



Covid-19 Return to swimming guidance for Beckenham Swimming Club Crystal Palace Pool

A guide for parents, swimmers & coaches

- Do NOT come to training if you or someone in your household is unwell or displaying symptoms of Covid 19
- Complete the Return to training Declaration form and Health survey, these need to be signed printed off and handed to Jo Wilson or Sharon McSpadden before entering the Sports Centre.
- All swimmers need to shower before they leave home and have their swim wear on. • When you arrive at the car park, please do not gather in groups.
- Swimmers at all time should avoid coming within two metres of other swimmers who are not in their household.
- Parents are NOT permitted to enter the Sports Centre • To access the pool you will need to go through the Sports Centre and follow the arrows to the downstairs pool.
- We expect the swimmers to calmly and quietly enter the Sports Centre
- Swimmers on arrival are NOT permitted to use the changing rooms and will be directed directly to the pool.
- There will be designated areas poolside for swimmers to leave their bags • Please bring only the necessary training equipment and one water bottle
- Before entering the pool the Coach will give a briefing to the swimmers. Please listen carefully and ask if there is something that you do not understand
- Once the session has finished swimmers will be able to use the changing rooms but will NOT have access to the showers. Social distancing must again apply.
- Please do not hang around the changing rooms and make your way to the car park via the side of the pool and along the walkway by the volleyball court.