

## Return to training - Safety Protocol & Procedure for Covid - Secure Training Sessions at Inspire Sports Village (correct at time of release 04/08/2020)

**Swim England (SE)** “ We recognise that training sessions may not look like a “normal” programme of swimming training however the circumstances that we are operating under are not “normal” & clubs, workforce & participants will need to accept that to be able to utilise pools whilst complying with government guidance, they will need to adapt accordingly.”

Please remember that these rules are here for YOUR safety, YOUR Families Safety, Coaches/Teachers Safety & the Pool Providers Safety & as such are **unbreakable**. Unfortunately, there will be no warnings given to anybody in breach, they will not be able to partake in the session. PSC Club risk assessments focus on maintaining social distancing, minimising transmission risk adhering to facility, SE & government guidance.

**Training Groups:** ‘Swimmers Bubbles’ Athletes will train only with that group, until such a point guidance changes. Any Athlete displaying symptoms, or where a household circumstances change, recommendation to obtain a test & the following of all guidelines will be given, if positive test result may then include NHS track & trace. Remaining Athletes training in the Bubble will be notified by the Club immediately & appropriate action taken. These Bubbles maybe outside of the normal squad structure of the club.

**Training Content:** SE guidance focuses on training activity rather than competitive training. Swimmers will need a significant block of training before competing. Initial training will be gradual & progressive enabling Athletes to build fitness whilst minimising injury risk.

**Competitive activity:** SE will publish further information as government guidance on numbers indoors evolves & restrictions on numbers in gatherings relax. Please prepare for no competitions 2020, which also impacts Pathway Competitions 2021.

**Land training:** Will continue via zoom & occasional outdoor sessions subject to risk assessment, maintaining safeguarding. Updates land training guidance accordingly.

**Safety Briefing: Video Briefing** on pool protocols will be shown to all participants via a video link/recording before their first session. ‘ **No briefing, no access**. All involved (or parents u18yrs) need to agree and confirm in writing (via email or online) that they have seen / read the briefing, understood the requirements and commit to adhering to them. ‘(SE Guidance page 24). **PSC Covid Team: Covid Lead-** Lawrence Palmer, **Covid Liaison-** Lesley Batson, Catherine Pound, Donna Ptlomey, Ian Dickson, Kelly Quinn & Jeff Zorn. The Covid-19 Lead / Covid-19 Liaisons have the right to refuse entry to training to any member they believe have symptoms of Covid-19, including a temperature taken upon entry of 37.7 degrees or whom they believe is returning to training too early after having Covid-19. For members not adhering to their code of conduct / safety briefing, swift intervention will be taken to ask them to leave the facility. There is no right to appeal these decisions. (SE).

**Lifeguarding, Health & safety arrangements.** It’s the responsibility of the Club to minimise the risk of any injury / illness therefore reducing the ‘risk ‘of a participant requiring first aid which minimises the ‘risk’ of transmission between members & facility staff. Dealing with illness during a session, if a swimmer states they have a headache, tummy ache, feeling sick during the session or doesn’t feel well, the parent/guardian will be called to collect them as there will be no facility to sit on the side of the pool.

**Transportation & Parking:** No lift sharing. Drop off & Pick up only. Once dropped off at the designated zone, please move your car to a parking bay elsewhere in the car park. Parents please stay close to the facility, following known guidelines.

**Arrival:** Participants arrive at the pool 'beach ready' in a tracksuit or other suitable clothing. This includes the mandatory wearing of a **Face Covering on arrival and exiting for over 11yr old (Aug 2020)** For clarity, all participants, parents and workforce, **must** stick to **scheduled timings** to enable arrival & departure to take place effectively without overloading the capacity of the facility. There will be **NO late entry** poolside. **Entrance WILL NOT BE** through Inspire reception area. Entry procedure will be shown via the video briefing. There will be a socially distanced queue to **sign in** (using own pen) & **Temperature Check**. This will be for each session & will serve as the participant continuing to confirm the status of their signed declaration, any change from that declaration you must notify the Covid-Lead prior. Entry to the pool is one way adhering facility protocol. **Hand sanitising** for all participants upon entry. **NO** lockers.

