

Dear Aquacubs members,

2020 has been an unprecedented year and one that I am sure we will remember for a long time. Despite the restrictions we have seen, it is with great delight that we can officially announce the return of Aquacubs to Bromley High for the Autumn Term.

The term will run for eleven sessions from Sunday 20th September 2020 - Sunday 6th December 2020 inclusive, except for Sunday 25th October 2020 which will be half term.

To secure a place this term, payment will need to be made no later than Tuesday 15th September 2020. Please note that you should have a credit on your Team Unify account which can be used for this term.

The cost for the Autumn Term will be £110.00.

Some changes have been made to ensure the safety of all users with the events seen this year and as a result, the timings of our sessions will be slightly altered. The swimmers will have deconditioned over the six-month period they have seen out of the pool and a controlled and gradual return is one we are looking for to prevent injuries. This means we will see all classes running over twenty-five minutes and our new timetable will run as follows:

15.30-15.55pm	Cubs Squad 1 (Nic) and Cubs Squad 2 (Richard)
15.55-16.00pm	Class Transition and Cleaning
16.00-16.25pm	Confident Beginner Cubs (George), Developer Cubs (Luca), Improver Cubs (Richard) and Junior Cubs (Nic)
16.25-16.30pm	Class Transition and Cleaning
16.30-16.55pm	Confident Beginner Cubs (George), Developer Cubs (Luca), Improver Cubs (Richard) and Junior Cubs (Nic)
16.55-17.00pm	Class Transition and Cleaning
17.00-17.25pm	Confident Beginner Cubs (George), Developer Cubs (Luca), Improver Cubs (Richard) and Junior Cubs (Nic)
17.25-17.30pm	Class Transition and Cleaning

Due to social distancing, Aquacubs are not currently in a position to offer lessons to our Beginner Cubs this term, however we are anticipating a return for these groups in 2021.

In accordance with government, Swim England and Bromley High guidelines, significant measures have been implemented therefore please carefully read the items below. It is crucial to the smooth running of the programme that all are fully informed of the new procedures and know what to expect. This should help ease concerns you or indeed the swimmers have.

Before your first session back, we will need:

- A signed copy of the Code of Conduct (Page 7)
- A completed Swim England Health Screening (attached in email)
- A signed copy of Swim England Declaration (attached in email)
- Updated contact details on Team Unify

We are so excited about returning to the pool and we look forward to welcoming you back.

Kind regards,
Aquacubs

Aquacubs: Return to Pool

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@bromleyclub.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 lesson.

Swimmers **must ensure their hats are on and goggles have been adjusted** to fit before entering the building. Teachers will not be allowed adjust goggles during the lesson.

Swimmers will be greeted by a member of the Aquacubs Team and will enter the pool through the spectator space sanitising their hands with the gel provided.

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.

A member of the team will escort/show swimmers to their group where swimmers will wait for the lesson to start.

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

During the lesson

A member of staff will safely transport swimmers' bags to the right side of the pool, to be collected by the swimmer after their 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 a member of the Aquacubs Team. The child will be expected to use the facilities independently whilst the helper remains outside.

After the lesson and Changing

Swimmers will exit on the right-hand side of the pool and collect 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 member of the Aquacubs Team will stand by the exit to provide hand sanitiser and 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.

Class Format All classes will run for **25 minutes** per half an hour. The remaining 5 minutes will be used to ensure a smooth and safe transition between lessons and for cleaning purposes.

Length class sizes will remain at ten per class with the teachers on the side delivering the lesson. Cubs Squad 1 and Cubs Squad 2 will run in double lanes so that swimmers can maintain their distance.

Width class sizes will remain at six per class with all teachers **teaching from the side**. An assistant will be provided for the Confident Beginner class who will also remain on the side.

