

## **RADCLIFFE SWIMMING AND WATERPOLO CLUB COVID 19 OPERATING PROCEDURES AND GUIDELINES**

The following is intended to provide details of RSWPC procedures for a return to training in general terms for all members of the Club. Specific details in respect of some training elements will be assessed by the Coaches/Teachers undertaking the session.

### **Covid Lead**

The Clubs Covid Lead is Yasmin Poxton – Email Contact – [Covidlead@radcliffesc.co.uk](mailto:Covidlead@radcliffesc.co.uk)

The Covid Lead is responsible for keeping the Club and Committee up to date on the latest guidance both Local and National and to ensure that the Clubs procedures are being adhered to and working effectively.

The Covid Lead will have direct responsibility for the Covid Liaison Team Members who will report back to identify good or bad practices. The Lead will also have the total support of the Club Committee and Chair and if necessary, request the removal of a member from a session who is repeatedly not following the Covid 19 procedures.

### **Returning to the Pool**

- Training will be by Invitation Only – No member will be permitted access to a session that has not been invited.
- Members are requested to turn up for their session no earlier than 10 minutes and no later than 5 minutes before the start of their session.
- No late arrivals will be permitted to join the session.
- When arriving at the centre no entry will be permitted until the Covid Liaison has completed the register and the centre staff permit entry. The Covid Liaison will then direct the members to the poolside where changing will occur.
- Spaces for changing will be clearly marked out and provided at a suitable social distance.
- All Members are encouraged to use the Hand Sanitiser which is stationed inside the pool area. The Sanitiser inside the foyer is not to be used in order to avoid any congestion in this area where members of the public may be entering the building.
- Members will be allocated a session to attend (Swimmers will also be allocated a lane). **Under no circumstances will a member be permitted to switch sessions.**
- All members are requested to arrive at the pool Beach Ready. Access to the changing facilities at Castle and Radcliffe will result in the numbers being invited to join a session being reduced significantly. We have therefore decided that access to the Changing Rooms will only be permitted by prior agreement only.
- The Toilet facilities will be open; however, these will strictly be used on a one in one out basis.
- No Spectators will be permitted. Parents will be requested to drop the members off with the Covid Support and collect them after a session. Entry to the Centre will be restricted to enable Social Distancing and as such we request that parents wait outside.

- All equipment must be initialled including water bottles. No sharing of equipment will be permitted and the centre equipment will not be used if an item has been forgotten.
- All members must agree to allow the Club to provide Bury MBC with contact details for Track and Trace purposes. Bury Leisure have guaranteed that this will not be used for any other purpose.

### **Lane Swimming**

- Each Lane will consist of a maximum of 5 Swimmers – Lanes will be allocated
- Swimmers will not be permitted to change lanes or overtake mid length
- Overtaking will only be permitted at the end of the pool. Swimmers must recognise that a swimmer has caught up and allow the overtake to happen.
- Rest periods between sets must be taken at a social distance. This will involve swimmers standing 2m apart along the length
- When Instruction is being given by the Coach/Teacher swimmers will stand 2m apart along the length.
- Diving is not permitted
- Any swimmer requiring a prolonged rest period must climb out of the pool and stand at a social distance on the pool side.
- Swimmers may be requested to complete an activity mid length.
- A minimum 5 seconds gap will be required between swimmers for the start of each set. Swimmers must set up in order of speed with fastest swimmers first.
- Session Planning by the Coach/Teacher must be carried out with Covid Procedures in mind.
- Technical Drills in the first sessions will allow for continuous movement and a reduced output thereby allowing the swimmer to swim for longer periods.
- Kick Sets where possible should be undertaken with the face in the water.

### **Waterpolo**

- The Head Coaches for both Senior and Junior Waterpolo will determine the activities that can be undertaken during a session.
- Training will closely follow the Swim England Guidance - Returning to the pool as published and regularly updated.
- All equipment used will be submerged for 15 seconds upon entry to the pool as per the recommendations.
- Any Player requiring a prolonged rest period must do so out of the pool at a point directed by the Coach/Teacher in order to maintain Social Distancing.

## Leaving the Pool

- Members will be instructed to leave the pool in set groups to allow for social distancing and must leave quickly.
- The changing rooms must not be used unless previously agreed due to a pre-existing medical condition
- Parents/Carers are requested to wait outside the centre where the Covid 19 Liaison will direct the member.
- Members using Castle will leave via the changing rooms and then through the foyer. Parents are not permitted in to the centre and must wait outside the centre doors where a Covid Liaison will direct the members to the parent/carer.
- Members using Radcliffe will leave via the fire exit. Parents will be directed to this area at the first few sessions so they are familiar with the process. No parents will be permitted in to the centre.
- Unfortunately, we will be unable to allow Members back on to the poolside to retrieve items they have left behind as the centre staff will be undertaking a cleaning process between sessions. It is therefore important that all members ensure that they have collected their full kit.

## Members Health

- **The Club must be notified immediately via the Covid Lead if a member has been diagnosed or come in to close contact with a person who has contracted Covid 19.**
- **No member will be permitted to train if they are displaying symptoms of Covid 19 or have been in contact with a person who has contracted or is displaying symptoms until they have either had a negative test result or isolated for 14 days. Covid 19 symptoms are as published at the time on the Public Health England Website (The PHE)**

## General

- **All Members are reminded to act responsibly both for their safety and that of others. Any Member found to be repeatedly failing to abide by the Clubs Procedures and Rules will be asked to leave the Training Session. You will appreciate that these are difficult times and your assistance in ensuring a safe return to training will result in the future increase in pool time and the potential relaxation of some measures in the future.**