



## Returning to Training with Reading Swimming Club

### FAQs

To those who have completed our survey, thank you. We are keen to get our programmes up and running again in a way that works as well as possible for our members. We have listed below some common questions that are being asked and the information we can provide on them currently.

Swim England have now released their Return to Pools guidance which can be found [here](#). The Government have also now given the green light for indoor swimming pools to open from 25<sup>th</sup> July. We are working hard to implement our plans to return to training in line with this guidance and the parameters put in place by our facility providers.

Please bear with us while we work hard to put together our programmes again and plan to get our swimmers back in the water as soon and as safe as possible.

- **How will swimmers be social distanced in lessons/end of lanes?**
  - The coaching team are working hard to develop session plans that will minimise the need for swimmers to congregate at the ends of lanes and in groups in the pool. Facilities have now indicated how the lanes will be organised at the pools and at all pools this will mean normal lanes with a maximum capacity placed on them. We are therefore working with this information to organise lanes at every session and subsequently, the content of sessions to enable swimmers to remain socially distanced. This is subject to be altered in line with government and scientific advice.
- **How will social distancing be implemented in changing rooms?**
  - This is something that we know a lot of our members are concerned about once sessions return. During our initial phase of returning to training, it has been agreed between ourselves and our facility providers that changing rooms will not be accessible for RSC members. Risk assessments are also being put together in collaboration with our facility providers to make sure that there is minimal risk to our members in their facilities. This will obviously be reviewed during the summer and amendments made as guidance permits.
- **What additional facilities will pools provide (e.g. hand sanitiser, cleaning of changing rooms, etc.)**
  - This is something we are liaising with venues on. Obviously we will want all of our facilities that we hire to be adhering to strict cleaning protocols in line with Covid-19 regulations and we will be working hard with them to make sure that these needs are met. Specific protocols will be communicated in due course.
- **Will swimmers be able to use the toilet during sessions?**

- It is likely that we will ask swimmers to use the toilet facilities before and after their sessions if needed, to minimise the need to enter the changing areas during session/lesson times. We will however be allowing swimmers to access the toilets during sessions should they need to, but this will be on a 'one-in, one-out' policy. Swimmers are to return to the end of their lane and awaiting a signal from the coach to re-enter the water.
- **My swimmer has lost a lot of fitness during lockdown. Will training sessions be adapted accordingly to build up their fitness again?**
  - Short answer – yes. The coaching team are fully aware that although swimmers may have been keeping fit in other ways during lockdown, their swimming fitness may take a while to return after such a significant break. Taking this into consideration our plan would be to implement a gradual increase in training to ensure they improve their feel for the water. The coaching team are working together to ensure that sessions are suitable and gradually increased across the initial return to training phase, taking into account current guidance and swimmer feedback. This plan will be communicated out to all swimmers prior to sessions starting back.
- **What will happen if a swimmer or a member of their family may have symptoms of Covid-19?**
  - If any of our members believe they are showing symptoms of Covid-19 or any of their household are showing symptoms, they will be asked not to attend sessions/lessons for 14 days and will be encouraged to self-isolate, in line with Government guidance. This will be the case across all of our squads and teaching programme sessions.
- **What equipment will we be expected to bring to training sessions/lessons?**
  - Coaches will be advising specific equipment required for sessions/lessons in advance, to minimise the need to bring more than necessary to each session. The [club shop](#) will be available to order any items that swimmers do not currently own. Specific kit lists for each squad (and teaching programme) have been communicated out to all members. Please note that there will be no spare equipment at any facility and any lost property will be disposed of at the end of each session by the facility providers. Swimmers will be responsible for all of their own equipment at all times.
- **Will we be required to complete a medical questionnaire before returning to training/lessons?**
  - We have just released our Return to Training: COVID-19 Code of Conduct. This includes protocols for before, during and after training and guidance to conduct a wellbeing check, which must be carried out at home prior to every training session. The Code of Conduct must be read and signed by all swimmers (and parents of swimmers aged under 18) before attending your first session.

- **Will I be able to watch my swimmer train when we return?**
  - All spectator facilities will be closed when we return, therefore you will not be able to watch the training sessions as you would have previously. We will be requesting for parents to help fill the positions of Covid-19 Liaisons who will be present at each session. This is a role that Swim England are requiring all clubs to fill in order for sessions to run. Information regarding this role has been released and if you are interested in becoming a Covid-19 Liaison, please do get in touch.

Hopefully this information will start to help answer some of your concerns and queries about returning to training or lessons with RSC. These will be updated as more guidance is released and the management and coaching team put more plans in place.

In the meantime, we hope you are keeping safe and well.

RSC Management Committee