**Soundwell Swimming Club**





**Return to Training Guidelines – April 2021**

**Winterbourne Academy Pool**

***Introduction***

This procedure document covers the return to training for Soundwell Swimming Club while using Winterbourne Academy swimming pool.

Sessions will contain age appropriate content and will be planned keeping in mind current fitness levels of participants. Swimmers 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 which. This is an updated document which replaces the one issued in 2020 and must be completed before your first session back. No swimmer will be permitted to train until this paperwork is complete. 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.

***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 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 building (no more than 5 minutes before the start of your session) using the fire exit doors. Swimmers will be asked to wait outside the building until 5 minutes before their session starts and are reminded to remain socially distanced, at all times, while they wait. Upon entry to the building hand sanitiser should be used.

Parents are asked not to accompany their swimmers into the building and to wait in their car for the duration of the session.

After training swimmers should follow the one way system. The designated exit to the building is via the access control swimming doors. Everyone is reminded of the ‘In, Train, Leave’ policy to avoid loitering and unnecessary congestion within the building.

***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. Outer clothes should be removed on poolside and placed within swim bags.

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. 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 towel dry and then dress while they are wet. Please ensure they are dressed appropriately for the weather.

Please Note – NO CHANGING FACILITIES WILL BE AVAILABLE.

***3. Registration***

Before starting the session, coaches will take a register of all participants. This register will act as a current Health Declaration. When a swimmer registers for a session they 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.

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

***4. Session Arrangements***

Coaches and volunteers have been fully briefed on return to pool procdures specific to Winterbourne Academy Pool.

PLEASE NOTE – ALL SWIMMERS, MALE AND FEMALE ARE REQUIRED TO WEAR SWIM HATS FOR THE DURATION OF THE SESSION.

Swimmers are advised to undertake their normal pre-pool routine at home, as close as possible to the session start, before travelling to the pool. 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 will avoid gathering swimmers on poolside to deliver sets, if instruction is to be given during the session coaches must be mindful at all times of social distancing and where possible coaching delivery should be conducted in a staggered approach a few swimmers at a time.

Should a participant injure themselves during the session the swimmer will be treated by a member of staff wearing appropriate PPE and as socially distanced as possible. The swimmers 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 lane and distanced from the group (remaining under distanced supervision at all times). If not on site, the swimmers 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.

***5. Equipment***

To avoid spreading the virus there must be strictly no sharing of equipment. All equipment should named and washed or wiped 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 bottle this should be placed in a visible spot. Swimmers should be careful to only drink from their bottle.

***5. 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 on arrival, after using the toilet, after sneezing and upon final departure (hand washing with soap and water is also acceptable). Participants are then asked to thoroughly wash their hands with soap and water at the earliest convenience after finishing training or arriving home.

***6. Collection & Exit***

Please ensure parents / guardians are familiar with the exit point for collecting swimmers after the sessions ends. If you are not staying for the session, the phone number we hold for you must be an available at all times contact number, please arrive promptly to collect swimmers.

***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 training please contact Head Coach 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 – August 2020

Reviewed and Amended – April 2021

 To be reviewed and adjusted as necessary