



Stone and District Swimming Club
COVID-19

Stone and District Swimming Club COVID-19 Policy

Approved by Stone and District Swimming Club Committee, Pending

Please note, this policy will continue to be updated in line with the most current information and guidance.

Signed for and on behalf of Stone and District Swimming Club

Signed; *Phall*

Date; 03/09/2021



General

This policy details how the club will operate under COVID-19 restrictions. It should be read in conjunction with all other SADSC policies. Where there may be a conflict of information between the COVID-19 policy and existing club policies then the COVID-19 policy will take precedence.

The safety of all our members, staff and parents/carers are of the utmost importance and as such all policy procedures will be strictly adhered to.

SADSC have carried out a COVID-19 risk assessment which forms the basis of this policy document.

Returning to SADSC Swim Sessions

Before returning to SADSC swimming sessions all members or their parents/carers shall have completed the following:

Agreed to, and digitally signed, our COVID-19 and Risk awareness form. Members shall sign the declaration form, stating that they are symptom free and 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.

Health and Hygiene

All members should show no signs of COVID-19 symptoms before attending SADSC Swim sessions. SADSC staff have the right to refuse entry with no right of appeal.

Any member showing signs of COVID-19 symptoms during SADSC swim sessions will be immediately taken out of the session following the guidelines below:

1. Asked to exit the water
2. Centre Lifeguards will be informed
3. SADSC will contact Parent / Carer
4. Centre procedure followed for leaving the premises.
5. Any member who is displaying symptoms must be tested for COVID-19. This test is bookable on the gov.uk website or via 119.
6. You must advise SADSC of either a positive or negative result.
7. SADSC will initiate a track and trace procedure and inform all Parents/Carers of any member in the same swim lane if a member has a positive test result.



Any member showing symptoms of COVID-19 up to 5 days after any swim session must immediately inform SADSC (in line with current Public Health England guidelines). On receipt of a positive test result the club will initiate track and trace procedures whilst maintaining confidentiality and GDPR.

It is the responsibility of all members to show good hygiene before, during and after SADSC swimming sessions. It is expected that members will have followed Government guidelines on washing hands, use of alcohol gels etc.

We recommend that Members, along with Parents/Carers, wear a face covering when dropping off, waiting to go into a session and collecting.

Behaviour

It is of the utmost importance that the club follows its COVID policy. Any member not adhering to SADSC COVID policy will be asked to leave the session.

Social Distancing

SADSC will follow all Government and Swim England guidance on social distancing.

Measures will be put in place for maintaining social distancing where possible.

Swim Sessions

Lanes used for swim sessions will be double and single width.

There will be a restriction of 6 per single lane and as such a maximum of 36 per 1-hour swim slot.

Swim sessions will be relevant to the level of fitness of members. Guidance will be given to support members to maintain, as far as possible, social distancing within the water.

Diving blocks will be used in some sessions under our COVID guidance.

Equipment

Under no circumstances will members be able to use shared equipment. As SADSC already have a mandatory equipment list then this should only be a minor adjustment to the items members already provide.

Swim caps will become a mandatory item to be worn rather than recommended.

The list of equipment that club members shall provide is as follows:

1. Water Bottle (Plastic)
2. Poolside bag (ideally mesh)*
3. Swim Costume
4. Goggles
5. Training Fins



6. Kick Board
7. Swim Cap*
8. Non-Slip poolside Socks (Flip flops or similar are allowed)

Note: The club provide the first mesh bag and Swim caps free of charge to members.

All equipment should be appropriately cleaned before and after each swim session.

1. Bag, Water Bottle, Swim Cap, Kick Board, Fins and Goggles should be wiped down with antiseptic wipes or spray. Please follow product guidelines.
2. Swim costumes should be washed on a 60° wash, if possible.

All equipment should be clearly marked with the members name.

All equipment will be stored poolside in a designated area appropriate to the lane the member is swimming in and with a suitable distance between each set of equipment.

Under no circumstances should water bottles be shared.

It is the responsibility of each member to be able to put on Swim Caps, alter goggles etc as coaches will be unable to help in such circumstances.

