



COVID 19

Safe return to water protocol

Protocol for Swimmers, Parents, Coaches and Volunteers

V1.2 – Date 8th Dec 2020

The following control measures need to be adhered by all of our swimmers, parents, coaches and volunteers:

All training sessions will have a Covid officer, except master swimmers (adults) who are individually responsible to follow these CV-19 protocols.

All members sign an indemnity/waiver document and agree they will not send swimmers to training with any symptoms.

Before leaving the house

- **Hand washing** before leaving home, entering the building, leaving the building and returning home.
- Athletes to **arrive in swim wear ready** to swim underneath their outside clothing (except if coming straight from school).
- Swimmers are encouraged to **go to the toilet** before leaving the house.
- Pre and post pool stretching exercises are not advised poolside, swimmers to do them at home if possible.

Carpark/ Entering the building

- Follow government guidelines for wearing facial covering during travel to and from training if by public transport.
- Staff, volunteers and swimmers over the age of 12 and without an exemption (unless there are medical reasons), **must wear face covering** when exiting their cars to line up outside the centre.
- **Strict social distancing** must be adhered to outside and within the pool building and follow the one way system signage supplied by the pool provider.
- **Use of Hand sanitizer** at the beginning of the session, it can also be used during sessions.
- The Covid officer will lead swimmers into the pool and masks must be worn at all times whilst entering poolside.

Equipment

- Swimmers to only use own equipment. No sharing or borrowing of equipment will be allowed.
- Only required kit to be brought to each session, coach to advise swimmers what will be needed.
- Swimmers to bring their own waterbottles. No sharing or borrowing of waterbottles will be allowed.
- Towels and swimwear to be washed regularly.
- Kit must not be stored at the venue and shall be taken home and cleaned after each session.

Poolside and changing (before and after the session)

- Swimmer to go straight to poolside as directed by Covid Liaison Officers.
- When entering poolside swimmers to use a **designated individual area** for their bags.
- Swimmers will have a 5 minute window before and after the session to get changed poolside.
- **Swimmers to wear masks whilst changing before or after swimming.**
- **Swimmers only remove the mask when ready to enter the pool.**
- Swimmers to put their masks back on after the training session and before changing whilst standing at the changing stations.
- Swimmer should dry themselves poolside and put on outer clothing.
- **IMPORTANT NOTE (Safeguarding):** At the beginning or end of the session, any swimmers removing or changing into their swimming costume whilst changing by pool side are requested **to cover themselves with a changing robe/towel or a large towel, so accidental inappropriate displays are avoided.**
- Staggered start times between squads will be scheduled, however Covid Officers to ensure that groups are separated and follow social distancing rules if there is any unexpected overlap between squads finishing and starting sessions.

Changing Rooms and Showers

- The use of the changing rooms will be restricted, with following two exceptions:
 - Any swimmer going straight to school/ coming to training straight from school, can ask their Covid officer to use an open cubicle at the changing area. Social distance must be adhered to and masks should be used until the swimmer gets to poolside, ready to get into the pool or has left the building.
 - Any squads that have land training straight after a pool session will be allowed to use two Group Changing Rooms with a maximum of 7 people at a time in each of the changing rooms. The Covid Officers will stagger the access to the changing room to ensure we comply with this rule. Swimmers must adhere to social distance measures and wear masks whilst changing.
- Swimmers who need to use changing rooms and lockers must notify their coach/ Covid Liaison Officers in advance. Officers to check changing room usage with provider and ensure safe distances and agreed usage are maintained before and after swimming.
- Use of poolside showers to be limited to those who need to go straight to school only (following the MBC protocols). Only one swimmer at the time, with a quick rinse only. No other showers to be used.

Toilet breaks

- Where possible swimmers should use the toilet at home before arriving at the facility.
- Where a toilet break is absolutely necessary the swimmer must ask the coach, who will ensure that only one swimmer at the time uses the toilet.
- **IMPORTANT NOTE (Safeguarding):** Covid Liaison Officers should not escort swimmers to the toilet, they must stay by the poolside and not enter the changing rooms with a swimmer if someone else cannot see them.

Swimming Session

- Coaches to wear face coverings at poolside at all times ,except whilst the swimmers are in the water or entering/exiting the pool.
- Coaches to ensure strict social distancing during the whole training session.
- Coaches to take registration once swimmers get to the poolside.

- Coach to prepare a plan for the squad prior to the swim session.
- This plan to include; training bubbles, allocation of swimmers to lanes and protocol for overtaking and sets.
- Distancing to be maintained according to guidelines whilst in the pool – coach to instruct swimmers on the squad plan above at the start of every session.
- Swimmers **to use the same lane each session.**
- Drinks breaks shall be controlled by the coach with staggered times. Water bottles clearly marked for each swimmer. No use of other swimmers bottles.
- Each swimmer must bring their own equipment. Equipment must not be shared.

Leaving poolside/ existing the building

- Exit through MBC main reception.
- At the end of the session, Covid Liaison Officer to escort swimmers through the back stairs into the balcony as the training exit for all squads in the afternoon, to avoid overlapping squads being too close either at poolside or whilst transiting the changing areas. Covid Officer to ensure that the groups use the stairs quickly, as this is an emergency exit that cannot be blocked.
- Swimmers to wear masks, adhere to social distancing whilst transiting the changing room area using the one way system in place.
- Mask coverings to be used whilst entering and exiting the MBC centre.
- Athlete to leave the facility as soon as possible. Covid officer or coach to wait until swimmers have left the facility for younger squads.
- Coaches to leave poolside as soon as sessions complete.

Late arrivals

- Swimmers to be made aware that they need to arrive on time.
- Special circumstances only: swimmers to enter the building through the main reception area wearing masks and following strict social distancing rules. Swimmers must use hand sanitiser before entering the pool and once by poolside liaise with the squads' Covid Officer before changing or commencing the session.
- Members are requested to give the coach or the Covid officer as much notice as reasonably possible if they can't join the session on time.

Parents

- Advised to wait in cars wherever possible.
- MBC centre spectator area not to be used at any time during any sessions whilst Portsmouth is in Tier 2.
 - Whilst in Tier 2, there will be an Exception process for any swimmer with a medical condition who needs their parents to be nearby. Parents will need to provide an official medical note stating that they need to be present while their swimmer is training.
- For younger children, parents are to wait outside the venue to collect their child whilst wearing masks and following strict social distancing rules.
- Instruction to parents for collection of their children (younger age groups). Parents to ensure they are at the venue prior to the session finishing.
- Communication with your swimmer's coach should be carried out by email and not in person at the end of the session.

Swimmers become unwell during session

- Covid officer to isolate the individual in the first aid room or other suitable area, whilst the coach continues with the training session.
- Covid Officer to alert the lifeguard/first aider and follow the venue's protocols.
- Covid officer to use appropriate PPE – club supplied first aid kit, masks and gloves to be kept poolside.

- Disposable masks will be available poolside for swimmers in case they become unwell and they cannot locate their own mask.
- Covid Officer to contact parent/guardian or next of kin.
- Covid Officer and or Coach to follow PNSC Symptoms, direct contact and positive and negative cases protocol as required.

Poolside Office

- Only one member of staff / volunteer to use the office at any time to maintain social distancing. Only two people are allowed if they can be two meters apart whilst wearing masks.
- No swimmers or parents allowed in the poolside office.
- Clean desk policy, all desks to be kept clear and wiped down with anti bac before and after use.