**Soundwell Swimming Club**





**Return to Land Training – April 2021**

**Procedure Document**

***Introduction***

Initially group land training sessions will be held at Crossbow Fields (School Road, Frampton Cotterell, BS36 2DB).

Sessions will be limited to 15 participants per ‘bubble’. Multiple training ‘bubbles’ will run simultaneously working under the supervision of coaches delivering sessions planned by and under the direction of the Head Coach (Land Training Lead).

Sessions will be no longer than 1 hour in duration, 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.

All sessions will take place outdoors, the area has been assessed for suitability, but participants are reminded to wear footwear appropriate for the activity. Participants should be appropriately dressed for land training. Minimal jewellery should be worn. In the case of adverse weather participants will be advised in advance if sessions are cancelled or postponed and whether alternative Zoom sessions will be running instead.

Alongside this guideline document you will receive a return to training health questionnaire and declaration which should be completed, signed and returned at the first session.

***1. Car Park***

To keep numbers in the car park to a minimum we ask that all participants & parents arrive **no more than 10 minutes** before the start of your session. If you arrive before this time by car, we ask that you remain in your vehicle the start of the session at which point Coaches will assemble participants to take the register. If you are on foot please ensure you remain in a safe place away from all vehicles, entrances to the building and other users.

If you are 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. If you are arriving by foot, please ensure you stay at an appropriate social distance and remain mindful of vehicles and other participants

For Health and Safety reasons we respectfully request that you do not gather in the car park in groups larger than the current Government guidelines before, during and after sessions.

***2. Arrangements for Participant Drop Off & Collection***

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.** If you are not staying on site for the session you will also be asked to leave a contact number.

Participants are asked to bring their own Anti-Bac gel and sanitise their hands before starting the session.

To minimise the spread of the Virus we ask that all parents and guardians either wait in their car for the duration of the session or sit outside in a socially distanced manner (in line with current government guidelines).

If you are not staying for the session, you must provide an available at all times contact number and please arrive promptly to collect participants.

***3. Session Arrangements***

Coaches and volunteers have been fully briefed on group land training guidelines. To ensure current government and social distance guidelines can be met all sessions will be available on a limited number basis of 1 Adult to 15 participants (1:15). Multiple ‘bubbles’ maybe run simultaneously (depending on coaching availability). Participants from each bubble will not cross over or mix during sessions and adequate distances will be maintained both between bubbles and individuals within that bubble.

Coaches will ensure they maintain adequate distance from participants and each other while delivering the session. No partner or close contact work will be undertaken.

Should a participant injure themselves during the session a first aid trained coach or volunteer will wear appropriate PPE and treat the injured participant in a Covid safe manner. 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 supervision at all times). If not on site, the child’s parent / guardian will be contacted using the number provided at drop off 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.

Where multiple sessions are offered on one day a change over period of 5-10 minutes will be introduced between sessions to avoid cross over between groups.

***4. Equipment***

To avoid spreading the virus no shared equipment (balls, skipping ropes etc) will be used. If equipment is required for a session the Head Coach will advise participants in advance to bring their own. This should be clearly named and stored in an obvious place during the session to avoid confusion and use other participants items. All equipment should be washed and sanitised using Anti-Bac or Anti-Viral wipes or spray 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) this should be placed in a visible spot. Participants should be careful to only drink from their bottle.

***5. Sanitising and Hygiene***

Participants are asked to thoroughly wash their hands with soap and water before leaving home for the session. Everyone is asked to bring their own Anti-Bac gel which should be used immediately before the start of the session, if advised during the session and immediately following 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.

Any equipment used during the session should be washed and sanitised during Anti-Bac or Anti-Viral wipes or spray after each session.

***6. Toilets***

There will be no toilet facilities available during sessions.

***7. 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)

For queries or concerns regarding Land Training content please contact Jon Wills (headcoach@soundwellswim.org.uk).

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

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

 Guidelines Created – July 2020

 Reviewed and Amended - March 2021

 To be reviewed and adjusted as necessary