COVID Lead

The club has appointed a COVID lead who will take the responsibility of reviewing and checking we are adhering to all COVID procedures. The services of the lead has been kindly loaned to us by our club sponsors and, as their own COVID lead and Infection Control specialist, has been heavily involved in all aspects of COVID since the beginning of the pandemic and as such brings a wealth of expertise.

In the case of any track and trace procedure being implemented then the COVID lead will have overall responsibility for this process.

The club will also appoint at least one COVID liaison to be poolside at all times. They will report back any issues to the COVID lead.

The COVID lead will make spot checks on club sessions to check things are being adhered to correctly.

Workforce

All members of the SADSC workforce, which comprises volunteer staff and coaches, will have read and understood the COVID risk assessment and policy.

The club's workforce shall sign the declaration form, stating that they are symptom free and 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.



If a coach develops symptoms during the swim session, they must leave the pool immediately.

Any coach who is displaying symptoms must be tested for COVID-19. This test is bookable on the gov.uk website, Or 119.

You must advise SADSC of either a positive or negative result.

Any coach showing symptoms of COVID-19 up to 5 days after any swim session must immediately inform SADSC (in line with current Public Health England guidelines). On receipt of a positive test result the club will initiate track and trace procedures whilst maintaining confidentiality and GDPR.

All Parents/Carers of any member in the same swim lane of a coach who has a positive test result, will be informed by the club.

Coaches will only run sessions from the poolside and maintain social distancing.

Cleaning

Cleaning of the facility is the responsibility of the centre management.

Session Times

Sessions start and finish on the hour with swimmers arriving poolside 5 minutes before their start time.

On Poolside swimmers will sit along the benches until their lesson start time and called for by the coach.

Session Procedures

Arrival

- Preferably only one parent/carer should be present per member
- Members to go straight to the changing room
- An SADSC Marshall will be present in the changing rooms
- All persons will be required to maintain social distancing as far as possible
- Parents/Carers must be contactable and available at short notice to return to the centre to collect their child if the need arises.

