



Swimming Clubs Coronavirus Training Arrangements

1. Clubs notify Swim Centre name and contact details of their Covid-19 Officer and agree to follow Swim England Guidance on swimmers completing Health Check and Declaration Forms.
2. Swimmers travel from home dressed with swim costumes underneath clothing (beach style) with a bag/box for clothes/personal belongings
3. Swimmers to bring their own equipment (floats etc.). No equipment will be available to borrow at the Swim Centre
4. Swimmers to bring sufficient fluids for the session in their own water bottles, marked with their names
5. The Car Parking arrangements are as normal
6. No spectators are permitted in the building (excluding carers of special needs, vulnerable adult swimmers). Chaperones can remain in the car park.
7. Access from the car park to the Swim Centre entrance is via the ramped pathway (there is no access from the car park up the steps opposite the School Shop)
8. Swimmers to sanitise hands from a dispenser on a table at the entrance to the building or wall mounted dispensers at reception and entrance to 25m pool
9. Swim Centre staff to check temperatures of all club swimmers/coaches entering the building with infrared thermometer gun.

Swimmers testing above 37.8 degrees Centigrade will be requested to leave the building and return after 2 minutes. If they test above 37.8 degrees Centigrade again they will be advised to return home and follow Government advice

10. Swimmers/coaches follow routes around the building (see diagrams)
11. Swimmers enter the pool halls via the following entrances –
50m Pool – Viewing Are
25m Pool – 50m Foyer
There is no access to the Changing Rooms for changing, pre-cleanse shower or usage of lockers.
12. Swimmers remove shoes before entering pool hall
13. Swimmers remove clothing at allocated changing zones on poolside and place clothes/personal belongings into their bag/box. The bag/box should be placed on the poolside floor against the benches not on the bench surround

14. Swimmers leave their drinks bottles in their bag/box
15. Swimmers are required to observe 2m social distancing on poolside
16. Toilets are available. Swimmers using the 25m pool should use the toilets in the 25m Changing Rooms and swimmers using the 50m pool should use the toilets in the 50m Changing Rooms. Access is limited to one user at a time with swimmers to check before entering
17. Toilets are available in the foyer for coaches
18. Pre-Pool and Post pool activities on poolside are not permitted
19. 25m pool Maximum Bather Load --24 swimmers (6 swimmers per lane)
50m pool Maximum bather load – 64 swimmers (8 swimmers per lane)
20. No usage is permitted of the starting blocks
21. Swimmers to observe 2m social distance where possible in water
22. It is acceptable for swimmers to pass each other at less than social distancing requirements as long as that is for a short time and only when swimmers are in motion
23. No overtaking permitted. Slower swimmers to allow faster swimmers to pass at the end of a length by moving to the edge of the lane and turning their head away
24. All swimmers swim around the lanes the same way (follow signs at end of lanes)
25. Swimmers requiring a rest must leave the pool rather than rest at the lane end
26. Swimmers leave the pool to drink from their water bottles
27. The physically able should climb out over the sides rather than use the steps exit
28. Coaches are requested to observe social distancing whilst coaching on pool side
29. At the end of the session swimmers will exit the pool, dry off, place clothes over swimming costume and observe social distancing. Swimmers are not permitted to remove their swimming costume on poolside as any messing about or accidentally dropping of towels will be a decency issue
30. Swimmers to put shoes on just before exits –Old Foyer 25 pool and Fire Exit 50m pool
31. Swimmers/coaches will leave building at above exit points for car park
32. If a swimmer/coach becomes ill suffering from Covid-19 symptoms during a session he/she will be isolated in the First Aid Room and plan for the swimmer to leave the building will be agreed with the coach.

Government guidance for Track and Trace will be followed with the club notifying other swimmers attending the session and the Swim Centre notifying staff on duty