

BSS Return to Swimming Covid Procedures – March 2021



The Club “Covid Lead” is _____ and will be lead contact between the Club, its Committee and Pool Providers.

“Covid Lead” will keep all parties informed of the evolution of Covid procedures as the situation changes from Government, Swim England and pool providers.

The “Covid Liaison” person(s) at each session will be responsible for monitoring and enforcing Covid procedures.

Action Needed	Swimmers	Parents	Coaches / “Covid Liaison”	Pool mgt.
GENERAL ITEMS				
All Club members are required to sign a return to swimming screening and declaration document prior to returning to swimming.	✓	✓	✓	
The Club is displaying an NHS QC code at each venue which we request all those over 16 who enter the pool building scan (after down loading the NHS Test and Trace App).	✓	✓	✓	
At all times follow guidance from: Government, the pool management teams and Swim England. <i>Note there is different advice and procedures live at each pool.</i>	✓	✓	✓	✓
Pool providers to keep chlorine to the required levels.				✓
All persons (unless exempt by medical condition or age) are required to wear masks when queuing outside or when in transit to or from their change stations (swimmers) or workstations (coaches and volunteers).	✓	✓	✓	
Hand gel and spare masks to be kept handy by “Covid Liaison” for each session for emergency use (if not already provided by pool management).				
It is particularly essential coaches and “Covid Liaison” persons always keep socially distanced from all parties, swimmers etc... at all times. Reason being that if any of the swimmer “bubbles” fall ill and have to isolate there needs to be demonstration that the coaches and “Covid Liaison” team have not been exposed to any of the affected persons and thus should not have to self-isolate as well.			✓	

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<p><u>ENFORCEMENT</u></p> <p>We all need to work together to make a success of working and training in these most extraordinary of circumstances and keeping all parties safe.</p> <p>It needs consistency of attendance from swimmers (otherwise valuable training space is being denied to another swimmer) and consistency of maintaining the "bubbles" of swimmers.</p> <p>If any person repeatedly and without good reason fails to follow the Covid procedures they will be ejected from the session by the "Covid Liaison" present and parents (in case of swimmers) notified accordingly as such behaviour has untold consequences for other swimmers.</p> <p><i>There will be a 3 strikes and out rule applied.</i></p> <p>In the case on anyone being ejected twice they may be excluded from future Club training as may be decided by the "Covid Lead" in consultation with Safeguarding, Main Committee, Coaching team and parents.</p>	✓	✓	✓	
ARRIVING AND DEPARTING				
<p>Learn the requirements for each pool as they will be different. Routes in and out of the building and to / from the pool will need to be clear to all BEFORE the session. If you don't know ... ASK BEFORE YOU LEAVE HOME!</p> <p>These requirements will be issued to all members for each pool in due course.</p>	✓	✓	✓	
<p>Each swimmer will be formally allocated a "bubble" (typically a lane no. at each session and with typically up to 6 swimmers in each "bubble") and is expected to always swim in that "bubble".</p> <p>Lane training bubbles are groups of swimmers that will swim with the same swimmers during the current situation. If someone in your training bubble develops COVID-19 symptoms their parent will notify the club immediately. The entire bubble will be contacted and will stop training and self-isolate until either the swimmer(s) with symptoms is (are) tested and confirmed as free from the virus or the required 14 days have expired.</p>	✓	✓	✓	
<p>All attending Club members and parents to verbally re-declare on registration for each session they attend that they have not been affected by COVID-19 or exposed to established, probable, or suspected cases of COVID-19 in the last 14 days. If they have been affected, then they and their family & immediate contacts are to self-isolate for prescribed period (see return to swimming declaration).</p>	✓	✓	✓	