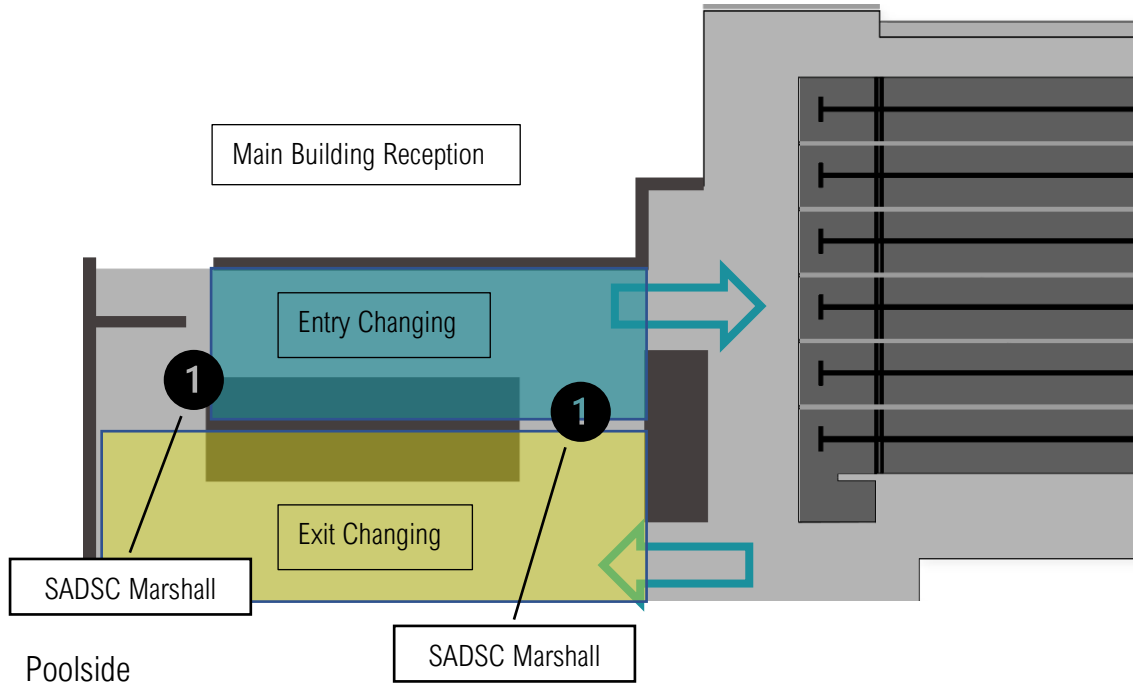
Changing

- It is strongly advised that members arrive with their costume on under their clothes so as to minimise the amount of time they spend in the changing rooms.
- Changing room policy is under the supervision of the centre management.
- All items of clothing must be stored in lockers.



