**Soundwell Swimming Club**





**Return to Training Guidelines – April 2021**

**University of Bath Pool**

***Introduction***

This procedure document covers the return to training for Soundwell Swimming Club while using University of Bath Pool, Sports Training Village (STV), Claverton Down Road, Bath.

Sessions will contain age appropriate content and will be planned keeping in mind current fitness levels of participants. Participants will only be permitted to join in a session if they are seen to be fit and well. All content will be delivered gradually to minimise injury risk.

Alongside this guideline document you will receive a return to training health questionnaire and declaration. This is an updated document which replaces the one issued in 2020 and must be completed before your first session back. Please ensure the contact details held by the club, especially mobile phone numbers, are up to date and accurate as these will be used in case of emergency during the session.

The following video was produced by the University before our return to training in September 2020. We recommend that you re-familiarise yourself with the information in contains before attending your first session.

<https://www.youtube.com/watch?v=ulTEfEh7pKM&feature=youtu.be>

***1. Car Park***

To keep numbers in the car park to a minimum we ask that all participants & parents arrivepromptly before the start of your session.

When arriving by car, we ask that you respect any signage and directional systems in the car park, ensure you maintain adequate social distance in line with current government guidelines and remain mindful of other participants and STV users

For Health and Safety reasons we respectfully request that you do not gather or meet other families in the car park before and after sessions.

***2. Building Entry and Exit***

Everyone should enter the STV building (no more than 5 minutes before the start of your session) using the central, automatic doors at the main entrance, these will remain open at all times to ensure air flow and ventillation. Upon entry to the building hand sanitiser should be used.

Masks should be worn at all times by everyone when not in the pool.

The entrance foyer has been laid out using directional arrows and barriers. There is a strict keep left policy throughout the whole building which should be observed AT ALL TIMES. Directional arrows will guide parents and guardians to a designated area (this is where swimmers will be dropped off and collected if parents are not spectating the session). There is to be no loitering, waiting or sitting in general areas such as the foyer, parents and guardians are asked to leave the building immediately after drop off. Only one parent / guardian should accompany each child, no additional siblings are permitted.

Swimmers should then proceed as normal to the staircase which leads to the lower floor, again following the keep left policy. If congestion occurs on the stairs, swimmers are advised to queue until a space becomes available. As social distancing is difficult to maintain on the narrow staircase please do not stop on the stairs at any time.

After training swimmers should follow the one way system and the keep left rule to exit the changing rooms. The designated exit to the building is via the fire exit in the lower reception area, signage will guide swimmers to the exit point. Everyone is reminded of the ‘In, Train, Leave’ policy to avoid loitering and unnecessary congestion within the building.

Parents and Guardians are asked to familiarise themselves with the exit point during the session so they know where to collect their swimmer after training. Please ask a member of staff for directions if necessary.

***3. Changing Rooms***

Swimmers are advised to take a shower at home in advance of travelling and to arrive at the pool ready to swim, with their swim wear under their clothes.

It is very important that everyone is clear on the ‘In, Train, Leave’ policy, this means that swimmers should **arrive at the pool swim ready**, wearing their swimwear under their outer clothing. After training swimmers should spend no longer than 5 minutes in the changing area to allow for other STV users. To ensure swimmers are able to leave the building as quickly as possible it is suggested they wear old clothing so they are able to dress while they are wet. Please ensure they are dressed appropriately for the weather.

Limited changing facilities will be available, swimmers should enter the changing rooms through the usual door, keep left upon entry and use cubicles from the left side first.

Anti-Bacterial spray will be available, in the changing rooms, for use by swimmers on any touched surfaces such as doors, lockers etc. After changing, all belongings should be placed in their bags which can then be left in the designated bag drop area on poolside, this is located at the scoreboard end of the pool, to the right. No bags should be left on poolside.

Access to the pool is via the usual route, through the showers, again following the keep left one-way policy.

After training swimmers should enter the changing rooms and change in the cubicles to their left (floor markings will be in place for guidance).

***4. Registration***

Before starting the session, coaches will take a register of all participants. This register will act as a current Health Declaration. By registering a participant into the session you are confirming that they, and their family, are well and **SYMPTOM FREE.** Registers will be held by the coach for a minimum of 21 days. As well as this session register Bath University will keep records of who has swiped their ID cards when entering the training villiage, it is important swimmers use their own card to enter at every session.

