

# Returning to training

We have all been missing the water during the Covid-19 enforced closure of swimming pools. For many of our members across all our disciplines, this will have been the longest period out of the water, which can take a toll on both our physical and mental wellbeing.

Our first priority remains the safety of everyone involved in our sports, be they participants, coaches or volunteers. We will at all times, be led by the latest government guidance and regulations.

As we are about to return, this is a reminder it will not be a case of **'business as usual'**. We know that things will have to be different and it is vitally important we follow the latest guidance and adjust to the new 'normal'. With that in mind, the following has been put in place to safeguard you, your coaches and your fellow squad members.

- Ensure you are swim ready – shower at home before arriving to the swimming pool and arrive at the swimming pool wearing your swim wear under your clothes
- Swimmers must bring their own kit. You will not be permitted to use the centre's equipment or share another swimmers. Please make sure all your kit is clearly labelled.
- Please bring your own water bottles with sufficient water for your whole session as there are now no drinking water facilities available at the leisure centre.

## Before recommencing your training session:

- Complete the 'Return to Training Declaration Form (mandatory)
- Complete the Pre-Training Health Survey (mandatory)
- Attend the Zoom pre-training session. Details TBC . Q & A for swimmers and parents.
- You must arrive 10 minutes prior to the commencement of your training session time (this is to allow time to change) . Late arrivals will not be permitted to swim.

## On entering the leisure centre:

- **Sanitise** your hands at the entrance (sanitiser will be made available)
- **Face coverings** are to be worn by every swimmer regardless of age( except if medically exempt ) at every site on arrival and up to the point you enter the pool
- Remove your shoes before entering poolside (outdoor shoes are not to be worn on poolside)

## During the training session:

- Remain on your designated marker until you are asked to proceed to your given lane.
- The pool will now consist of 3 double lanes or 6 single lanes and you will be assigned a lane with a maximum of 12 swimmers. You will not be permitted to change lanes at any time and will train with the same swimmers at every session.
- Only swim in one given direction at all times and keep a safe distance from other swimmers to the front and side of you.
- Avoid stopping and starting mid pool and if stopping at pool end, swimmers must face away from fellow swimmers.
- Briefings and corrections will be kept to a minimum and continuous swimming will be encouraged. When waiting at pool end for instructions, please do not congregate in one area and spread out along the lane, facing away from other swimmers.
- Whilst swimming, where possible please try and exhale in the water and be mindful of incoming swimmers (ie breath to the opposite side in freestyle)
- Please be respectful to all fellow swimmers and coaches and where possible keep a 2m distance at all times when entering, exiting , diving and walking around poolside during your session.
- Submerge all your training equipment in the disinfected swimming pool water at the end of your session to reduce the risk of enveloped viruses.

## After the training session:

- We **strongly** advise you towel dry by poolside and return home to shower, thus minimizing the transmission risk in changing rooms. Shower areas and cubicles will be significantly restricted so please only use if completely necessary.
- You are asked to vacate the poolside speedily and follow the one way system and exit via the fire escape
- Sanitise your hands before exiting

## Toilet facilities:

- There will be one toilet in use - near poolside. Only **one** swimmer **at a time** will be permitted to exit the pool to use the toilet during the training session (observing the one way system at all times) and please ask before doing so.

## Viewing Gallery:

### Note to parents/guardians/careers

- Viewing gallery capacity has been significantly reduced
- We advise you to drop swimmers off and return at the end of the training session
- If you are collecting your child after swimming, you will need to wait outside the fire exit from where the swimmers will leave.
- Please do not be **late** when collecting your child.

## Guidelines for Thornton Heath:

- Proceed to the **training pool** entrance (through the turnstiles and first door on the right). Please adhere to the **one-way** system and the **2m social distancing rules**
- Markers will be placed at regular intervals around the pool. Make your way to a vacant marker and get changed there.
- Once all swimmers are pool ready (outdoor clothes removed) you will be instructed to enter the main pool
- Proceed to the main pool with your belongings, and again find a vacant marker around the poolside and leave your kit and belongings here for the duration of your session.
- After your session, return to your designated marker and get changed.
- Vacate the premises using the fire exit behind the viewing gallery, following the one way system

## Guidelines for South Norwood:

- Enter the centre via the front entrance ascending up the left hand side of the steps
- Enter through the turnstiles on your left and proceed past the women's changing facilities to the disabled entrance to poolside.
- Remove outdoor shoes and proceed around the training pool to a vacant marker, where you will change.
- Thursday's Silver Squad , Friday's Bronze Squad and Improver Classes will leave their belongings around small pool.
- Friday's Gold Squad will need to change and leave their belongings around main pool.
- After your session, return to your designated marker and get changed.
- Vacate the premises using the fire exit situated at the deep end of the main pool following the one-way system.

## Guidelines for St Joseph's:

- Entry to the college grounds is only available now from the Ryecroft Road entrance, opposite to house No 18
- Walk along the pathway adjacent to the playing grounds to the pool entrance around the outside of the pool building (see map below). Please adhere to the **one way** system and the **2m social distancing rule**.
- Enter via the spectator entrance.
- Once inside the pool entrance please sanitise your hands at the sanitising station just inside the doorway.
- Proceed up the stairs and once at the top:
  - a. Boys turn **left** and proceed to a marker on the seating gallery. Change and leave your belongings here. After training, return to your designated marker, change, then proceed clockwise around the pool and out through the fire exit door.
  - b. Girls turn **right** and proceed to a marker on the seating gallery. Change and leave your belongings here. After training, return to your designated marker, change, then proceed anti-clockwise around the pool and out through the fire exit door.
- Note to parents/careers. If you wish to spectate, please remain at the bottom of the stairs until all swimmers have changed and are on poolside. Also please vacate the seating area before the swimmers exit the pool, to allow them space to change.

### ONE WAY SYSTEM

