



Covid-19 Return to swimming guidance for Beckenham Swimming Club

A guide for parents, swimmers & coaches The Spa pool

- 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, Sharon McSpadden, or a squad rep/Covid Officer before entering the Centre.
- All swimmers need to 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 meters of other swimmers who are not in their household.
- **Parents are NOT permitted to enter the Centre apart from the following squads; Dev 1, Dev 2 and Tadpoles**
- To access the pool you will need to go through the glass doors near the outside wooden seating area. **DO NOT USE THE MAIN ENTRANCE**
- We expect the swimmers to calmly and quietly enter the Centre while a register is taken.
- Swimmers on arrival are NOT permitted to use the changing rooms and will be directed directly via the stairs to the seating area by the trophy cabinet by a Covid Officer.
- There will be designated seating for swimmers to leave their bags
- Please bring only the necessary training equipment and one water bottle
- The coach will collect the swimmers from the steps close to the designated seating area.

- 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 need to get changed in the designated seating area. Social distancing must again apply.
- Please do not hang around and make your way to the car park via the nearest fire exit.

PLEASE NOTE:

- THERE ARE PLANS TO REOPEN THE CHANGING ROOMS AT THE SPA
- SWIMMERS MAY ONLY USE THE TOILETS ON THE LANDING BEFORE ENTERING THE POOL
- TO USE THE TOILETS IN THE CHANGING ROOMS YOU WILL NEED TO ASK THE LIFEGAURD FOR A KEY