**The length of pool & width of lanes:** Inspire: the pool will be set up with 2x 25m tanks & 4x double width lanes per session. The 2 tanks are deemed 'Dive Pit end' & 'Window end'. Each session may operate in a different tank, participants & parents will be notified & it's important each athlete knows which tank they will be training in. **No** diving blocks in use.

**The set-up of poolside space:** 'Bubble' number will be visible; each Athlete will be given a number & go to their allocated space where they will leave their kit and wait. There will be clear zones for pool briefing & marked spots where each Athlete's equipment / drink must be placed for access without the risk of congregation.

**Activity pre & during:** All notifications for sessions will be via google classroom for Athletes & TU for parents. It is imperative that Athletes maintain social distancing when static in & out of the water. Thorough briefing will be given in regards to pre-pool activation at the facility. Session itself has strict lane etiquette and rules which will be in video briefing.

**Equipment:** Hats are compulsory for all. Equipment **MUST** be clearly named & should be cleaned before & after use with pool water. Equipment that can't be cleaned in the pool water should be cleaned with anti-viral wipes. Athletes should have their own equipment & only bring what is required for that session in a small bag or in their main backpack. This information will be provided in advance. Sharing / handling others' equipment is **NOT** permitted & equipment should not be left / stored at the facility. Anything left poolside unfortunately will have to be disposed of, neither PSC or centre staff are able to handle any equipment / clothing etc due to transmission risk. Athletes must bring sufficient fluids for the session, with clearly named bottles so as not to require vending machines. Water fountains will **NOT** be in use.

**Use of facilities: following SE Advisory** in regards to transmission risk & permitted numbers, PSC members are **NOT** using the changing rooms / showers. The facility policy: if a Club uses changing rooms, they are limited to only 24 swimmers per session capacity, if not, then max load capacity per session is 40 participants. The gallery, studios & Café will not be in use and parents asked not to congregate in reception. We have also incorporated the following Swim England advice on using the bathroom (July2020) "**participants and workforce should avoid using wash / toilet facilities if possible**", but if used, then they should wash hands thoroughly, use hand-sanitiser where possible & not touch their mouth or nose."

**End of Session:** Collect clean all equipment, Athlete towel off after training & return home to shower. Post pool protocol to be performed at home. Designated exit route, each 'Bubble' will be escorted through the changing room, reception for exit & collection. Use hand sanitizer on existing facility. Parents **MUST** be there to collect on time following guidelines.

**Transitions between activities:** There are small time gaps between concurrent sessions for cleaning purposes. One group of participants will leave the deck before the next group arrives.

Please respect decisions made by Covid-Leads & Coaches. Unfortunately, we won't be able to speak to parents before / after sessions to avoid participant congestion. Any communication please contact us via email or if not attending the session use the absence line.

**NO REQUIRED PAPERWORK WILL BE ACCEPTED ON THE NIGHT OF A TRAINING SESSION. ALL** must be completed & submitted prior as requires Club signatures & is our Risk assessment required by Active Luton prior to training. Anyone wishing to see our risk assessment for Inspire please email [contact.us](mailto:contact.us).

Points of Contact during this period for any issues in regards to Covid-19

Lawrence - [contact.us@putteridgesc.co.uk](mailto:contact.us@putteridgesc.co.uk)

Welfare issues - [welfare@putteridgesc.co.uk](mailto:welfare@putteridgesc.co.uk)

- I confirm that I have read pages 1-3 'Return to training - Safety Protocol & Procedure for Covid-Secure Training Sessions at Inspire Sports Village' and will commit and adhere to all requirements stated.
- As a parent / guardian of a Swimmer/Swimmers returning to training, I confirm that I have read and read to my swimmers returning, pages 1-3 'Return to training - Safety Protocol & Procedure for Covid- Secure Training Sessions at Inspire Sports Village' we understand and will commit and adhere to all requirements stated.

Signature		Date	
Parent/guardian signature (for members under 18)		Date	
Received by Covid-19 Officer		Date	