



LBHSC COVID-19 TRAINING PROCEDURES

ARRIVAL

- Swimmers/Parents/Guardians will be given an allocated training time slot prior to resuming training.
- Using the toilet at home before the session is strongly advisable to minimum risk of infection. However, toilets are operational for swimmers if necessary. Please use sanitiser before and after use.
- All swimmers must arrive 'swim ready' wearing their costume under their clothing, bring equipment in their named bag and a named water bottle filled with water.
- Parents/Guardians please refrain from driving to the Centre to avoid overcrowding of the car park.
- Swimmers over 8 yrs will assemble alone. U8s can be accompanied by their parents.
- Assembly point will be to the left by the windows at the front entrance at the allocated time slot.
- Swimmers will register to the Covid-19 volunteer and confirm they are well and fit to train in line with the Swim England Health Check & Return to Training Declaration.
- On entry to the building please sanitise hands using Sanitiser Dispenser. Then get your temperature checked using the hand activated Covid Temperature Device. If **Green** light flashes you can continue. If **red** light flashes you will not be permitted to train nor enter pool area. Alert one of the Covid volunteers who will guide you to the exit to meet your parent/guardian.
- Under 8yrs Groups - One parent/guardian from each class can take the swimmers using the one-way system accompanied by the Covid Volunteer to pool side to meet the instructor. The same parent/guardian can stay seated in the spectator area by the shallow end. After the session the parent/guardian can guide swimmers to the exit via the one-way system to meet pupil's parents.

ANY SWIMMER WHO ARRIVES AFTER THEIR ALLOCATED TRAINING TIME SLOT WILL NOT BE PERMITTED TO TRAIN NOR ENTER THE BUILDING

ENTRY TO POOLSIDE

- Observing 2m distancing measures, swimmers will be led by the Covid Volunteer through the oneway system onto poolside. Please change into Pool Shoes. These must be worn on deck at all times.
- Swimmers walk to the Coaches/instructors using the one-way poolside system.
- Swimmers place outer clothing in their named kit bag, placed in the designated area.
- After line up in their designated lane with their named equipment and water bottle.

IN THE POOL

- Coaches will supervise the session. Performance, CA, CB will be in middle lanes. Remaining squads in outside lanes making rest stops & exits easier.

- Swimmers will be 6 per lane Performance, CA. 8 per lane CB, Platinum, Gold, Silver, Bronze.
- Swimmers enter the water one at a time 2m intervals. Half the group in each squad will move to the shallow end, the other half at the deep end. Swimmers will remain in those group positions throughout the session.
- Spacing in the pool: Swimmers remaining spaced staggered 2m from each other.
- Drink stops will be approx 15 mins intervals and in rotation to ensure distancing measures to avoid over crowding. Outside lanes will position their water bottles 2m distances along at the pool edge and have a drink stop in their group. Performance, CA, CB will have drink stops while moving in a reclined position using a breaststroke kick for a loop of 10m.

AFTER TRAINING

Swimmers please submerge your equipment for 30sec in the pool before exiting.

Swimmers will pack their equipment/water bottles and put their robes/tracksuits over their swim-suits & wear pool shoes. Outdoor shoes put on in the one-way exit changing area.

Swimmers will follow the Covid volunteer or Coach through the one-way exit to meet parents at the rear exit pick up point (through the cafe exit on to the small carpark.

SWIMMERS ATTENDING EARLY MORNING TRAINING ON MONDAYS, WEDNESDAYS & FRIDAYS ARE PERMITTED TO USE THE SHOWERS BEFORE/AFTER THE SESSION. AFTER SESSION THE USE SHAMPOO, BODY WASH ETC.

PARENTS/GUARDIANS ACCOMPANYING THEIR SWIMMERS TO AND FROM THE CENTRE MUST REMAIN WITHIN 5 MINUTES OF THE CENTRE IN CASE OF EMERGENCIES & MUST ARRIVE PROMPTLY TO COLLECT THEIR CHILD AFTER THE SESSION

IF A SWIMMER IS UNWELL DURING THE TRAINING SESSION THE COVID LIAISON WILL CONTACT THE PARENT AND THE SWIMMER WILL REMAIN SOCIALLY DISTANCED IN THE SHALLOW END SPECTATOR AREA UNTIL THEIR PARENT/GUARDIAN ARRIVES. LIFEGUARDS TO ADMINISTER FIRST AID IF NECESSARY

IF ANY OF THE ABOVE PROCEDURES ARE NOT FOLLOWED THE SWIMMER WILL NOT BE ALLOWED TO CONTINUE TO TRAIN DURING COVID-19 SAFETY MEASURES

Adaptations and changes to procedures may need to be applied during Covid restrictions and as Covid measures ease.

If any member has any queries, please contact us the using the enquires email address on our website - [lbhsc.org.uk](mailto:enquiries@lbhsc.org.uk)

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.

Thank you for your patience, cooperation and understanding. We hope our swimmers can enjoy a safe return to training after such a long absence.