, the squad representative will escort the swimmer to the venue's designated isolation area and contact the swimmer's parent / guardian.

PRE-SESSION PROCEDURES

- Training Sessions will be by invitation only and organised into 'squad bubbles'.
- Pool time and space is limited. In the event that squad numbers exceed numbers permitted in the pool, training sessions will operate via a rota.
- The Club will maintain a register of swimmers permitted to any given training session.
- Coaches will provide swimmers and the squad representative with a list of the required kit ahead of training sessions.
- Swimmers' kit should be marked and clearly identifiable as their own before bringing to training sessions. Kit should be carried in a mesh kit bag that can be submersed for cleansing in the pool.
- Swimmers should regularly attend the sessions allocated to them. If a swimmer is unable to attend a session, all efforts must be made to inform the coach or squad representative with as much notice as is reasonable. Consistent failure to attend training without prior notification will result in a swimmer being removed from the squad register.

TRAINING SESSIONS

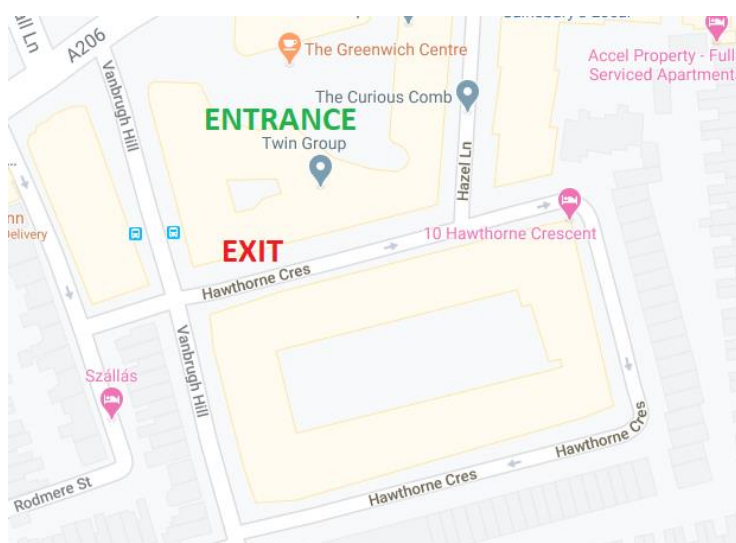
- Swimmers, coaches and volunteers must wear a face covering at all times whilst: gathered outside of the pool venue; making their way to poolside; leaving the venue after training.
- Swimmers, coaches and volunteers arriving by public transport should adhere to Transport for London COVID-19 guidance.
- Swimmers should avoid sharing lifts to and from the venue with individuals outside of their household or support bubble. If swimmers do need to share a lift, then only do so with those in your squad bubble.
- Swimmers should only bring to each training session the required kit for that session, as directed by their coach or squad representative.
- Swimmers should not share their kit with others.
- Subject to a satisfactory completion of the COVID-19 Health and Risk Declaration, swimmers must bring any medication that may be required during a training session (for example, an asthma inhaler) in a waterproof container, which should be kept with the kit bag. Swimmers should not share asthma inhalers.
- Parents / guardians should not attend training sessions, unless in the capacity of a volunteer, or unless via prior arrangement with the Club.
- Swimmers should arrive at the venue in their swimming costume, with outer clothing suitable also to wear when leaving the venue and travelling home.

- Swimmers should not arrive at the venue entrance any more than 10 minutes prior to the timetabled session start time.
- Once entry is permitted, swimmers must immediately remove their outer clothing and be ready to start training promptly. Kit bags will be kept poolside in an area designated by their coach / squad representative.
- Swimmers arriving late to a session may be turned away; this will be at the discretion of the squad representative, following consultation with the coach and / or pool duty manager.
- Swimmers, coaches and volunteers will enter and exit the pool venue via the venue's prescribed Entry and Exit procedures (See Venues).
- Swimmers should register with the Squad Representative before entering the pool area; only swimmers whose name is on the register will be permitted to swim.
- Swimmers should use the handwashing stations set up poolside and around the venue, prior to and post each training session.
- Swimmers should endeavour to go to the toilet at home, and not use the facilities at the venue. Only in emergencies, will coaches permit swimmers to use the venue facilities. Swimmers must use the handwashing station before re-entering the pool.
- Swimmers should bring at least 2 pre-filled water bottles to each session and not use the drinks fountains at the venue.
- Coaches and the Squad Representative will remind swimmers of social distancing and lane protocols ahead of each session:
 - All lanes to swim in one direction as advised by the coach
 - Swimmers only to breath to one side of the pool as advised by the coach
 - No more than 8 swimmers per 2m single lane, 4 started from each end. Swimmers to either
 - Stop short at the end of the pool at 1m intervals, or
 - Exit to poolside for rest intervals as directed by coach with social distancing observed.
 - Swimmers not to overtake mid pool, unless directed to do so by the coach
 - Lane order will be organised by coach
 - No splashing whilst in pool
 - No side by side swimming/kicking
 - No physical contact of any kind whilst in pool or poolside
- Swimmers who consistently fail to adhere to the social distancing and lane protocols will be removed from the squad register
- Any swimmer taken ill during a training session will be taken to the venue's isolation area until a parent / guardian collects them
- Parents / guardians must arrive at the venue promptly at the end of each training session to collect swimmers. Any unplanned delay to collect swimmers should be notified to the squad representative as soon as possible. If swimmers are consistently collected late, such that a coach or volunteer is required to remain at the venue to supervise, the swimmer will be removed from the register.
- Swimmers should have vacated the venue within 10 minutes of the end the of the session.

