

Swim sessions will be as follows:

12 swimmers to arrive after 5.30pm but to be ready to swim poolside by 5.40pm.

6 swimmers to arrive at 5.40pm and be ready to swim poolside by 5.50pm.

12 swimmers will leave the pool at 6.10pm and be changed and out of the changing rooms by 6.20pm

6 swimmers will leave the pool at 6.20pm and be changed and out of the changing rooms by 6.30pm.

You will need to bring to a session:

Your first aid bumbag – this will have a pair of gloves and a mask in case there is an accident as coaches assess before calling the lifeguard who delivers the first aid.

If you want to wear a mask to coach in you are welcome to.

A set – either written on a piece of paper or in your head – no whiteboards to be used.

A pair of poolside shoes/trainers.

If you require a drink poolside, this needs to be filled before arrival at the centre.

Arrival at the centre:

Make sure you sanitise your hands.

You must maintain physical distancing at all times – current recommendation 2m and follow the risk assessment. It is essential that you have read this document in full and if you have questions you must ask to ensure that you are complying with swimming club requirements.

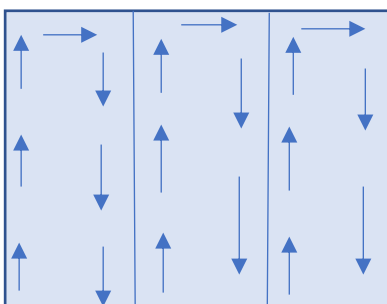
The session

Do not lend any kit or allow children to share – goggles, hats.

If you are the coach for lanes 1 and 5 you must be poolside at 5.30 no earlier.

If you are the coach for lane 3 you must be poolside at 5.40.

- Swimmers will have been allocated a lane and a position within that – you will have been notified of this. They have been told that there is no overtaking as this involves touching another swimmer. Instead they need to slow their stroke and others behind them should adjust.
- Lanes will be double width and we will be swimming in this way.



Coaches when planning sets need to consider the following:

- No speed swimming until relaxation of physical distancing rules taking into consideration swimmer fitness – to be determined at a committee meeting.
- No butterfly at present.
- Focus on strokes that do not require side breathing initially. For example: sculling, backstroke and breaststroke. NB: Make sure swimmers are set off with large intervals – recommend a third of the pool. This should avoid anyone catching up on a 50 possibly even a 100.
- Recommend starting with 50s only – do not do last one in – first one out as you should be able to keep swimmers moving.
- There is no diving at present.
- No stretches poolside for now – consider a longer warm up.
- Swimmers are not allowed to bring training equipment at present – centre request. Be creative in variety of sets
- 30 min sets only to begin with. Swimmers will probably only get one session a week too.

If a child injures themselves or has cramp consider the following:

- Can you verbally tell the child the actions to take? If so, do that maintain physical distance.
- If this is not possible, put on mask and gloves before getting closer to assess – do not put your physical health at risk.
- Call lifeguard to administer first aid where necessary. Do not use the first aid kit to do this unless directed by a lifeguard – realistically the only time I can see this happening is when a plaster is all that is needed.

After the session

- Make sure that the swimmers are maintaining distance protocols and hurry them up in the changing rooms maintaining physical distancing rules. Suggest one coach for this – consider a rota basis or just a nominated coach.
- Other coaches to support chaperones initially.