

HART SWIMMING CLUB

Return to Training Guidance – Hart Leisure Centre

Hart Swimming Club's (Hart SC) priority is to make sure that swimmers and coaches are always as safe as possible, and we will work with the venues to support them the best we can.

To restart club activities, we need to implement the guidance given below for Hart Leisure Centre. This has been produced following the advice of Swim England and the Government, and all members must adhere to it.

These guidelines, along with the club's Covid-19 procedures and risk assessments, will be reviewed and changed according to any new advice.

Hart SC have appointed a Covid-19 officer to oversee the safe return to the water for swimmers in liaison with the pool provider. Individuals will be appointed as Covid-19 liaisons and will attend training sessions to monitor social distancing and the wellness of participants and workforce, reporting back to the senior officer periodically with any adverse findings.

For the time being, training will feel quite different to what we were previously used to.

The Club will complete regular detailed risk assessments and ensure all staff are trained on the risks and new/amended policy procedures. This is to ensure the safety of our employees and swimmers.

HART SWIMMING CLUB

The current government requirements

Social distancing must be observed throughout the whole process, from entry to the swimming pool facility, changing rooms, during training, post-swim changing and exiting the facility.

Where it is not possible to stay 2m apart, everyone should keep at a distance of 1m plus precautions (excluding same household members).

If a swimmer or member of the workforce (including volunteers) becomes unwell during the session, an allocated space, provided by the venue, will be used to isolate them. Personal Protective Equipment (PPE) will be provided for the affected individual and the coach. Coaches will have grab bags available on poolside containing appropriate PPE, and the venue staff will clean this area thoroughly after use.

If a swimmer, a member of workforce, or a member of their household has a cough, fever or any signs or symptoms of Covid-19, they are not to enter the swimming facility and/or attend training. They should follow the government advice to self-isolate with other members of their household and order a test to find out if they have coronavirus. The Covid-19 officer must be informed immediately so that they can contact any swimmer and/or coach that may have been in contact with the individual over the last 48 hours. They will be informed that an individual might have coronavirus but are waiting for a test result.

At this stage (until the test result is known), those people do not need to self-isolate, but they should take extra care in practicing social distancing and good hygiene, such as washing their hands regularly. They should also monitor their own symptoms.

Where a swimmer or a member of the workforce (including volunteers) tests positive, as part of the national test and trace programme, others may be advised to self-isolate for 14 days. Assuming that social distance has not been compromised, then the only individuals that would need to self-isolate are those that have been in close contact in the 48 hours before the symptoms developed, i.e. swimming in the same lane as the infected swimmer, having face-to-face contact with them, spending more than 15 minutes within 2m of someone or travelling in a car or other small vehicle with someone (even on a short journey).

If other cases are detected within the setting, other swimmers and members of the workforce (including volunteers) may be advised to self-isolate. To reduce risk of transmission, the programme could close for a short period of time.

Individuals should follow government guidance, as should those shielding or in any vulnerable category. If you are unsure whether someone should return to training, refer to the Training Venue Assessment.

For further information and advice on returning to exercise after Covid-19 please refer to the club's Covid-19 procedures.

Click here for further information on Covid-19 symptoms, stay at home guidance, shielding and protecting vulnerable persons, and NHS Test and Trace service.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

HART SWIMMING CLUB

Return to Training

Hart Swimming Club's Covid-19 Officer: John Tripp (07785 335 780/welfarecrb@hartsc.org)

Chairman: Spencer Farmer (07766 664 1967/chairman@hartsc.org)

Venue: Hart Leisure Centre

In line with Government and Swim England advice, the following will be in place:

- Swimmers and the workforce (including volunteers) need to complete and return a health survey and provide up-to-date emergency contact details prior to the first session. The health survey will be signed off by a Covid-19 official. In the event of any adverse findings, the individual will need to be referred to their doctor for clearance before participating.
- Swimmers (or their parents for under 18-year-olds) will be asked to agree and confirm in writing (via email) that they have seen/read the briefing, understood the requirements, and commit to adhering to them.
- Swimmers and the club's workforce (including volunteers) should sign the declaration form, stating that they are symptom free, will only attend training if they remain symptom free and are returning to training fully aware of the risks associated with the Covid-19 virus. The club will always maintain a record of those in attendance at training sessions.
- When participants return to training it should be gradual, progressive, and for those in high-risk groups (or anyone with concerns) we suggest they do so following consultation with their medical practitioner. It is critical that those in the moderate risk group continue to follow the latest general government guidance around social distancing.
- Individuals that have had a confirmed case of Covid-19 during lock down should indicate this on their health survey. The swimmer will be asked to gain advice from their own medical practitioner to confirm that they are able to resume training safely and appropriately.
- No swimmer should return to training until the nominated Covid-19 officer has given approval. The Covid-19 officer has the right to refuse entry to training to any member they believe may have symptoms of Covid-19 or is returning to training too early after having Covid-19. There is no right to appeal these decisions.
- Face masks should be considered by swimmers when travelling to and from the pool. Swimmers should also consider wearing a face mask inside the leisure centre, but they can then remove these once on poolside.
- Thorough hand washing with soap or, if not available, hand-sanitiser, should be undertaken by all participants and workforce before and after training.
- Swimmers will be expected to shower at home and come ready to train with their swimwear under their clothes.
- We encourage as many swimmers as possible to attend training on their own. One parent/carer can drop off a swimmer at the agreed entrance door, however, they will not be allowed on poolside or to spectate. We ask parents/carers to wait in the car park and refrain from entering the building to avoid unnecessary contact with others.
- The exception to this is that one parent of children 8 years or under will have to remain in the facility to meet safeguarding requirements of WavePower. With prior permission of the Covid-19 Officer, the club will allow one parent of a child needing medical support to view the session from poolside. All parents must always maintain social distancing rules.
- Swimmers are required to have an emergency contact name and number in their swimming bag.