Participants should either wash their hands or use hand sanitiser after changing, before starting the session.

The only spectators permitted in the pool viewing area are parents of minors (aged 16 and under) and this is limited to 1 spectator per child. Please use the designated seating, repsect current social distancing guidelines and maximum spectator numbers. Spectators should wear masks at all times while watching (unless exempt)

***5. Session Arrangements***

Coaches and volunteers have been fully briefed on return to pool procdures specific to the University facility.

Swimmers are advised to undertake their normal pre-pool routine at home, as close as possible to the session start, before travelling to the University. There will be no pre or post pool taking place on poolside.

Sessions will be arranged following the current squad structures while also considering Swim England recommendations for space per swimmer in the pool which currently stands at 6m2 per person. Lanes will be allocated before the session and swimmers will keep to their designated lane for the duration of their swim. Swimmers are not permitted to overtake mid lane, a suitable order will be devised by the coach, if one swimmer wishes to overtake another this should be done at the end of the lane in a safe manner.

Coaches will ensure they maintain adequate distance from participants and each other while delivering the session. A Covid Liason Officer has been appointed for each session who will be present to ensure social distancing is maintained and procedures are being followed.

Coaches, where possible, will avoid gathering swimmers on poolside to deliver the set content. If instruction is to be given during the session coaches must be mindful at all times of social distancing and coaching delivery should be conducted in a staggered approach a few swimmers at a time at each lane end.

Should a participant injure themselves during the session with a non life threatening injury the swimmer will be asked to self administer first aid under supervision of a trained STV staff member. If the treatment requires more than basic self administration the injury will be treated by a member of staff wearing appropriate PPE and as socially distanced as possible. The participants parent / guardian will be contacted, if not on site, and asked to return to collect them as soon as possible.

If a participant becomes unwell during a session, displaying Covid symptoms, they will be removed from their bubble and distanced from the group (remaining under distanced supervision at all times). If not on site, the child’s parent / guardian will be contacted using the number held by the club on Team Unify and asked to collect them and leave the venue as soon as possible. You should then follow current Government Guidelines regarding testing (including what to do in the event of a positive test result), self-isolation guidelines and we ask that you do not return to training until it is safe for you to do so. Track and Trace information of everyone involved in the session can be provided if requested.

***6. Equipment***

To avoid spreading the virus there must be strictly no sharing of equipment.

During the session items should be stored in an obvious place to avoid confusion and use by other swimmers. All equipment should be washed and sanitised using Anti-Bac or Anti-Viral wipes or spray before and after each session.

Participants should bring enough drink, in named bottles, to last the duration of the session as there will be no opportunity to refill drinks bottles (water fountains thoughout the building are not in use) this should be placed in a visible spot. Swimmers should be careful to only drink from their bottle.

***7. Sanitising and Hygiene***

Swimmers are asked to shower before putting on their swim wear and leaving home for the session. Everyone is asked to bring their own hand sanitiser which should be used immediately before the start of the session (hand washing with soap and water is also acceptable) and after changing at the end of the session. Participants are then asked to thoroughly wash their hands with soap and water at the earliest convenience after finishing training or arriving home.

***8. Further Information and Guidance***

For queries or concerns regarding Covid matters please contact Emma Dodd, who has been appointed as the clubs Covid Lead ([vicechair@soundwellswim.org.uk](mailto:vicechair@soundwellswim.org.uk))

For queries or concerns regarding training please contact Head Coach Jon Wills ([headcoach@soundwellswim.org.uk](mailto:headcoach@soundwellswim.org.uk)).

For queries or concerns regarding Safeguarding please contact the Club Welfare Officers ([welfare2@soundwellswim.org.uk](mailto:welfare2@soundwellswim.org.uk), [CWO@soundwellswim.org.uk](mailto:CWO@soundwellswim.org.uk))

Covid Liaison Officers will be present at every session to ensure guidelines are followed.

Guidelines Created – August 2020

Reviewed and Amended – April 2021

To be reviewed and adjusted as necessary