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.**

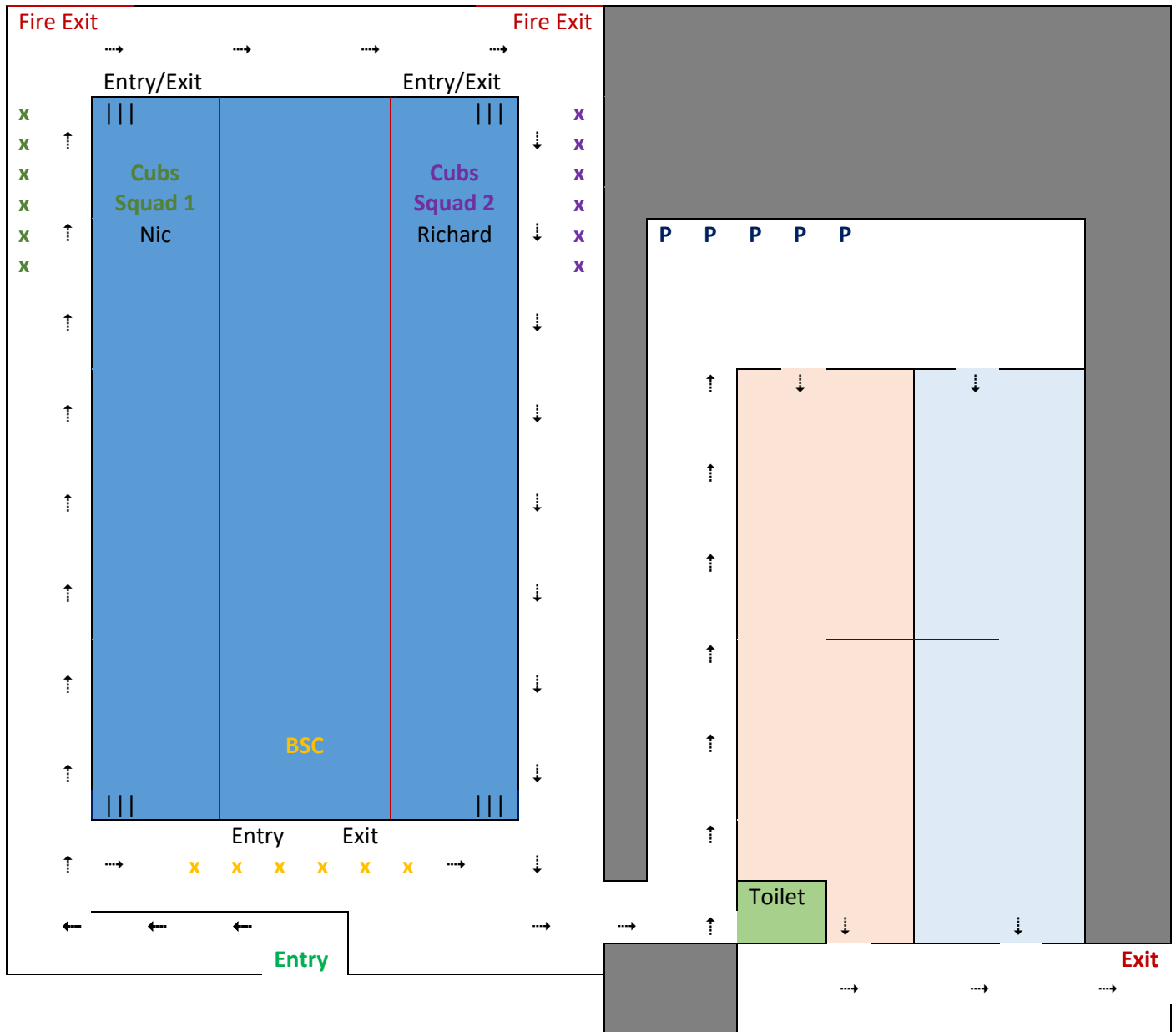
Emergency Action Plan In the event of an emergency whereby the pool needs to be cleared swimmers will be escorted calmly from their lesson and congregate outside at the deep end of the pool where the fire exits are. We will be responsible for evacuating the pool area and the teachers are all aware of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

