



Farnham Swimming Club



## Covid-19 Return to Training Protocols

Please read the following protocols and procedures carefully to ensure a safe return to swimming for all of our members

Please note that due to the changing environment and Covid-19 developments in the UK and worldwide, this document may change.  
We will let you know when this happens, so you can revisit this page.

Area of concern	Protocol
<b>Pre-training Registration: before returning to training and thereafter on a weekly basis</b>	<ul style="list-style-type: none"><li>• Complete mandatory pre-training Registration on Team Unify <a href="#">Events page</a></li><li>• Sign up your swimmer on a weekly basis (Friday through to Sunday), in order to be permitted to train the following week</li><li>• Instructions/details in email sent out on 06<sup>th</sup> August 2020. Reminders and updates are also sent via email and our FSC Facebook page</li></ul>
<b>Illness/Accident/Change of circumstances</b>	<ul style="list-style-type: none"><li>• In between completing the weekly pre-training registrations, should anything happen to a swimmer that would change an answer provided in the last pre-training registration, the swimmer/parent must inform the Head Coach immediately and the swimmer should avoid attending training until they have spoken with the Head Coach</li><li>• Only swimmers who are fit and healthy and symptom-free of Covid-19 should attend training. Any accident/incident in the pool will be dealt with by the lifeguard (who has received updated Covid training)</li><li>• If a swimmer has any other symptoms (no matter how mild) which may be connected to another virus or bacterial infection, they should allow at least 48 hours after symptoms have gone before returning to training in order to protect all swimmers and staff. Any incidents in the pool will mean Pool Operators will need to undertake a thorough deep clean</li><li>• If a swimmer becomes ill during a session, they should notify the assigned coach immediately and exit the water to the designated waiting area. The coach will make arrangements with the swimmers' parents/guardians to come and collect them</li></ul>

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<b>Arrival at training “Beach ready”</b>	<p>Swimmers should come to training “beach ready” i.e.</p> <ul style="list-style-type: none"> <li>• Already wearing their swimsuit;</li> <li>• Wearing outerwear that is quick and easy to remove and to put on. It should also be warm and suitable for changeable weather (e.g. Onesie, tracksuit, dressing gown);</li> <li>• Wearing shoes that can be easily slipped on and off</li> </ul>
<b>Swim bags and kit</b>	<ul style="list-style-type: none"> <li>• No kit bags to be brought to training until instructed otherwise by Head Coach</li> <li>• Named water bottles to be brought poolside, plus goggles and hats</li> <li>• No sharing of any kit/water bottles</li> <li>• Swim bags to be left <i>[in designated areas poolside/lockers/as instructed]</i></li> </ul>
<b>FARNHAM LEISURE CENTRE (“FLC”)</b>	
<b>Parking at FLC</b>	<ul style="list-style-type: none"> <li>• Please follow the leisure center’s instructions and directions upon arrival and during departure from the center.</li> <li>• Information to members on social distancing, designated car parking signage, route plans and controls will be provided at the facility</li> <li>• Recommendation for wearing of facial covering during travel to and from training, especially if you use transport other than your own</li> </ul>
<b>Parents/Spectators</b>	<ul style="list-style-type: none"> <li>• NO spectators are allowed currently</li> </ul>
<b>Entering FLC building</b>	<ul style="list-style-type: none"> <li>• Please follow signage and instructions to enter the facility.</li> <li>• The center follows a ‘one-way’ system for entry and exit so please follow the instructions provided at the facility.</li> </ul>
<b>Changing rooms pre-training/showering</b>	<ul style="list-style-type: none"> <li>• Use of lockers and changing rooms will only be allowed based on each facility’s protocol.</li> <li>• Please come ‘beach ready’ in costume and only use changing rooms if absolutely necessary</li> <li>• Swim bags should be placed in designated areas poolside</li> <li>• Facilities will be cleaned and disinfected regularly by the Centre’s staff</li> <li>• Parents are strongly advised to avoid entering changing rooms, unless absolutely necessary</li> </ul>
<b>Poolside</b>	<ul style="list-style-type: none"> <li>• A dedicated video has been released so please watch it carefully</li> <li>• The video includes all the information needed for the swimmers to navigate themselves poolside and has been communicated both via email and on our FSC Facebook page</li> </ul>