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<p>Swimmers, coaches & volunteers to allow their temperature to be taken if there is cause for concern (using our non-contact IR temperature monitors). Anyone exhibiting unexpectedly high temperature or symptoms (without good cause – eg perhaps they have exercised hard beforehand) either by touch or by taking a reading (ie over 37.8°C) is to self-isolate for the prescribed period along with their family & immediate contacts as per government directives.</p>	✓	✓	✓	
<p>Swimmers to arrive at pool "beach ready" / already wearing their swimsuits under their clothing and to depart afterwards also in their wet swimsuits, so that they can avoid use of changing rooms.</p> <p>Note you may have to wait outdoors, after reporting in, until you are directed to enter towards poolside – so bring appropriate clothing.</p> <p>Consider placing clothing (with spare towel etc...) in a suitable bag if there is facility to leave it safely (without obstructing access or air vents) on poolside at designated bag drop locations for each lane, or in any lockers made available as may be designated to you personally.</p> <p>If it is absolutely necessary to change after swimming (eg you have to go directly school and there is no other socially distanced option for changing) and the changing facilities are available, change quickly and follow all pool management policies in doing so including any hygiene requirements – this is however "discouraged"!</p>	✓			
<p>Parents must be responsible in handing their swimmers over to the coaches or club in as "socially distanced" way as possible. This will be by means of "reporting in" in the foyer or as directed at entry point to each pool. In extreme cases this may mean direct handover with the coach (at a social distance) if any medical or other handover information needs exchanging (but ideally this will be communicated electronically beforehand).</p>		✓		
<p>No parents allowed on poolside or gathering in pool facilities (eg café or viewing gallery). Parents must however remain nearby and contactable in case of emergencies.</p>		✓		
<p>All swimmers to use shower and toilet facilities at home/before arriving at the pool.</p> <p>If necessary when training, ask to go to the toilet and only go on a 1-in and 1-out basis as the "Covid Liaison" present may advise and come back immediately.</p> <p>Always wash your hands thoroughly before getting back into the pool.</p>	✓			

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TIMING OF ARRIVAL/DEPARTURE				
<p>This may need review to see how it all works at each venue / session but initially please see below:</p> <p>Swimmers arriving:</p> <ul style="list-style-type: none"> Report, "beach ready" to sign in area at least 10 mins before session (the reporting-in desk and waiting area may be outdoors at some venues, so dress accordingly). Only after "Covid Liaison" team direct (ie we need to make sure pool area is clear for swimmers) enter the building & head to poolside as per procedures for that specific pool – follow instructions to get into pool as quickly as possible. <p>Swimmers departing:</p> <ul style="list-style-type: none"> On direction of "Covid Liaison" (this may be c.5 mins. before official end time of your session) exit pool, collect bag/kit and exit building as quickly as possible as per procedures for that specific pool. If there is a follow-on session it is imperative that you clear pool side by the "start time" of the next session (so they can then come onto poolside). 	✓	✓	✓	
WHEN SWIMMING				
<p>No group RMAP, landside warm-ups or stretch downs are permitted before or after swimming.</p> <p>The swim lane procedures and especially any "start stations" swimmers are allocated by coaches.</p>	✓		✓	
<p>Swimmers to always try to do tumble turns at pool ends if any other swimmer has stopped at the wall in your lane for any reason - if swimming fly or breaststroke again do tumble turns if you can (no "open" turns).</p> <p>If you are to stop, do so at the pool end and in a corner of your lane and remedy the situation asap or get out of the pool promptly (following pool exit procedures for that venue). Turn away from any incoming swimmers.</p> <p>If you are to be overtaken, stop at end of a length and keep tucked away from incoming swimmers (in both your lane and adjacent lane) and then push off as soon as gaps allow (overtaking swimmer to perform a tumble turn).</p>	✓		✓	

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<p>Swimmers to obey coaches' or "Covid Liaison" instructions for socially distancing when in the pool.</p> <p>You are likely to be given individual "start stations" in different parts of your lane or other directions.</p> <p>Use common-sense in keeping your distance when not swimming and perhaps taking on a drink or listening to the coach.</p>	✓		✓	
<p>Minimise swimmers gathering poolside to start sets (if necessary, make them socially distance themselves along the poolside as far as is possible if not getting in the water.</p> <p>Swimmers to enter the pool asap once directed to by "Covid Liaison" and coaches are ready (and when your lane is vacated by previous users).</p>	✓		✓	
<p>No diving in at all off the blocks (the only exception is if there is a specific need to for the session and cleaning / hygiene arrangements for cleaning the blocks are specifically agreed with the "Covid Liaison" and pool management before the session commences).</p>	✓		✓	
<p>You are not to share equipment at all. Label all your kit clearly and store in your designated spot on pool side. Ensure social distancing when accessing your kit / drink bottle etc...</p>	✓			
<p>Any equipment, if unavoidably provided to swimmers (eg LTS swimmers) by the Club will be cleaned prior to and after use. The cleaner will either:</p> <ul style="list-style-type: none"> • Immerse the kit thoroughly in chlorinated pool water • Use anti-viral hand wipes or other approved cleaning agent 			✓	
USE OF BLOCKS				
<p>In the event that start blocks are to be used with pool management permissions (eg for time trials or sprint training) then the blocks will be washed down prior to EACH use and AFTER final use with a bucket of chlorinated pool water.</p> <p>The person(s) washing down will socially distance at all times. (Ref: Club Guidance rev 13, p33)</p>			✓	
TIME TRIALS				

