



TAVISTOCK SWIMMING CLUB

Established 1990

Covid-19 Rules

1. Everyone new to the club must register on Team Unify before their first swimming session.
2. **If you develop symptoms of Covid-19 or feel unwell, take a Covid-19 test. Only attend training if the test is negative. Do not attend training if it is positive or inconclusive.**
3. **Do not attend training if you have been told or advised to self-isolate.**
4. If you test positive for Covid-19, or suspect you might have it, please tell us. We then will be able to warn potential close contacts.
5. Please be aware that Covid-19 symptoms now extend beyond the oft-repeated high temperature/ new continuous cough/ loss of sense of smell or taste. Play it safe: take a lateral flow test if you don't feel well, whatever your symptoms.

The building

6. At both Meadowlands and Mount Kelly entry and exit are via the normal entrance. Hand sanitiser is available on entry and is recommended. There is a one-way system marked through the changing village.

Equipment

7. Swimmers should bring sufficient fluids for the session in their own water bottles, marked with their names. Water bottles must not be shared.
8. Swimmers should bring their own equipment if they have it. No equipment is to be stored in the shed.
9. Club equipment (stored in the shed) may be used with the permission of the coach. If equipment is shared, it should be disinfected between users by immersion in the pool.



During the session

10. Listen carefully to the coach and obey him/her at all times.
11. All swimmers to swim CLOCKWISE around all the lanes.

Changing rooms, toilets, spectators etc.

12. If you need to use the toilet, ask the coach's permission before leaving poolside.
One person in the toilet area at a time: check before entering. Wash your hands thoroughly after using the toilet.
13. No use of showers or changing rooms except in special circumstances.
14. Bags should be taken poolside. Please do not use the lockers.
15. Spectators (excluding carers of young children, special needs and vulnerable adult swimmers) should remain outside if possible. They may only watch from inside with the permission of the Meadowlands staff on duty at the time. Please understand that this can only be granted on a session by session basis, as it is likely to depend on the number of people using the gym.