VENUES SPECIFIC REQUIREMENTS

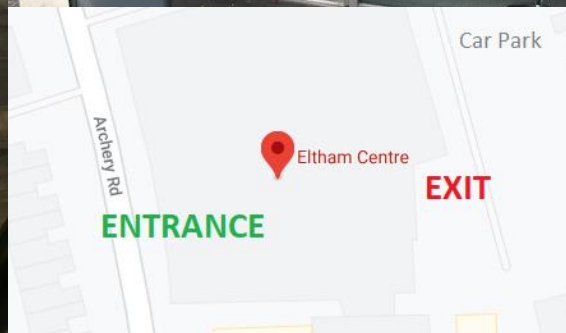
GREENWICH CENTRE

- Arrive “Beach Ready”, with outdoor clothing on top of swimming costume.
- Enter through the Main Entrance off Woolwich Road.
- Follow the Clearly Marked **One Way System**, through the left hand set of doors and down the stairs towards the pool and gym area.
- Register with the COVID squad rep in the seating area before entering the changing room area. No Spectators will be permitted to wait in the seating area.
- Follow the one way system through the changing rooms to poolside.
- Once pool side, remove outdoor clothing and store in your dry bag.
- Coaches will explain where to store dry bags and pool side kit.
- Listen to Coaches’ instructions regarding specific protocols for the session.
- Changing room toilets will be closed. The poolside, disabled toilet is available for emergencies only.
- After the session, exit the pool, towel dry off, put on outdoor clothing, follow the one way system behind the lockers.
- **DO NOT ATTEMPT TO LEAVE THE CHANGING ROOMS BACK THROUGH THE ROUTE YOU CAME IN.**
- Learn to Swim, Bronze, Silver and Gold Squad swimmers must wait at the fire door at the end of the changing rooms for the COVID squad rep in order to be signed out.
- Follow the one way system to exit the building onto Hawthorne Crescent.
- Parents collecting swimmers must wait outside of the fire door exit on Hawthorne Crescent.
 - **Do not attempt to enter the building.**
 - **Do not park on Hawthorne Crescent.**



