



COVID-19 SSC Factsheet – Leisure Centre

- Entry/Exit Leisure Centre – swimmers are to queue outside Shallow End fire exit, down the pathway next to Lady Boswell's, and can only enter once previous squad has left via the deep end fire exit.
- Parents and swimmers are to arrive in the queue 5 minutes before the start of their session. Social distancing markers are in place.
- The aim is to have swimmers in the pool at the start of their session time.
- An SSC COVID Officer will be there to greet you. A register will be taken directly in Team Unify so that attendance is recorded, in line with track and trace guidelines. Swimmers will be reminded of their lane and deep/shallow end allocations (which will stay the same for each session)
- Swimmers over the age of 11 must wear face masks entering and exiting the building.
- Changing rooms will not be used. Swimmers must arrive and depart beach ready – they can only towel down at the end of a session, and put onesies, or similar, back on. Chairs and benches are placed around the poolside, adhering to social distancing protocol, for swimmers to use for bags/clothes etc.
- Swimmers who wish to ensure maximum social distancing can use a specific safety bay instead of the places around the poolside. We can then manage the swimmer in and out of the pool keeping maximum distance from others. (Parents are to advise COVID Leads if they wish for their swimmer to use the safety bay)
- Swimmers are asked to shower and use the toilet before leaving home.
- Toilets will be available for use – one in one out policy.
- Equipment - Swimmers should bring hat, goggles, water bottle, towel and their mesh kit bag. **No sharing of kit or drinks.**
- Parents are not permitted inside facility unless there is an emergency. They will be contacted by the COVID Liaison officer if this is the case.
- Coaches and COVID Officers will wear face masks when swimmers are poolside and take them off once swimmers are in the water.
- Poolside will be 'bucket cleaned' and scrubbed down in between sessions – Leisure Centre manage this.
- PPE will be available at each session – face masks, gloves, hand sanitiser will be on hand for each Coach and COVID officer
- Parents not permitted to speak to coaches before or after sessions. If they have a query it must be emailed to the Coach or Squad Rep directly
- As per Swim England Guidelines, swimmers/parents must complete Health Screening, Risk Awareness Health Declaration and Code of Conduct documentation. Swimmers will not be allowed to participate in lessons if they are not completed.



Pool Set Up:

- 6 lanes with anti-wave lane ropes – max bather load 48 for Leisure Centre
- 5m flags will be in place
- No diving blocks or turn boards

If a swimmer, or member of their family display symptoms of COVID-19:

- The swimmer must not come to sessions, should self-isolate for 7 days and ideally get tested.
- The Club Covid Leads must be notified immediately.
- If the test is negative, they can return to training subject to NHS recommendations supplied with the test result.
- If positive, then the swimmer must follow government guidelines and not return to training until fully recovered. Follow guidelines on returning to exercise after recovering from Covid-19
- If such an incident should occur a club-wide decision will be taken based on the guidance at the time.

COVID Liaison officers will be present at every session. Below is a description of their role.

Swim England Definition:

- A liaison officer attends the sessions and makes sure protocols set by the 'lead' are in place, working, and being followed.
- Speak to any members or workforce breaking those protocols.
- Report back to Covid-19 lead (Tracy Miller and Liz Wallace) if things need to be amended or improved.

What are SSC Protocols?

- Swimmers to queue outside of facility adhering to social distancing guidelines
- Swimmers to be registered upon entry (by Coaches in Team Unify)
- Liaison Officers must ensure:
 - No sharing of equipment and/or water bottles
 - No usage of facility equipment
 - Swimmers are maintaining social distancing
- Post swim COVID Liaison officers will lead swimmers out of the pool building, ensuring they are met by a parent.
- Liaison Officers must ensure they always wear face masks while children are outside of the pool.

What else will Liaison Officers be expected to do?

- Make a record of any disciplinary incidents (including those swimmers not maintaining social distancing rules), and report to COVID Officers.
- Assist swimmers with any medical issues – Record any medical incidents during sessions, and advise COVID Officers
- Use emergency contact details in Team Unify contact parents if necessary. (Coaches can access)
- Ensure parents are adhering to guidelines set – spectators are prohibited, and parents must not try to talk with coaches before or after sessions.
- Supervise swimmers requiring use of the toilets – 1 in, 1 out.
- Stock check PPE – advise COVID Officers when more is needed
- Ensure all paperwork has been cleared from poolside once sessions have been completed.

SSC COVID Leads: Liz Wallace (sec@sevenoakssc.org) & Tracy Miller (treasurer@sevenoakssc.org)