

Health

Symptoms of Covid-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get sick very quickly. Most people with coronavirus have at least 1 of these symptoms:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If parents / guardians or swimmers or a member of the household have a cold, fever, anosmia or any signs or symptoms of COVID-19 they are not to enter the swimming facility or attend swimming lessons. They should self-isolate for two weeks, therefore, are not permitted to attend swimming lessons for two weeks. Unless you have had the test and /or been all the all clear from your GP/NHS

All members will be expected to complete the Swim England Health Screening before returning to the pool.

All members will be expected to complete the Swim England Declaration before returning to the pool. All members will be responsible for updating Bromley Swimming Club, should a member of your household show symptoms of Covid-19 and will not return to the pool for two weeks.

A member of the team will be asking you on our arrival if you are healthy and feeling well.

Covid-19 Procedures

- A one-way system will be implemented. Please see the Pool Plan (Page 5-6).
- Hand sanitiser upon entry and exit of the building will be provided.
- Swimmers will need to come **beach ready** with swim costumes on under a onesie/dry robe and crocs/flipflops.
- Swimmers must ensure their hats are on and goggles have been adjusted to fit before entering the building. Teachers will not be allowed to adjust goggles during the lesson.
- Where reasonably possible, efforts must be made to **limit changing time** by drying and putting loose, warm clothing over the damp costume to then change at home.
- As per School Measures: Only **one** adult may be permitted to bring their child, with no non-swimming siblings, to minimise the number of users around the building.
- Adults **at all times** will need to wear their face masks and to sanitise their hands should they need to enter the building.
- Communication at the pool will be limited therefore please email aquacubs@bromleysc.com if you have any queries.

Arriving/ Parking

Please enter the school via Blackbrook lane and follow the one-way system round to the pool area.

The Pool

The pool is twenty-five metres long and twelve metres wide.
Depth in the deep end is two metres and depth in the shallow end is 0.9 metres.

Before the lesson

Parents will drop off their child at the Poolside Entrance (visible from the car park) whilst wearing a face mask and maintaining social distancing 10 minutes before the start of the session.

Swimmers **must have their kit. Sharing will not be permitted.**

Swimmers will be greeted by a COVID-Liaison and will enter the pool through the spectator space sanitising their hands when entering. Swimmers have to bring their own hand sanitising gel.

Swimmers will need a bag in which to undress once on pool side and this bag will be left on pool side while they swim and collected by them at the end of the lesson. Ideally a bag that is open and easy for them to put in the onesie/dry robe and crocs/flipflops.

The COVID-Liaison will indicate to the swimmers where to wait for the session to start.

Swimmers will enter the pool on the left-hand side, by the windows.

During the lesson

Please take every measure to use the toilet facilities at home before leaving for swimming. Should a child need to use the toilet during the lesson, they will be guided to the disabled toilets by the COVID-Liaison. The swimmer will be expected to use the facilities independently.

After the lesson and Changing

Swimmers will exit on the right-hand side of the pool after collecting their bag containing their quick-change clothes i.e. onesie/dry robe, towel, underwear for changing into.

The changing rooms will be used at the end of the lesson, making sure social distancing is maintained. Be sure to walk as far through to the end of the changing rooms as possible to allow others in behind.

Swimmers who are **8 years old or over** will be expected to change independently in their corresponding gender changing area.

If your child is under 8 years old, parents may enter through the changing rooms **only 5 minutes** before the end of the lesson and will **wait in the area marked 'P'** on the Pool Plan (Page 5-6) at the end of this document. Adults will need to wear masks and blue overshoes in the changing rooms.

There will be **no use of the showering facilities** to ensure a quick exit of the building.

A COVID-Liaison will stand by the exit to ensure swimmers safely return to their parents who should **wait outside in the playground.**

Changing rooms will be cleaned with disinfectant after each lesson by Bromley High staff.

Spectator Area As per the School Measures: **This area will not be in use from next term - Autumn 2020**

After dropping swimmers off at the spectator area entrance parents preferably should wait in their car. Parents can wait outside on the playground area just outside the changing facilities please maintain social distance. You may choose to wait by the pool and watch from the windows but again respect social distancing particularly when the next class arrive to enter through the spectator space.

As per the Schools Measures: **Parents are now unable to wait inside school buildings.**

Emergency Action Plan In the event of an emergency whereby the pool needs to be cleared swimmers will be escorted calmly from their lesson and congregate outside at the deep end of the pool where the fire exits are. We will be responsible for evacuating the pool area and the teachers are all aware of their roles in ensuring the evacuation is carried out safely and effectively.

Parents will be contacted via text/email so please do ensure your mobile is available, charged and not on silent.

The STA guidance stipulates:

The preservation of human life will always take priority over social distancing. Therefore, if a swimmer is in difficulty, the lifesaver / swimming teacher will respond quickly and where required.

Pool Plan:

