



Covid-19 re-opening guidance for Swimming Clubs

In order to protect yourselves and our staff we have made several changes to our day-to-day operation in order to comply with government guidance. These include:

- **Social Distancing.** We have removed furniture to discourage people from remaining in the centre longer than necessary. The space also allows for a queuing system where people can maintain a gap of up to 2m. We have also moved the lockers to one side of the pool corridor to create more space and prevent bottlenecks around the entrance of poolside.
- **Cleaning Regimes.** We have re-written and increased the frequency of our cleaning regimes to ensure the health and safety of all our users and employees.
- **Hand Washing** stations have been set up around the centre to enable users to keep their hands clean whilst maintaining social distancing.
- **One Way System.** Whilst our entrance remains the same you can no longer use the same doorway to leave the centre. Signage will direct you to the back door which leads into the school's car park on Grove Park Road. There is a side gate which leads back to our car park. Users of the sports hall must leave via the designated fire exit.
- **Toilets.** We now have separate 'wet-side' and 'dry-side' toilets so that users can maintain social distancing.
- **Changing.** The changing rooms will only be available for swimmers but there will be no access to the showers for now. All users are advised to arrive for the pool 'ready to go' and to shower at home.
- **Lockers.** We now have separate 'wet-side' and 'dry-side' lockers so that users can maintain social distancing in the lobby and corridor and not take their belongings up to the gym.

In addition, we have also redecorated the changing rooms and pool corridor, which are in the oldest part of the centre.

If you are coming in to use the centre, please remember:

- If you have any of the Covid-19 symptoms, please stay at home. Check www.nhs.uk
- Please arrive on time for your activity, but not early.
- Keep the time taken in the changing rooms down to a minimum.
- When leaving the centre, follow the signage to the correct exit, adhering to the one-way system.
- All our regular first aid and emergency procedures remain in place.

For swimming clubs:

- Remember to check to see if any of your swimmers or workforce fall into the at-risk category www.nhs.uk
- Please communicate to us your Covid-19 Liaison Officer prior to your first session back. This person or someone acting on their behalf must be present at every training session.

- The Covid-19 Liaison Officer should ensure that all swimmers and coaches attending sessions at ELSC have signed (parent/guardian signature if under 18) a declaration form stating that they are symptom free, will only attend training if they remain symptom free and are returning to training fully aware of the risks associated with the Covid-19 virus. These need to be available to ELSC upon request.
- The Covid-19 Liaison Officer must keep a record of everyone who attends a training session at ELSC including spectators. These need to be available to ELSC upon request.
- Only 1 spectator is permitted on to poolside per household/social bubble.
- There is to be a maximum of 6 swimmers per lane.
- Swimmers are asked not to share their equipment and to clean it after training by submerging it in the pool water.
- Coaches are not permitted to enter the water unless performing a rescue.
- We appreciate it will be hard to socially distance swimmers in between sets. To help, we have placed 1m markers on all sides of the pool so that swimmers can distance themselves in the pool or alternatively climb out.
- All lanes must swim in the same direction.
- Where clubs have more than 2 lanes, please split into smaller groups and start from opposite ends of the pool, in order to help social distancing.
- There will be a 10-minute gap after your training session. Please use this time to stagger the finish of your swimmers, allowing 1 lane only to leave poolside at any one time. As soon as the last person from that lane has left poolside the next lane can leave.
- ELSC will provide a 10-minute interval before and after your training session to allow for cleaning and to help ease congestion in the changing areas.
- Adherence to the above protocols will be monitored by the Duty Manager of the day and our CCTV system.
- Failure to adhere to the guidance provided in this document could jeopardise current and future bookings.