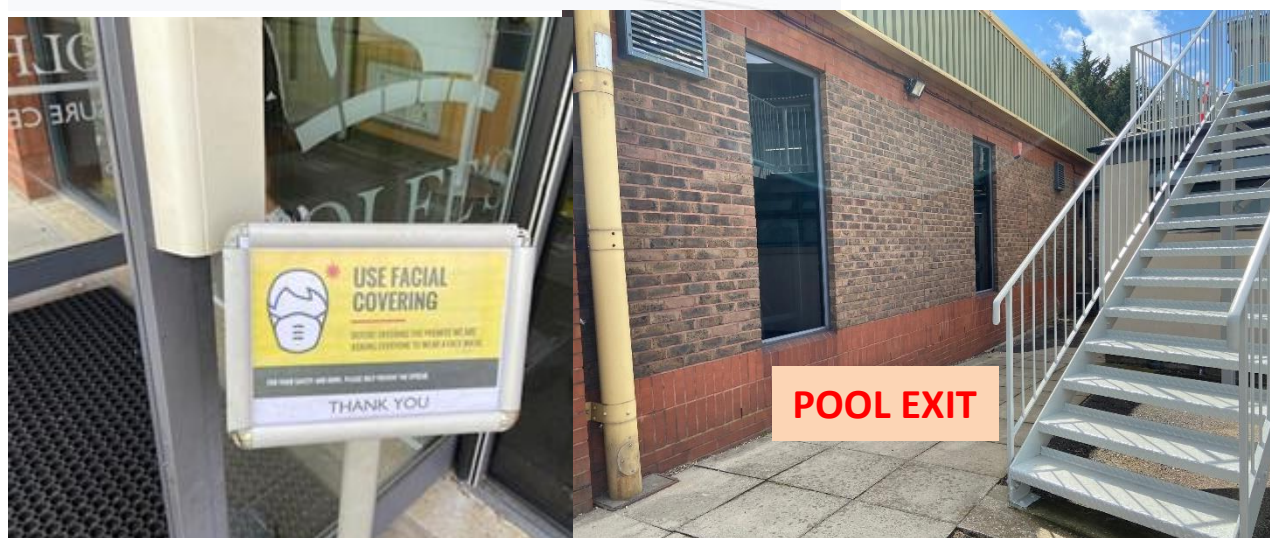
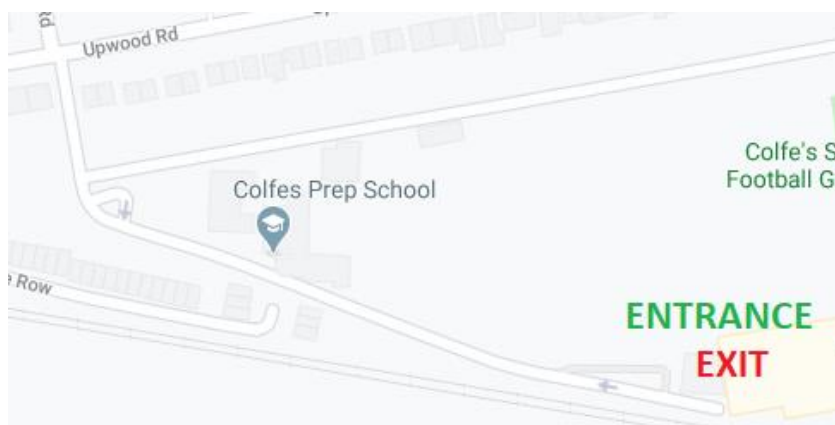
ELTHAM CENTRE

- Arrive “Beach Ready”, with outdoor clothing on top of swimming costume.
- Enter through the Main Entrance off Archery Road.
- Follow the Clearly Marked **One Way System**, for swimmers and queue in the designated area.
- Register with the COVID squad rep by the reception desk before entering the changing room area. No Spectators will be permitted into the gallery.
- Follow the one way system through the turn styles and the through the double doors leading directly to poolside.
- **THE HATCHED AREA NEXT TO THE TURNSTYLES ONLY PERMITS ONE PERSON TO ENTER AT A TIME, SO YOU MUST ADHERE TO THESE SOCIAL DISTANCING MEASURES.**
- Once pool side, remove outdoor clothing and store in your dry bag.
- Coaches will explain where to store dry bags and pool side kit.
- Listen to Coaches’ instructions regarding specific protocols for the session.
- Changing room toilets will be closed. The poolside, disabled toilets are available for emergencies only.
- After the session, exit the pool, towel dry off, put on outdoor clothing and wait by the fire doors next to the water fountain.
- When leaving the pool area, exit to the changing rooms via the training pool area and follow the one way system back towards reception. **REMEMBER THE PROCEDURES ABOVE WHEN PASSING THROUGH THE HATCHED AREA.**
- To exit the building, follow the “**EXIT THIS WAY**” signed which lead to the rear exit door and into the car park area at the rear of the Eltham Centre.
- Parents collecting swimmers must wait outside of the rear exit door (pictured below).
 - **Do not attempt to enter the building via the rear exit door.**