HART SWIMMING CLUB

- Swimmers must arrive within a dedicated time slot. If an athlete is late then they will not be allowed to train.
- Parents/carers should wait outside with their child.
- A Covid-19 liaison will be present at every training session to verbally check the health of the swimmers and coaches, take a register, record who swims in which lane and monitor the wellness of individuals and the social-distancing rules.
- Swimmers will enter the leisure centre by the main entrance. A one-way system will be in force through the turnstiles, with directional signage on floors and doors. The one-way system should always be followed, with individuals adhering to 2m social distancing.
- Swimmers will be allocated an end of the lane from which to enter the water.
 - This will be communicated to them before the session is due to start.
 - Coaches will group swimmers to train in a lane.
 - As far as possible, that group should continue to train together in subsequent training sessions, meaning that if anyone displays symptoms, the possibility of transmission is limited to that group and it will be easier to trace contacts.
- When instructed to do so, swimmers should make their way through the changing village. Entry to poolside will be through the first two entrances in the changing village.
- There will be a one-way system onto poolside, with directional signage on the floors. Swimmers should make their way around the pool to their defined start positions in a clockwise direction (along the shallow end and then down the window side of the main pool).
- Swimmers and coaches can store their bags neatly on poolside at their allocated lane end, a minimum of 1m apart, without blocking access.
- Swimmers should wait at the end of their allocated lane for the session to start.
- There will be ideally six people per lane (25m x 2m) up to a maximum of 8 where appropriate.
 - Three swimmers will start from one end of the pool, and then three from the opposite side (or four from each end if 8 swimmers per lane).
 - One swimmer will start at the wall while the second swimmer will start at 2m and the third swimmer at 4m, etc.
 - They will all swim in a clockwise direction to minimise contact with others.
 - At no point will all swimmers be at the wall at the same time.
 - This will be explained in more detail to the swimmers on their first session.
- Only limited equipment will be allowed on poolside. A list will be provided for each squad.
- Coaches, volunteers and other swimmers are unable to assist swimmers with putting on their swim hat and goggles. Swimmers should learn how to do this prior to returning otherwise they may be asked to participate without them.
- It is acceptable for swimmers in a session to pass each other at less than social-distancing requirements if it is for a short time and only when swimmers are in motion.
- Equipment can be cleaned in the pool water. However, all equipment should still be cleaned with anti-viral wipes at home.
- All equipment must be taken home and should not be left at the facility.
- There are defined areas of coaching and coaches will adhere to this throughout the session. Coaches should avoid close contact with any swimmers.
- Clear transition times, as well as entry and exit positions, will allow squad sessions and coaches to avoid each other.
- At the end of the session, swimmers will be asked to dry off on poolside and put appropriate clothing over the top of their swimwear to travel home. We encourage swimmers not to use the changing area.
- Pre- and post-pool work will be completed at home.

HART SWIMMING CLUB

- Exit from poolside is around the main pool in a clockwise direction and then along the side of the main pool in front of the spectator gallery. Entrance into the changing village is through the two entrances immediately after the spectator gallery.
- Swimmers and the club's workforce (including volunteers) should avoid using wash/toilet facilities if possible. If there are used, avoid touching anything, wash hands thoroughly, use hand-sanitiser where possible and do not touch the mouth or nose. Toilet facilities are available in the changing village.
- Swimmers will leave the leisure centre through the changing area, following the one-way system to the changing room exit leading to the 4-lane training pool. They will then make their way along the side of the 4-lane training pool and out of the fire escape door on the window side of the pool.
- Parents/carers can wait outside for their swimmer; however, they must always maintain social-distancing rules.
- A Covid-19 liaison will be present to ensure swimmers are collected safely.

Other changes to note

There will be a short changeover period between sessions allowing one group to depart before the next arriving.

Land training sessions - the maximum group number for under 18-year-olds is 15 plus coach(es). The participants will be split into a maximum of two groups of 15 to train together and there will be adequate separation between the groups to respect social-distancing guidance.

Hand sanitizer will be available in the pool area for swimmers and coaches to use. However, we ask that swimmers bring their own. Hand sanitizer should not be shared with others as some individuals could have an allergic reaction.

The facility will perform a deep clean of the venue every evening before close, then hourly cleaning to disinfect all areas of the facility where required. If there is a first-aid incident or similar, the cleaning procedures may take longer than usual and could cause delays to the sessions while areas are made safe.

To minimise infection risks between home and the pool it is important that:

- Swimmers to wear fresh, clean swimwear and clothes daily.
- The workforce (including volunteers) to wear fresh, clean clothes daily
- Full water bottles are to be brought to the pool each day with the swimmer's name clearly visible to avoid drinking from the wrong bottle. The water fountains are not accessible at the venue, so swimmers should bring enough water for every session.
- No food should be brought to training sessions.
- Only one bag plus a kit bag should be brought to the venue.
- Wearing of face masks is optional when entering and existing the Leisure Centre.
- Outside of training, your child and family should abide by Government advice regarding social distancing.
- Swimmers and the club's workforce (including volunteers) must wash their hands for 20-30 seconds before they leave home and when they return.
- If the swimmer or anyone else in their household is unwell, for any reason, they must be kept off training – and seek advice.