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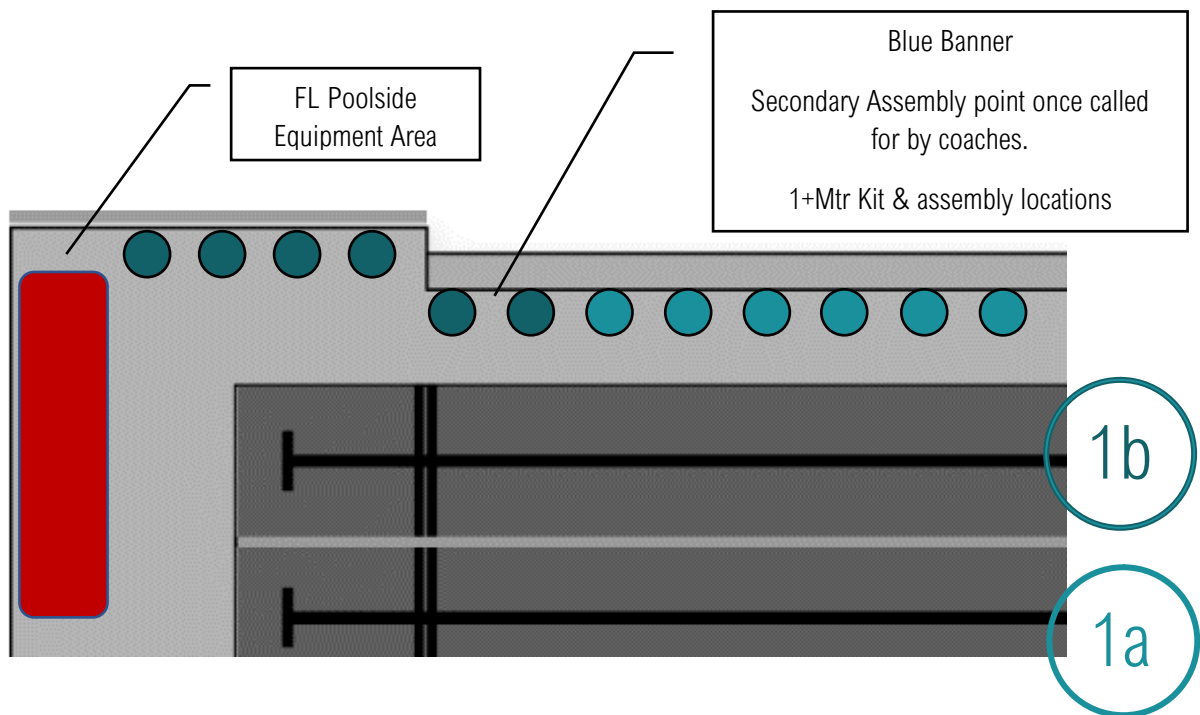
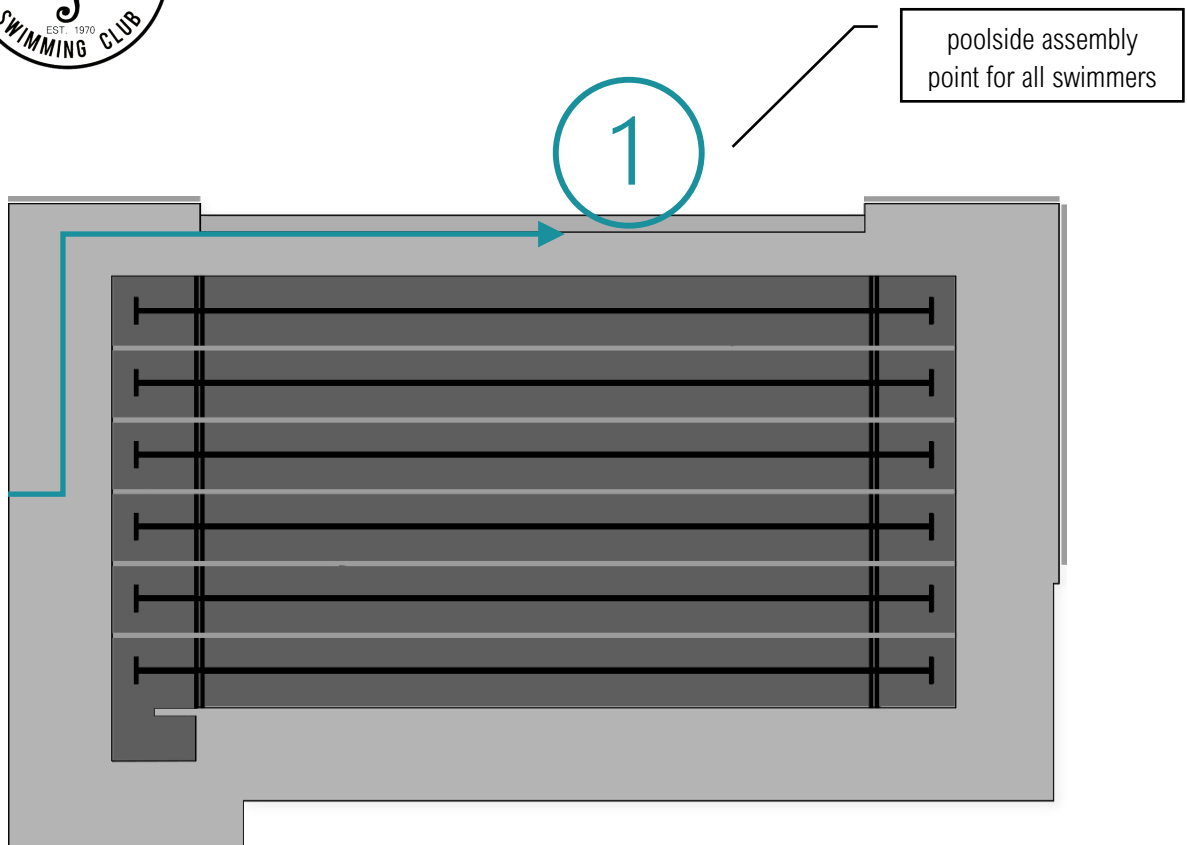
- There will be a dedicated entrance and exit to and from poolside.
- Members will be able to walk onto the poolside 5 minutes prior to their lesson.

