



# COVID-19 Training Protocol

## Introduction

- This document has been produced in line with Government regulation, Swim England recommendations and alongside GLL operating procedures. Bear in mind that the situation may change with very little notice and we will comply with any local lockdown arrangements.
- Every Swimmer will be asked to sign the COVID-19 Return to Training declaration before returning to the pool. Please print and sign, and hand to the COVID-19 officer on your first day back.
- Please arrive 10 minutes earlier than the published session time to help us maximise pool time.
- Your attendance will be logged to help track and trace and you return to swimming knowing that you may be asked to provide contact details for this purpose.
- We will appoint a COVID-19 Officer to every session. Their role will be to ensure swimmers and coaches adhere to this protocol and their decision will be final. Persistent offenders will be prevented from attending training sessions.
- All kit must be labelled, inhalers should be in a plastic bag clearly labelled. You must leave the building with everything you arrive with. It will not be possible to refill your water bottles, so please bring enough for the duration of your session.

## Access and flow through the building

- Parking is still available at the leisure centre. Entry will now be at the fire exit to the right of the main entrance. There will not be any permitted entry by the main entrance at ANY point. Parents/Guardians will be expected to leave once the fire exit has been opened.
- Masks should be worn by all swimmers over the age of 11 and be placed on the face as approaching the leisure centre.
- Sanitiser will be available on entering the leisure centre and various other points around the pool. Everyone will be expected to use it on arrival and on exit.
- You will be expected to be 'pool ready', costumes underneath your outer clothing, changing rooms will be out of bounds.
- When you are allowed entry to the building you will be met by the clubs COVID-19 Officer where your attendance will be marked, and you will be asked a few questions regarding your 'health check'.
- The COVID officer will then direct you to the balcony where you will sit on a marked tick. Here you remove your outer clothing making sure everything goes in your bag. You should still have your masks on. Please place your hats and goggles on.

## Poolside

- Once everyone is ready you will be directed to leave the balcony following a one-way system to the deep end of the pool deck, here you will place your bags in the designated space, remove your masks and walk to the shallow end of the pool with your kit bag, water bottles and your inhaler bag. You will then head to your allocated lane and get into the pool and move to your designated coloured spot in the pool.



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- Coaches will deliver the session from the pool deck, they will give clear instructions on how the session will look.
- All swimmers are to start and finish on their coloured spot within the pool. To allow the safe flow of movement in each lane we ask that NO swimmer is to stop in the middle of the lane. If you need to stop within a set please make your way back to your coloured spot first.
- If you need to use the toilet facilities please make your coach aware and get out at the most convenient point maintain the flow at all times. Do not get back into the pool until safe to do so.
- At the end of the session you will exit the pool at the deep end, maintaining social distancing at all times.
- You will collect your belongings and make your way to the learner pool, you should put your mask back on at this point. You will towel down and put your outer clothing on top of your costume.
- When your group has been given the all clear to leave you will follow the one-way system and make your way to the exit, here you will sanitise your hands and the COVID Officer will open the door.

### Pickup

We ask that all parents come to the exit to collect their swimmer, this is to safeguard the swimmer, we cannot see the car park from the exit point, especially at the later sessions it is dark. If you feel your child is ok to leave without parental supervision please can you email [kendal@swimclubmanager.co.uk](mailto:kendal@swimclubmanager.co.uk)

### Early Departure

Swimmers will not be released from poolside until the end of the session. If a swimmer gets out early due to injury/illness they will be asked to remain on poolside until the end of the session (with the exception of an emergency situation).