

Return to Pool Briefing - Reminder



The safety of our swimmers, coaches & volunteers is paramount at all time during the Club's return to pool.

In agreement with our pool providers, we have implemented measures to make sure your return to the pool under Covid-19 is done in the safest way possible.

Amendments will be made if and when necessary and following any changes in the Government and Swim England guidances and will be communicated by email.

General Measures

Social Distancing:

Swimmers MUST maintain social distance throughout the session.

Face Covering :

ALL should wear mask when arriving and leaving the facility except when proceeding to get in the water and returning to your changing station, unless you are medically exempt.

Coaches and Covid Liaison will be wearing face masks when swimmers are circulating around the pool, but not while the session is taking place.

Hand sanitising:

ALL to sanitise hands on entry and exit of building (provided).

One way system:

Follow the facility one way system at all times unless specifically told otherwise by coaches or Covid Liaison.

Please review the diagram for the pool you are swimming at (see below).

Under 12 pick-up:

A parent/guardian must be ready by the exit point to collect their swimmer(s) at the end of their session. Swimmers Please, no late collection.

Drink and Equipment:

- There will be no water available on site, every individual must bring the water they require for the entire session in their own clearly marked bottle.
- Swimmers should only bring equipment as per coaches' list for each squad (on Return to Pool page of website).
- Absolutely no sharing of any equipment or drinks bottles at anytime.
- Personal equipment should be cleaned in-between use with pool water or anti-viral disinfectant spray, wipes or solution.

Showers, Toilets and changing Rooms:

- Showers will not be used.
- Toilet and disabled toilet are available if necessary but best to minimise use to absolute necessity.
- Changing rooms will be used post-session when they are opened to us. We currently do not have access to the changing rooms at the Leys Pool.
- For Para Squads, changing rooms will be available to use pre-session but if you can arrive "beach ready", please do so. If you use the changing rooms, please take your belongings to your poolside station.

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On arrival to your swimming Session:

- ALL swimmers should arrive BEACH READY
- ALL swimmers need to be able to put their swim cap on by themselves. We recommend you practice at home or arrive with your cap on if necessary.
- A Covid Liaison Officer will instruct swimmers when to enter the building and register individuals on arrival using a Covid report google sheet.
- Before going to poolside, ALL should make sure they remove their outdoor footwear and only wear clean footwear inside.
- Swimmers will be directed to their changing station based on their start end of pool (pre-communicated).
- ALL clothes and belongings must be placed within the individual's bag at their changing station.

Pre-Training:

- Swimmers will be directed to their specific designated lane (pre-communicated)
- Physical markers on poolside will be placed for swimmers to stand when everyone is static and waiting to enter the water.
- As one swimmer enters the water the next swimmer will move forwards to the marker in front and only enter the water on the coaches instructions.

During Training:

- Swimmers will be designated a specific resting / stop point during the sessions dependant on your place within the lane (See Pool Diagram below).
- All swimmers must ensure they are listening and looking at the coaches when explanations are being given.
- Overtaking is not allowed. If necessary coaches will change order of swimmers.
- Exceptional lane discipline must be adhered to, swimmers will be asked to leave sessions if the expectations are not adhered to.
- If a swimmer stops for any reason, they must immediately exit the water to avoid a back log of swimmers, whilst maintaining social distance at ALL times.
- No toilet breaks, individuals can use the toilet if required but must follow the centre protocols.

Post Training:

- Swimmers will be directed back to their changing station.
- Swimmers will leave the building in a specified order, maintaining social distancing throughout.
- Under 12 will stay with the Covid Liaison until they are collected.

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Protocol if anyone becomes unwell during a session

- If anyone is taken ill, they will be taken to the facility isolation room or other suitable area
- Parent, guardian or next of kin will be contacted and asked to collect their swimmer as soon as possible.
- If a coach or liaison is taken ill, the session will be terminated. The other will make sure swimmers exit the water as per protocol and remain socially distant in their poolside allocated space while parents/guardian will get notified to collect their swimmers as soon as possible.
- Please check all your contact details are up to date and that your emergency contact details are appropriate.

