

# Maxwell Swim Club Ltd

## COVID-19 – Phasing In

### Code of Conducts

### Swimmers & Coaches

#### Coaches:

##### Prior to Returning to Poolside

- All coaches must attend the training as dictated by the Head Coach prior to taking up their role on poolside
- All coaches must ensure they fill out a health survey provided by the club before their return to poolside.
- All coaches must be aware of their duties, responsibilities and requirements before their return to poolside.
- All coaches must be aware of their training bubbles allocation, their coaching rota and when they are required on poolside.
- All coaches must ensure they are conducting life outside of the pool in a responsible and safe manner as to not put any members of the club (swimmer, coach, volunteer or parent) at risk.

##### During Coaching Sessions:

- Coaches must arrive a minimum 10 minutes before their scheduled coaching time.
- Coaches must ensure they are in appropriate clothing, with a face mask and their club tee shirt.
- All coaches must wash their hands for a minimum 20 seconds before and after using any shared equipment.
- When swimmers arrive, coaches must line them up in single file within their coaching groups, facing towards the coach.
- All coaches will take a head count, fill out the registers via Team Unify and take each swimmers temperature with the temperature monitor provided.
- If a coach feels a swimmers must not swim, they must inform the external staff who will escort the child back to their parent and explain the situation that has arisen and advise they get a health check from their local GP.
- The coach will then walk the swimmers in single file, into the facility and direct them to their changing positions on poolside
- Coaches will direct swimmers one-by-one to each start position in each lane.
- Coaches will maintain at-least 2 metres from any fellow coaching staff and swimmers at all times.
- Coaches must follow the guidelines provided by the government regarding health and leisure centres.

- The direction and logistical running of a session is at the coach's discretion, as long as social distancing is constantly maintained at all points.
- Coaches will direct their swimmers one-by-one out of the pool back to their changing position.
- Coaches will ensure swimmers are walked out of the building in single file to the drop off point, maintaining social distancing at all times.
- Coaches must not leave until every swimmer has been collected by their parent/guardian.
  
- Equipment and Shared Surfaces:
  - Coaches will not share any equipment, at any point. This includes stop watches, white board markers or writing utensils.
  - Any unavoidable sharing areas must be wiped down before and after use (for example fixed wall white boards)
  - It is imperative coaches ensure all possible shared surfaces are reduced. Therefore the opening and holding of doors must be done by the coach, no swimmers should be sharing surfaces where possible.
  - Coaches are not to leave poolside or their group at any point.
  - There will be no more than three coaches on poolside at any one time
  - Coaches must not cover other coaches outside their own allocated training bubble, or ask for cover from a coach outside their allocated training bubble.
  - All final coaching cover must be validated and processed by the Head Coach. Coaches are, however, responsible for arranging their own cover.

### Swimmers

Note the following rules must be strictly followed by all swimmers. Not obeying or following the rules below will result in the swimmer being removed from the session and potentially being suspended for a period of time pending review.

- Swimmers must follow advice already given when arriving to their session, whilst at their training session and when coming to leave their training session.
- Swimmers must stay in their 'training bubble' at all times with NO exception. There is no reason for a swimmer to need to leave their assigned bubble and enter another bubble. This is strictly prohibited.
- Swimmers must maintain distancing on poolside at 2m at all times with no exception. Swimmers must also follow the in-pool guidance previously given in this pack.
- Swimmers must not share lifts with other swimmers to arrive or leave a training session, as previously mentioned any swimmers doing this will be turned away from the training session.
- Swimmers must bring a named water bottle to every session. This is essential to maintain their hydration. The bottle MUST be named as an essential requirement.

Bottles must not be shared under any circumstances. Swimmers must check the name on their bottle before drinking.

- Swimmers must only bring minimum and essential equipment to their training sessions. Swimmers must also not share any equipment with other swimmers in the pool. Anyone missing equipment will not be allowed to use another swimmers and will not be lent equipment. As a club we do not have equipment to lend out.
- Swimmers must not use any equipment they find at training facilities, equipment at training facilities belongs to the pool provider and not Maxwell Swim Club Ltd.
- Swimmers must arrive to training sessions with their costume/trunks on underneath their clothes. No changing facilities or showers will be provided.
- Swimmers must not approach other swimmers or friends during this time. Social distancing MUST be observed. This must happen inside and outside of the training facility.
- Swimmers must have read the athlete declaration form. It must be digitally signed via the re-registration process for that swimmer.
- Swimmers must use hand sanitiser when arriving at the pool/training facility.
- Swimmers must keep all belongings in their designated poolside zone.
- Swimmers must stay in their poolside zone for pre-pool, pool briefing and post-pool.
- Swimmers must listen to their coach and obey instructions given by their coach. They must ask their coach if there is something they are unsure about.
- Swimmers must not try to catch another swimmer in their lane up or attempt to overtake. Swimmers must keep distance in the pool as well as on land.
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- Swimmers must not arrive late to their session without prior arrangement. Arriving late without prior arrangement will result in the swimmer being turned away.
- Whilst it may be difficult, swimmers must attempt to not cough or sneeze into the pool. They must leave the pool after asking their coach to cough or sneeze if possible.
- Swimmers must not spit anywhere in the facility under any circumstances.
- After a swimmer has finished their pool session, upon coach advice, swimmers must go directly to their designated poolside zone to dry off and get changed.
- Once changed swimmers MUST wipe down their designated zone using provided sanitisers.
- Swimmers must bring all equipment home.
- Swimmers must leave the pool whilst following staff instructions, they must use hand sanitiser when leaving the facility.
- Swimmers must go straight to their car when leaving the pool and go home for a shower.
- Swimmers must not leave any equipment behind at a training session.
- Swimmers must not hang around after a training session to have discussions with other members.
- Swimmers must not under any circumstances share food or drink with another member/swimmer.

- By re-registering to Maxwell Swim Club Ltd and selecting your swimmers as members, you and your swimmer agree to not breaching any of the swimmer rules set out in this document.
- Breaching any of the rules set out in this document after signing and returning to training could result in you (the swimmer) being suspended from training pending review.