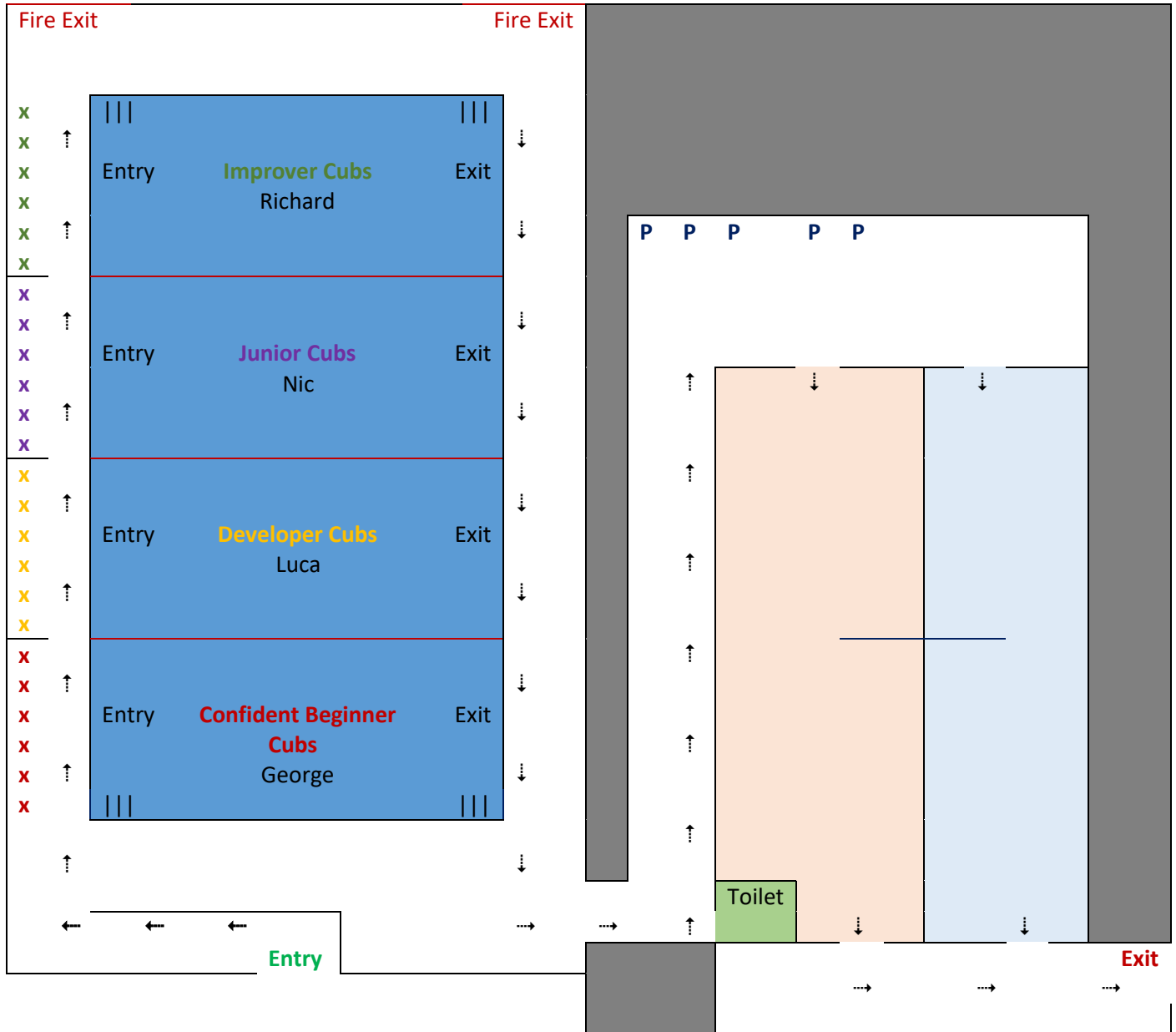
The STA guidance stipulates:

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: 15.30-16.00pm



Pool Plan: 16.00-17.30pm



Code of Conduct

Parent/Guardian

As a parent or guardian of a swimmer at Aquacubs/ Bromley Swimming Club, I have read and understood the Aquacubs: Return to Pool document and agree to abide by:

- Bromley Swimming Club Code of Conduct
- Swim England and Government guidance
- Bromley Swimming Club Covid guidance

Breaches of this code of conduct may result in disciplinary action being taken against you by the Club Committee. Repeated breaches may result in parents/ guardians being asked not to attend the club.

Signature of parent/ guardian

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Print name

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Date

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