



London Borough of Hounslow Swimming Club

COVID TIMETABLE ARRIVAL & EXIT TIMES FOR SQUADS

- Groups of 15 can travel to and from poolside. Swimmers will be 6-8 pre arranged per lane - swimmers MUST remain in these group throughout Covid Safety Measures during sessions.
- All Swimmers must arrive 'swim ready' wearing their costumes under robe/ tracksuit. Young swimmers must know how to put their hat and goggles on prior to entry. Advisable to have hat/goggles on at arrival.
- Face coverings must be worn to and from poolside.
- All swimmers to have clean pool shoes to change into in changing area & wear on poolside at all times.
- Use of showers not permitted. Wear robes/tracksuit over swimsuits immediately after session. Led by Covid volunteer to parent pick up point at rear exit.

ENTRIES & EXITS

- Entrance Assembly Point - Grass area in front of windows by front entrance. Met by 1 Covid Volunteer for registry & confirm you are able to train as outlined in the Covid Return to Training Declaration.
- Each person sanitises their hands at the Hand Sanitiser Station by the entrance.
- Each person uses the hand Covid Temperature Checker by Reception. If it flashes **green**, proceed through one-way system to poolside with your Covid Volunteer. If it flashes **red**, you will not be permitted to train. Please follow Covid Volunteer through the one-way exit to be collected by your parents. **Parents after drop off, please make your way to the exit point outside the building through the library car park and remain for 5mins socially distanced in case your child has a negative temperature reading and you have to take them home. After which please remain within 5 mins of the centre in case of emergencies during the session.**
- 1 Covid volunteer leads groups to poolside to meet coach. 1 parent volunteer escorts group to exit point to meet parents after session.
- Exit Pool using one-way system on deck, through changing area.
- Exit Point is through the cafe rear exit double doors.
- Lifeguards spray touch points/steps where clothes were using antiviral spray and rinse floor with chlorinated water where swimmers' exit between groups.

Mon & Wed

Bronze, Gold & Platinum

Arrive/register 6:45pm meet Covid Volunteer. Use one-way entry led by Parent volunteer to poolside

6:55pm to meet your coach. Outer wear placed on deep end steps on deck. Place equipment & water bottle by lane. Enter water 7pm.

Bronze (training in Teaching Pool)

Exit pool 7:30. Follow Covid volunteer through one-way system to meet parents at exit point

Gold & Platinum

Exit pool 7.50pm. 7:55pm led by Covid volunteer through one-way to meet parents at exit point

Silver (Training in Teaching Pool)

Arrive/register 7.25pm with Parent volunteer use one-way entry system led by Covid volunteer to poolside 7.35pm to meet your coach. Enter water 7:40pm.

Silver

Exit Pool 8:40pm. Parent volunteer leads through one-way system to meet parents at exit point 8:45pm

CB,CA, Performance

Arrive for registration 7pm. Supervised walk to poolside 7:05pm. Enter water 7.10pm. Supervised Exit pool 8.50-8:55pm.

Teens

Arrive for registration 7:50pm. Supervised entry 7.55pm. Enter water 8pm. Exit 9pm

Sunday

(Training in Main Pool)

Bronze Assemble for registration met by parent volunteer 1:25pm. Enter building at 1:30 in pool at 1:35/1:40pm. Exit 2:25pm

Silver & Gold - Assemble for register 1:20pm meet Parent volunteer.

Enter building 1.25pm led by parent volunteer. Enter water 1:30pm. Exit water 2:20pm & led to exit by parent volunteer

Platinum & Teens

Assemble & register 2:25pm. Enter poolside 2.30 led by Covid volunteer. Enter water 2.35/2:40pm. Exit 4pm led by Covid volunteer.

Morning sessions

Monday, Wednesday, Friday

Arrive 6.20am. Training 6.30-7.30am. Showers are permitted after session.

Please take note of the following guidance issued by Swim England at the Covid Guidance webinar held 9th April:

If any swimmer experiences Covid symptoms or has a positive test, they must remain in isolation for 10 days in line with NHS guidance. This is the same for anyone in their household.

If any swimmer in a group tests positive for Covid or has Covid symptoms, the group they swim in must also isolate and not train for 10 days. The Group will be classed as the group they have been placed in ie, the group which trains starting at either end of the pool within a lane.