Covid-19 Symptoms or Positive test after taking part in any session

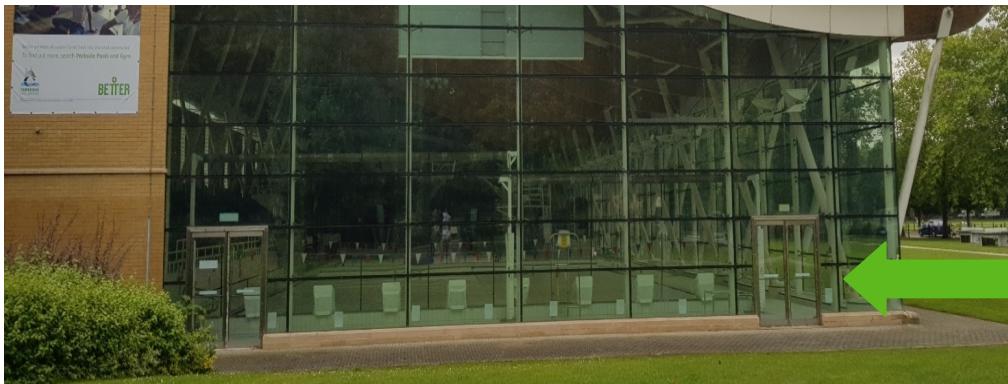
- Please follow the Government and NHS- guidelines
- Notify the club as soon as possible by emailing covid@cocsc.org.uk
- When contacted by 'NHS Test and Trace" services, please provide my email covid@cocsc.org.uk
- I will communicate individually via telephone with any swimmers or their parents if they need to self-isolate because a swimmer in their bubble has tested positive to Covid-19.
- I will also communicate with you if/when I am informed of any positive Covid-19 cases among our swimmers, coaches or volunteers.

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Facility Entrance & Exit and Pool Diagrams:

