

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.

Make sure your health survey has been emailed back to the club. A session will not be allocated to you until you have done this.

Before arrival:

- You will bring a filled water bottle (no filling on site)
- Wearing swimming attire under your clothes – beach ready with a towel, hat and goggles (in working order and already adjusted).
- Go to the toilet just before coming swimming
- Start times will be staggered.
- Do not just turn up – you will be sent home. Only come to your designated session.
- Remind yourself of the lane you have been allocated and position within it.
- Consider wearing a facial covering for travel to and from the centre.
- If you feel unable to swim – tired, unwell or have an injury you MUST tell your parent or carer before being dropped off.
- If you need an inhaler, make sure you have it and it has your name on it.

On arrival:

- Sanitise your hands on arrival
- Keep moving as you enter the centre making sure to maintain physical distancing protocol. Follow the one-way system in place. (see video on website).
- Change in the cubicles
- Bring bag onto poolside and leave on bench remembering to maintain physical distance.
- No chatting or congregating in the pool changing rooms.

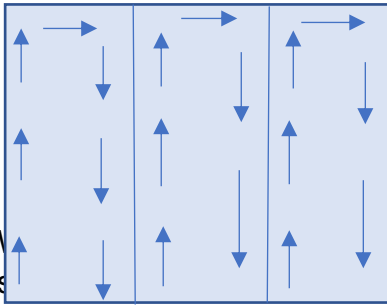
On poolside:

- Maintain physical distancing protocols currently 2m recommended.
- Follow your coach's instructions as to when you can enter the pool. Once you have entered the pool, you must not get out unless instructed or in an emergency.

In the pool

- Initially, a double lane will have no more than six swimmers in at one time.

- Lanes will be double width and we will be swimming in this way.



- You must maintain a physical distance of your position in the water and where your fellow swimmers are at all times.
- There is to be no overtaking as you cannot touch the feet of the swimmer in front of you. If you are becoming too close, slow your stroke, as all swimmers will be following this guidance, the others behind should slow too and the gap will be maintained.
- If you injure yourself (this includes cramp), make your way to the nearest end and sit on the side – fit out of the pool. Your coach will come and tell you what to do next.
- You must follow your coach's instructions immediately, failure to do so will result in a verbal warning, a second failure will result in suspension for **7 days**. Further rule breaking will result in exclusion until physical distance rules have been completely relaxed.

Leaving the pool

- You will be told when to leave the pool by your coach and they will remind you what way you need to go. When you are leaving the pool, you must maintain physical distance.
- There will be no showers.
- You must collect your bag and follow the one-way system (please see the video on the website). Change in the first available cubicle and you should be changed and out of the changing rooms in 10 minutes of leaving the pool. There is to be no chatting in the cubicles or waiting until your friend arrives. Follow the one-way system out of the centre (please see the video on the website).
- Use hand sanitiser before leaving the centre.
- Chaperones will make sure that you reach the car park, where necessary, to be collected.