



## **Covid-19 Return to swimming guidance for Beckenham Swimming Club Trinity School 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, Sharon McSpadden , squad rep or Covid Officer before entering the pool.
- All swimmers need to shower before they leave home and have their swim wear on.
- Arrive at the school's 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 pool, only the Covid Officer
- Swimmers and coaches must enter the Swimming Pool building via the automatic doors and must exit via the Fire Exit.
- We expect the swimmers to calmly and quietly enter the pool
- Swimmers on arrival are NOT permitted to use the changing rooms and will be directed directly to the pool. Toilets will be open.
- Once on poolside, swimmers must leave their belongings on one of the taped-off areas marked on the far side of the pool.
- 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 exit via the Fire Exit. Social distancing must again apply.