



Return to Swimming - A guide for Parents and Swimmers

Before your session	At the pool	After your session
<p>Do:-</p> <ul style="list-style-type: none"> • Complete the Code of Conduct and Health Declaration on the Club website. • Wash your hands and ideally take a shower before you leave home. • Come to training 'Beach Ready' - ie have your swim wear on under a tracksuit or onesie. • Bring only the necessary equipment - everything must be named. • Mobile phones need to be in a watertight bag. 	<p>Do:-</p> <ul style="list-style-type: none"> • Use hand sanitiser at the hygiene station. • Keep your belongings in your designated poolside area. • Stay in your poolside zone to complete pool briefing, pre and post pool as required. • Listen carefully to your coaches instructions. • Ask if there is anything you don't understand. 	<p>Do:-</p> <ul style="list-style-type: none"> • Go directly to your poolside zone, dry and get changed. • Take all of your belongings home. • Leave the pool following the instructions to exit. • Use hand sanitiser. • Go straight to your car, maintaining the two metre rule and shower when home.
<p>Do not:-</p> <ul style="list-style-type: none"> • Do not come to training if you or someone in your household is unwell or are displaying symptoms of Covid 19. • Do not attend unless you have completed the Covid Code of Conduct and the Health Declaration. • Do not share a lift with another swimmer from outside your household. • Do not arrive late - unless by prior arrangement. This may result in you being turned away. 	<p>Do not:-</p> <ul style="list-style-type: none"> • You must avoid coming within two metres of anyone else at the pool. Don't approach friends in any way to hug or high five etc. • You must not try to catch the person in front of you in your lane and overtake. • Avoid coughing and sneezing (we know this is difficult) into the pool. DO NOT SPIT anywhere in the facility. • Do not share drinks and equipment. 	<p>Do not:-</p> <ul style="list-style-type: none"> • Do not leave equipment behind. • Do not hang around the Leisure Centre after your training session has finished. • Do not share any equipment, drinks, snacks or towels with any person outside of your household.