



## TAVISTOCK SWIMMING CLUB

Established 1990

### Covid-19 Rules

We are now in the “living with Covid-19” phase of the pandemic, so have been able to drop most of our rules.

#### Remaining 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 test positive for Covid-19, please follow the latest government guidance. If in doubt, do not attend training until you have recovered sufficiently to go back to school (or, if during the holidays, would have gone back had it been term-time).**

#### Things you can now do

3. Club equipment (stored in the shed) may be used with the permission of the coach.
4. Changing rooms and showers may be used. Please note the changing room rules below.
5. Spectators (both Meadowlands and Mount Kelly) may watch the session from inside the building, unless instructed otherwise by the pool staff.

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## Changing Room Rules

To ensure the safety and security of all TSC members and to meet safeguarding and Swim England guidance, the following rules apply to the changing areas.

### 1. **At Meadowlands:**

- 1) Girls (U18) are to change in the cubicles on the left side of the changing area (ie. furthest away from the café);
- 2) Boys (U18) are to change in the cubicles on the right side of the changing area (ie. closest to the café);
- 3) Adults (18 and over) are to use the centre cubicles.

### 2. **At Mount Kelly:**

- 1) Where possible the same rules should be followed as at Meadowlands, ie.
  - a) Girls (U18) should use the cubicles on the left when you look at the pool;
  - b) Boys (U18) should use the cubicles on the right;
  - c) Adults (18 and over) should use cubicles in the centre.
- 2) However, if the changing rooms are too busy for this to be feasible, swimmers may change in any vacant cubicle.

### 3. **At all venues:**

- 1) Cubicles are not to be shared. However, any child who needs help (due to age or disability) may be accompanied by a responsible parent/carer, preferably of the same gender.
- 2) No belongings are to be left in cubicles. Either use the lockers, take on the poolside or give to parents/carers.
- 3) No litter is to be left anywhere either in the changing area or elsewhere. Use the bins provided.
- 4) No running anywhere within the building, except under instruction as part of a fitness session.
- 5) Behaviour should be appropriate at all times, including in the showers. Squirting of water, shower gel etc. are forbidden.

**PLEASE NOTE THAT** the changing room area is not under direct supervision. Parents/carers are responsible for their children once they are out of the water.