

**Returning to Training Guidance**

Welcome back! We are all getting used to a new normal, and this will also apply to our club swimming.

Before anyone returns to training, you must have completed a health screening survey and self-declaration (one per club member – coaches and volunteers as well as swimmers), re-instated your standing order and paid your SASA membership – this is essential for insurance purposes. If anyone displays COVID-19 symptoms or has been in close contact with anyone who displays symptoms, they must not attend training.

We need to minimise the number of people in the centres, so only swimmers and club volunteers who are attending the session should enter the building – no spectators are allowed at this stage. Parents/carers should leave their child at the door, where they will be met by a club volunteer. The exceptions to this are: 1) where siblings are attending different hours of the Carnegie session, in which case one parent/carer may remain with the child who is waiting to enter/has left the pool.

Please distance from other families on arrival and departure. Fife Sports and Leisure Trust ask that participants Carnegie we have been asked to stagger arrivals**, YOUR CHILDS NAME AND LANE NUMBER WILL BE ALLOCATED WITH A DROP OFF AND PICK UP TIME**. LATE ARRIVALS WILL NOT BE ADMITTED!

Our friends at CASC have produced a video walkthrough of the Carnegie one-way system (<https://drive.google.com/file/d/1U_sVsNB-a8T---EOusbrRRGsSpoWO0A-/view> ), and FSLT will have staff available to guide us.

**Swimmers should arrive wearing their costume under their outer clothes.** They will be signed in and taken poolside, where they should remove their outer clothes and place them in their own bag (cubicles are not to be used before the session). Face coverings should be worn until swimmers are ready to enter the water, and then placed on their own bag. Bags should be clearly identifiable and kept separate from other swimmers’. All non-essential items (eg jewellery) should be left at home. Hand sanitiser should be used on arrival and after any contact. FSLT will have sanitising stations, but swimmers should also carry their own.

**Absolutely no sharing of equipment will be allowed, so swimmers must have their own swimming caps, goggles, including spares, kick board, pool bouy, fins**. In the past we have usually been able to lend club spares if required, but this will not be possible for the foreseeable future, so if you forget something or break it during the session, you will have to manage without it! (INCLUDING GOGGLES!) **Drinking fountains will not be available, so swimmers should bring their own, uniquely identifiable water bottle.**

Toilets will be available, but access will be controlled and limited, so please go before you leave home!

During the session, swimmers must follow directions from club volunteers and/or FSLT staff. We will be running training according to guidance from Scottish Swimming, and FSLT staff have had additional training on hygiene measures. **Should a swimmer become ill or display COVID19 symptoms during training, they will need to be collected immediately, so please ensure your emergency contact details are up to date.**

After leaving the pool, swimmers should collect their belongings, dry off and change quickly in the changing area. Swimmers should shower after they return home. They will be signed out and returned to a parent/carer at the exit.

**Please be at the exit on time to meet your child – they will be out within 5mins of end of sessions.**

Please respect social distancing as you wait to meet your child.

**Pick up at Carnegie is at the back of the building next to the mini roundabout on the route into B&Q.**

If a swimmer develops COVID19 symptoms following a session, please inform president@dasc-swim.co.uk immediately and follow Scottish Government guidance.

We have had to prepare for our return without having access to the centres, so please bear with us if processes have to change as we get used to the new way of operating. If you feel we have missed something, do let us know (and maybe consider getting involved as a volunteer?!)

Our risk assessments and method statements have been approved by FSLT and are available on TEAM UNIFY.