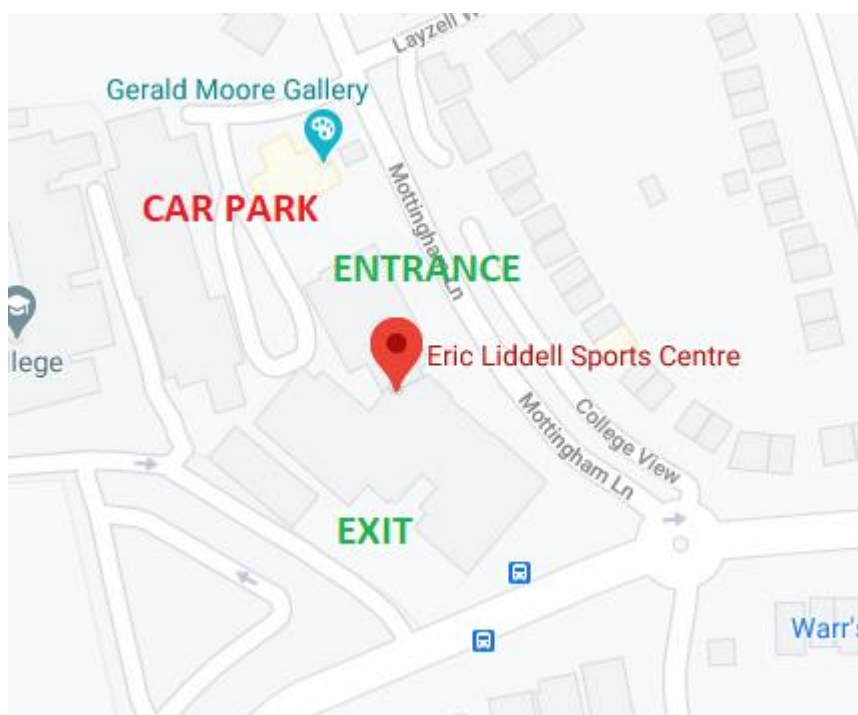
COLFE'S SCHOOL

- Entrance to Colfes School will be via Upwood Road only, no entry will be permitted via Horn Park Lane. **Be aware on Road Closures in the area coming from Horn Park Lane.**
- Arrive “Beach Ready”, with outdoor clothing on top of swimming costume.
- From the car park, follow the Clearly Marked **One Way System**, for swimmers and queue in the designated area, maintaining social distancing as per the markings on the pathway.
- **Face masks must be worn when passing through the reception area adjacent to the pool.**
- Hand sanitiser is available in the reception area.
- Register with the COVID squad rep upon entering the doors between reception and poolside. No Spectators will be permitted into the gallery.
- Once pool side, remove outdoor clothing and store in your dry bag.
- Coaches will explain where to store dry bags and pool side kit.
- Listen to Coaches’ instructions regarding specific protocols for the session.
- Changing room toilets will be available for emergencies only.
- After the session, exit the pool, towel dry off, put on outdoor clothing and wait poolside with the COVID squad rep.
- Swimmers will exit the pool building, passing the changing room area, and through the fire door adjacent to the bottom of the stairs shown below.
- Parents collecting swimmers must wait outside of the exit fire door.
 - **Do not attempt to enter the building via the exit fire door.**
- Exit Colfes school onto Upwood Road.



ERIC LIDDELL (ELTHAM COLLEGE)

- When dropping swimmers off at the start of their session, entrance to Eric Liddel Sport Centre will be via Mottingham Lane Road only, there is no entry to the Centre via the Grove Park Road car park.
- Arrive “Beach Ready”, with outdoor clothing on top of swimming costume.
- From the car park, swimmers should follow the one-way-system, through the main entrance and assemble in the reception area, maintaining social distancing.
- Register with the COVID squad rep upon entering reception and. No Spectators will be permitted into the building.
- Make your way to pool side, following the clearly marked one-way-system.
- Hand sanitiser is available in the reception area and throughout the Centre.
- Once pool side, remove outdoor clothing and store in your dry bag.
- Coaches will explain where to store dry bags and pool side kit.
- Listen to Coaches’ instructions regarding specific protocols for the session.
- Changing room toilets will be available for emergencies only.
- After the session, exit the pool, towel dry off, put on outdoor clothing and wait poolside with the COVID squad rep.
- Swimmers will exit the pool building, through the changing room area, following the one-way-system and through the fire door to the rear of the Sport Centre, adjacent to the Chapel.
- When collecting swimmers, arrive at the Mottingham Lane Road car park and wait in the car park. Swimmers will make their way around to the car park from the Exit at rear of the Sport Centre.



THAMESMERE LEISURE CENTRE

- Arrive “Beach Ready”, with outdoor clothing on top of swimming costume.
- Swimmers should wait under the canopy in front of the main entrance follow the one-way-system, through the main entrance and assemble in the reception area, maintaining social distancing.
- Register with the COVID squad rep upon entering reception and. No Spectators will be permitted into the building.
- Make your way to pool side, following the clearly marked one-way-system.
- Hand sanitiser is available in the reception area and throughout the Centre.
- Once pool side, remove outdoor clothing and store in your dry bag.
- Coaches will explain where to store dry bags and pool side kit.
- Listen to Coaches’ instructions regarding specific protocols for the session.
- Changing room toilets will be available for emergencies only.
- After the session, exit the pool, towel dry off, put on outdoor clothing and wait poolside with the COVID squad rep.
- Swimmers will exit the pool building, through the changing room area, following the one-way-system and through the main entrance, out of the building.
- Female swimmers will exit via the female changing room area.
- Male swimmers will exit via the male changing room area.