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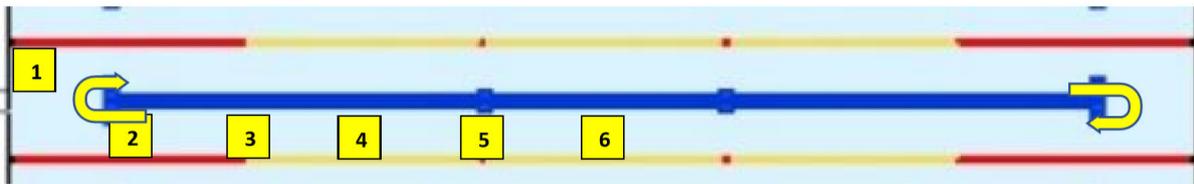


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<p>The swimmers, as per their normal arrival to poolside, will wait until they are individually called to the start end of the pool to either warm up or to race.</p> <p>They will socially distance from other swimmers, coaches and any officials at all times.</p> <p>On completion of their race they will exit the end of the pool and return immediately to their bag drop location again socially distancing themselves and following any one-way system designated for the pool.</p> <p>Timekeepers will be asked to wear masks for the start of backstroke races (if charged with checking feet positions), for all race finishes and when relaying times to chief timekeepers if social distancing may be trickier.</p>				

"Start Stations" for swimmers in each lane:

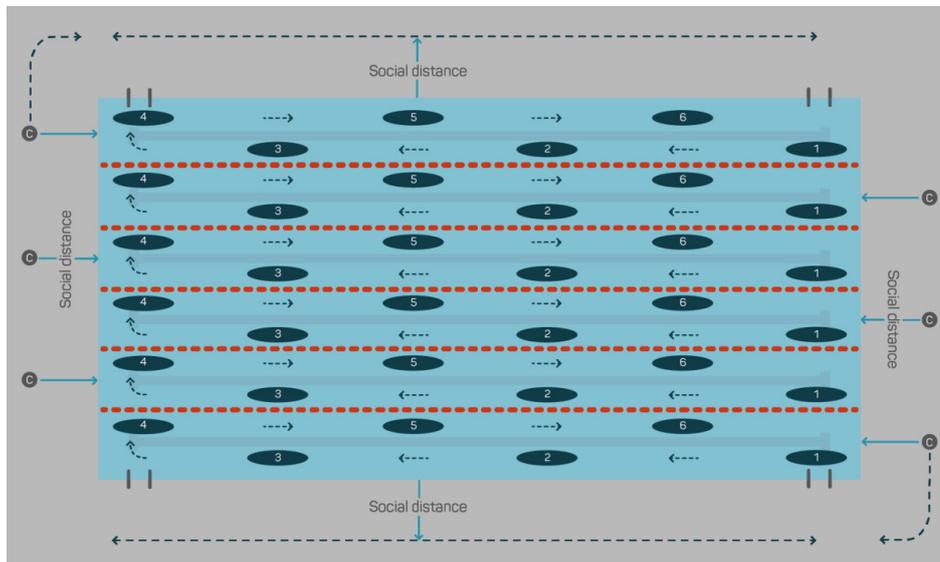
Below is a schematic of the default "start stations" (and stop stations) for up to 6 swimmers in a lane (swimmer no.1 nominally being the fastest). Note: All lanes swim clockwise!

Any changes to be agreed between coaches and Covid Lead / Liaison Team and swimmers advised accordingly. One such change maybe to split the start stations such that up to three swimmers are at the shallow end and mirrored by up to three swimmers at the deep end. (ref: Covid Guidance rev 13, p30 – p32)



Shallow End

Deep End





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