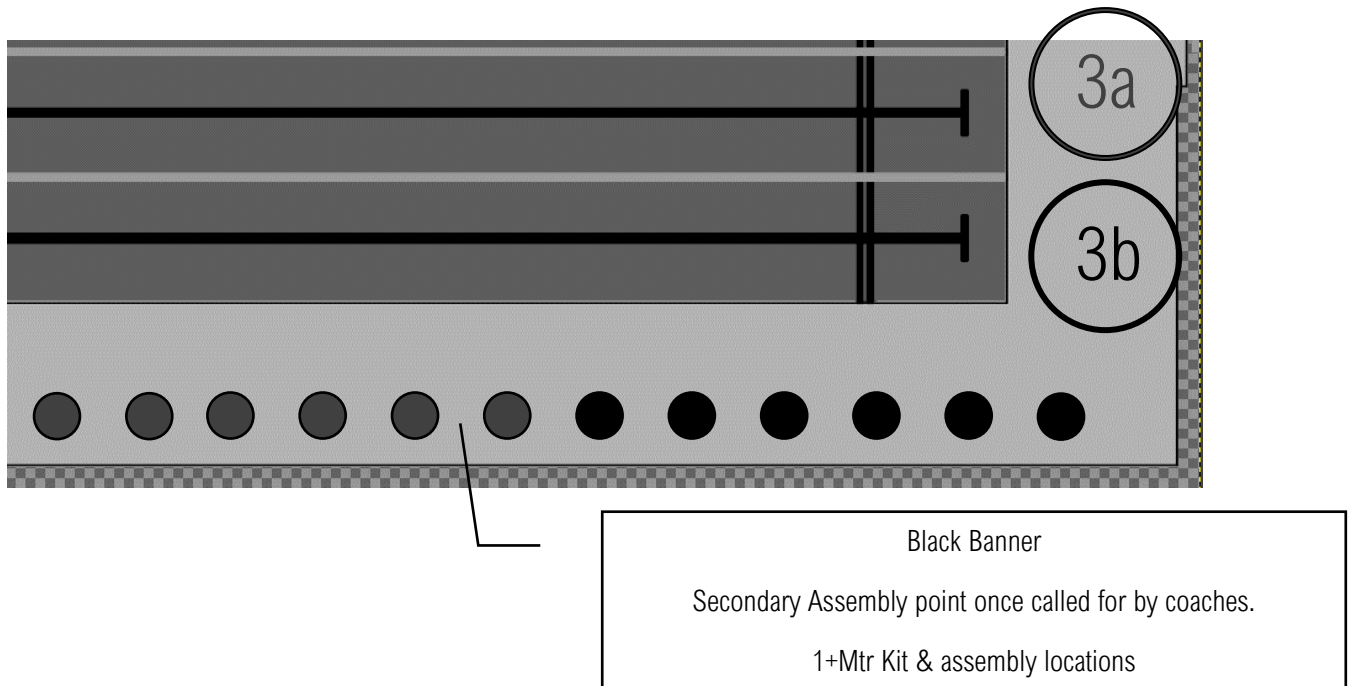
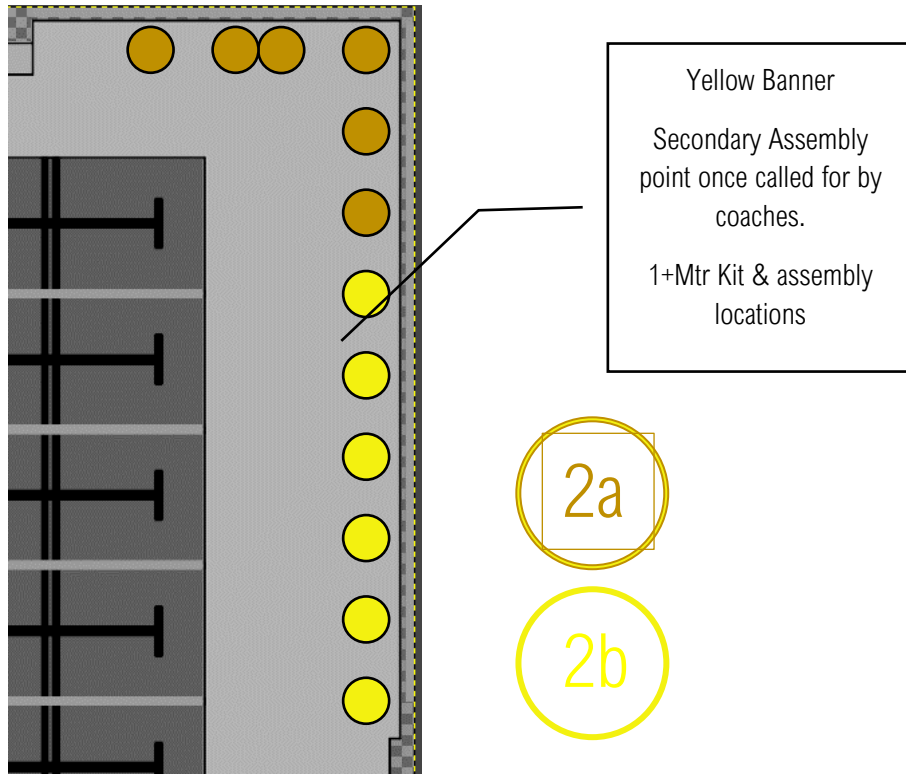