<b>Area of concern</b>	<b>Protocol</b>
	<ul style="list-style-type: none"> <li>• In addition, social distancing protocols are to be followed at all times. Parent/Guardians are not allowed to come poolside</li> <li>• Coaches will register you poolside and will allocate you to the designated area</li> <li>• You can only bring swim bags and kits if allowed at the allocated session and venue</li> <li>• Bring your own water bottle and make sure you keep it in the designated area / chair assigned to you</li> <li>• Follow coaches and teachers directions and instructions</li> <li>• Follow lifeguards and center staff directions and instructions</li> <li>• Swimmers are strongly advised to minimise contact between different Lane Groups</li> <li>• There will be distance and instruction markers onto the floor in relevant areas to remind swimmers of the safe distance to be maintained</li> <li>• Minimal training kit will be used during sessions</li> <li>• No sharing of water bottles or any other personal items is allowed during training</li> </ul>
<b>Use of toilets</b>	<ul style="list-style-type: none"> <li>• Please use toilets only if absolutely necessary to minimize any risk of infection</li> <li>• Toilets will be regularly cleaned by the facility's staff</li> <li>• Bags or accompanying kit should not be taken in the toilets area</li> <li>• Swimmers should not use toilets to change swimwear or swim costumes</li> <li>• Clean your hands with soap thoroughly before and after use and do not touch your face</li> <li>• Sanitise your hands using the available sanitary or anti-bacterial stations available prior to returning to the pool</li> </ul>
<b>At end of training session, leaving poolside</b>	<ul style="list-style-type: none"> <li>• You will be asked to leave in order, so please follow your coach and/or teacher's instructions</li> <li>• Collect your water bottle and anything else you have placed in your designated area and follow the lines to the exit or changing rooms, depending on the case</li> <li>• Remain socially distanced at all times</li> </ul>
<b>Changing rooms post-training</b>	<ul style="list-style-type: none"> <li>• You may not be allowed to shower post the session, so please be ready to be collected or leave the building right after the session</li> <li>• Only use changing rooms if absolutely necessary</li> <li>• Clean your hands with soap thoroughly before and after use and do not touch your face</li> <li>• Sanitise your hands using the available sanitary or anti-bacterial stations available prior to exiting the changing rooms</li> </ul>
<b>Exiting FLC Building/Parent pick-up</b>	<ul style="list-style-type: none"> <li>• Swimmers must exit the building to the designated area or to where their parents are waiting for them immediately</li> <li>• If swimmers are unable to exit the building immediately, or their parents are not yet there to pick them up, they should follow the staff's instructions on where to wait</li> </ul>

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<p><b>RAF ODIHAM</b></p> <p><b>Parking at AL</b></p>	<ul style="list-style-type: none"> <li>• Please follow the RAF Odiham’s instructions and directions upon arrival and during departure</li> <li>• Information to members on social distancing, designated car parking signage, route plans and controls will be provided at the facility</li> <li>• Recommendation for wearing of facial covering during travel to and from training, especially if you use transport other than your own</li> </ul>
<p><b>Parents/Spectators</b></p> <p><b>Entering AL building</b></p>	<ul style="list-style-type: none"> <li>• NO spectators are allowed currently</li> <li>• Please follow signage and instructions to enter the facility</li> <li>• The facility follows a strict ‘one-way’ system for entry and exit so please follow the instructions provided</li> </ul>
<p><b>Changing rooms pre-training/showering</b></p>	<ul style="list-style-type: none"> <li>• Use of lockers and changing rooms will only be allowed based on each facility’s protocol</li> <li>• Please come ‘beach ready’ in costume and only use changing rooms if absolutely necessary</li> <li>• Swim bags should be placed in designated areas poolside</li> <li>• Facilities will be cleaned and disinfected regularly by the RAF Odiham’s staff</li> <li>• Parents are strongly advised to avoid entering changing rooms, unless absolutely necessary</li> </ul>
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