- Members will take their equipment bags poolside.
- Members will sit along the poolside benches ready for their session time.
- Members will only go to their designated lane area when they are called by their coach. These areas are designated by the Black, Yellow and Blue club banners
- Coaches will reiterate COVID procedures and take the electronic register.
- Coaches instructions must be adhered to at all times. Any member ignoring the coach's instructions will be asked to leave the pool immediately to ensure the safety of others.



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The pool will be split into 6 single width lanes per session, with a maximum amount of 6 members per single lane.

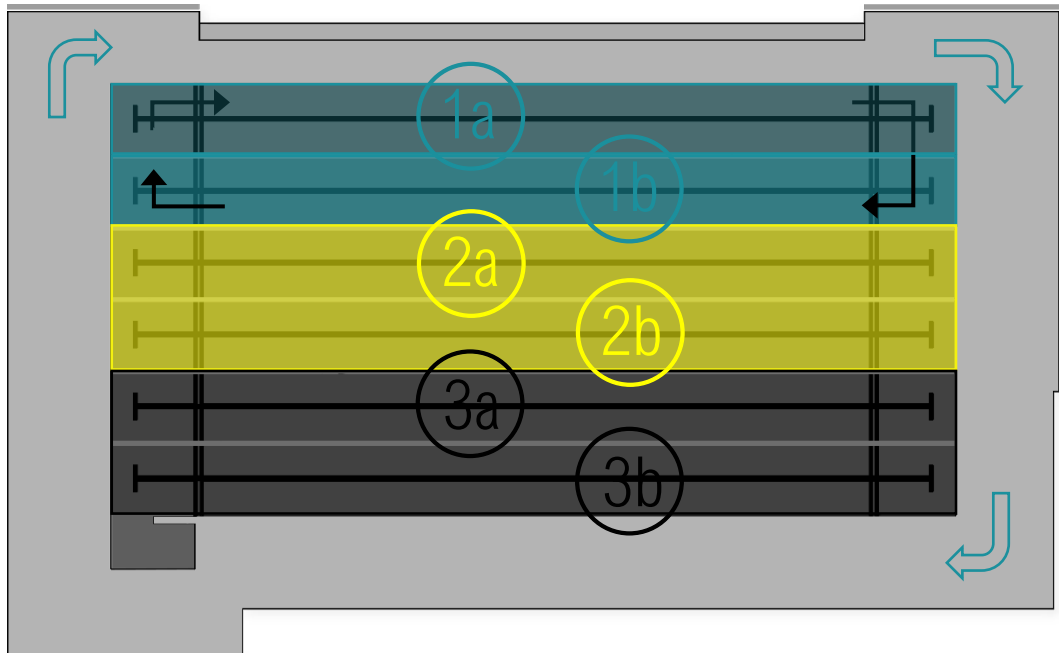
All members will swim in the same clockwise direction.



All members will have to maintain a set distance between themselves and the swimmer in front.

Each of the lanes will have a designated area of the pool they will store their equipment and where they enter and exit the water.

There will be a one-way system around the pool once poolside.



'Off the blocks session'

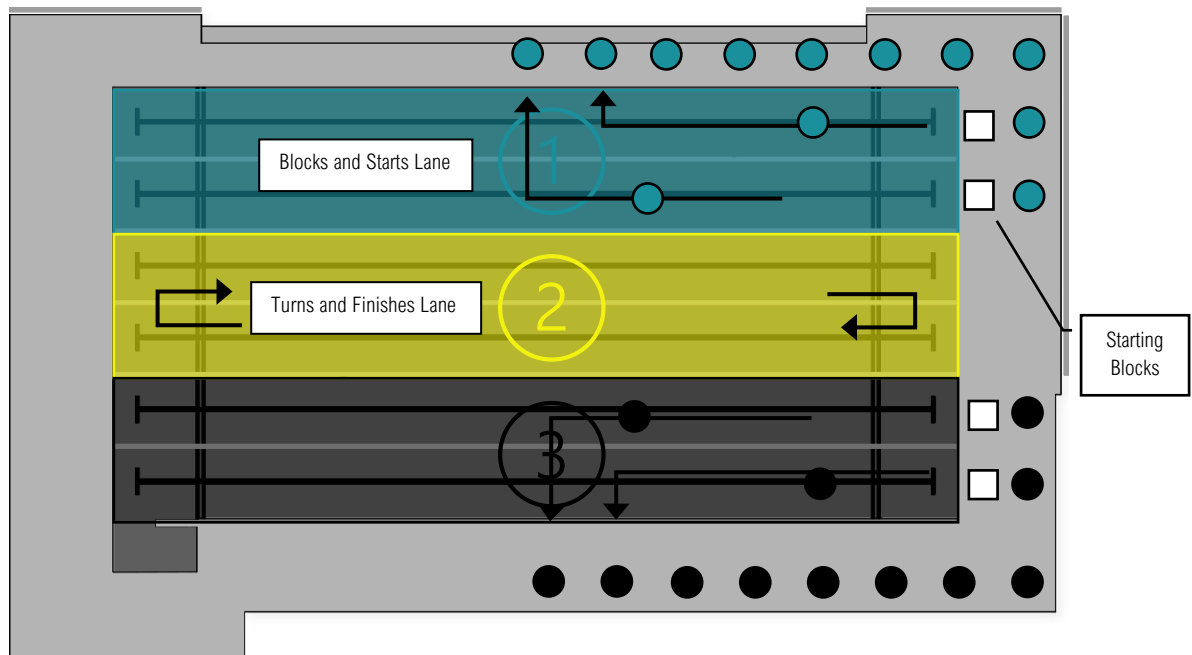
SADSC will use starting blocks for practice in line with current Swim England guidelines.

Only one lane will be permitted to use starting blocks at any one time.

Lanes will be treated as though it were a double lane environment and blocks can be set up per lane. However, swimmers will dive alternately **not** simultaneously.

Swimmers waiting to use the blocks will line up as per the diagram.

Swimmers will be social distanced as far as possible.



Session end

Members will be required to change as quickly and vacate the changing rooms.

Exit

Members will meet a parent/carer in the reception area. Only one parent/carer per member as far as possible.

A SADSC Marshall will be present to ensure each member is picked up safely by a parent/carer

Payments

All membership fees are now by monthly invoice sent automatically by our online payment provider, square.

Other Documents

It is recommended to read this policy in conjunction with the following Swim England Documents

- Guidance for Users
- Advice for returning to exercise after COVID-19

Contact information

For all questions regarding COVID-19 please email chair@sadsc.co.uk

If you have to inform us of any symptoms or test results, please email chair@sadsc.co.uk. This information will then be passed on to our COVID Lead



Changelog

- 07/08/2020 – Changed entry door to building on arrival
- 07/08/2020 – Added clarification to the swim socks
- 07/08/2020 – Simplified wording in workforce section
- 18/08/2020 – Changed to clockwise swimming
- 18/08/2020 – Change of meeting / marshalling point for entry to the building.
- 18/08/2020 – Changing of exit rally point outside building
- 18/08/2020 – Alteration of pool side marker positions
- 23/09/2020 – Added location of SADSC changing room Marshalls to diagram
- 23/09/2020 – Changed location of Area 1 on poolside and route
- 23/09/2020 – Changed marker positions of Area 1 on poolside and added Freedom Leisure equipment area for proceeding centre lessons. (non-SADSC)
- 23/09/2020 – Added 'Off the block' session.
- 16/10/2020 – Updated Lane '3' to be two single lanes of max 6 swimmers per lane
- 16/10/2020 – Added additional spots for Lane 3 assembly points
- 16/10/2020 – Revised 'Off the Blocks' session layout
- 16/10/2020 – Updated entry time diagram
- 22/12/2020 – Updated lanes diagrams to reflect single lane operation
- 03/09/2021 – Various updates due to Freedom Leisure relaxation of COVID policies
- 03/09/2021 – Update entry, exit and changing procedure
- 03/09/2021 – Deleted requirement for parent to stay out of the building
- 03/09/2021 – Update poolside procedure
- 03/09/2021 – Update payment procedure