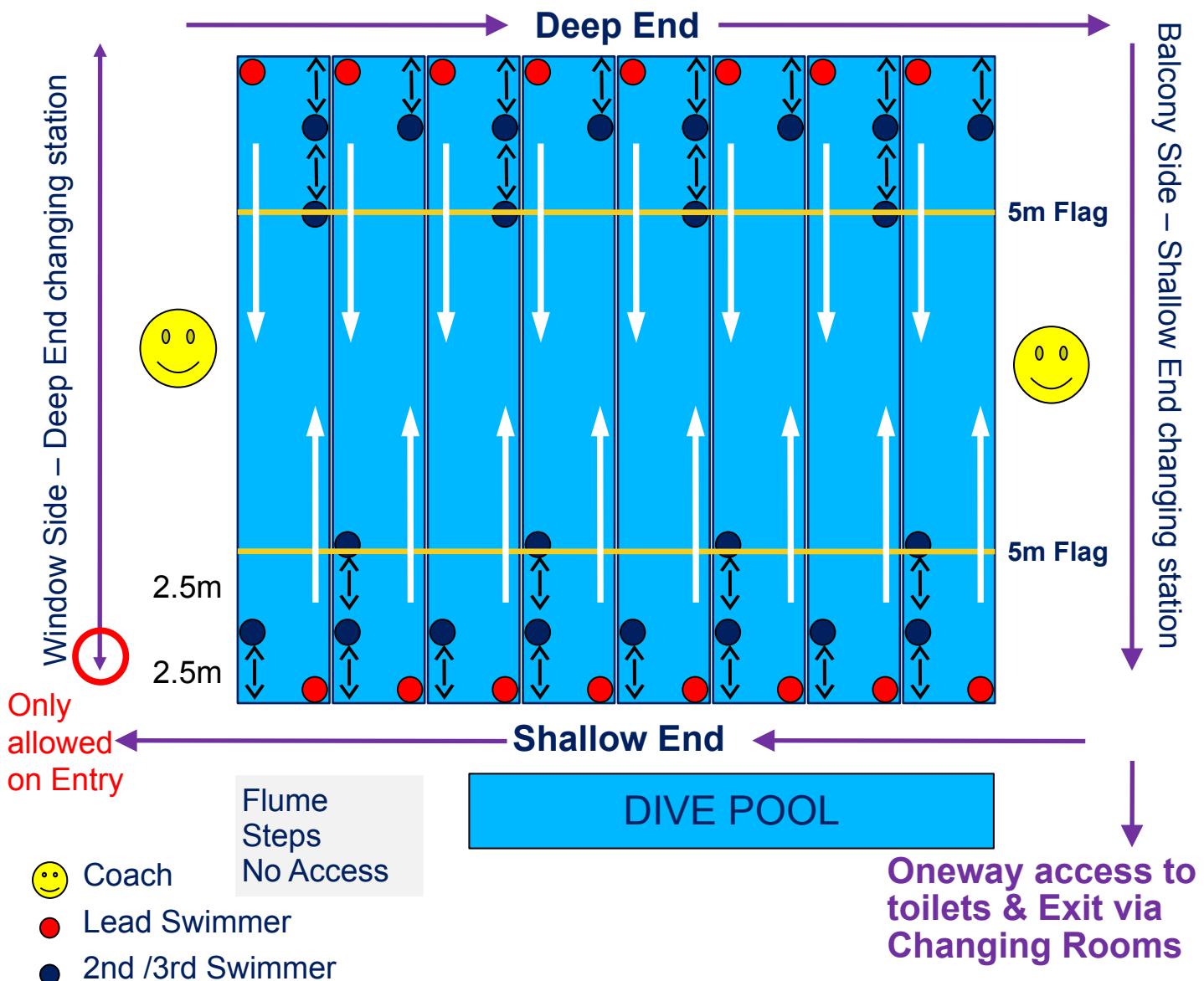
Parkside Main Pool



ENTRY

Exit is via the back door exit under the canopy, next to the Queen Anne car park Mill road exit onto Mortimer Rd (Also GLL public swim exit).

ENTRY One way system around the pool

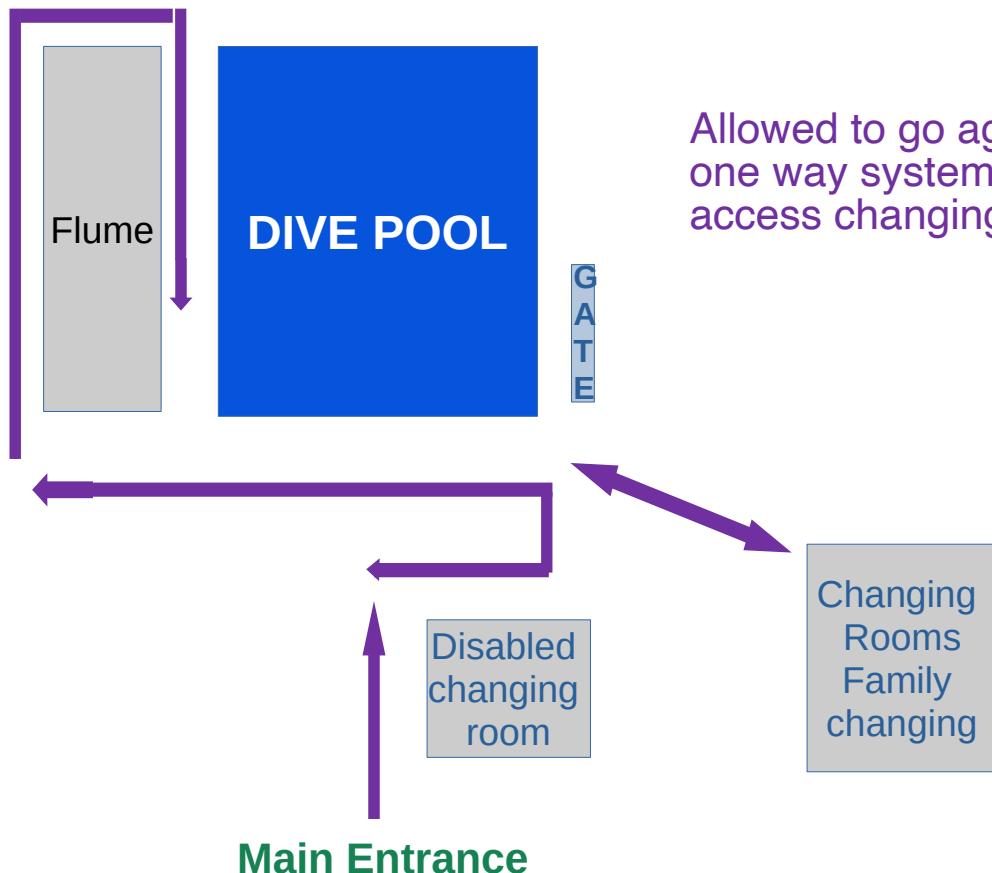


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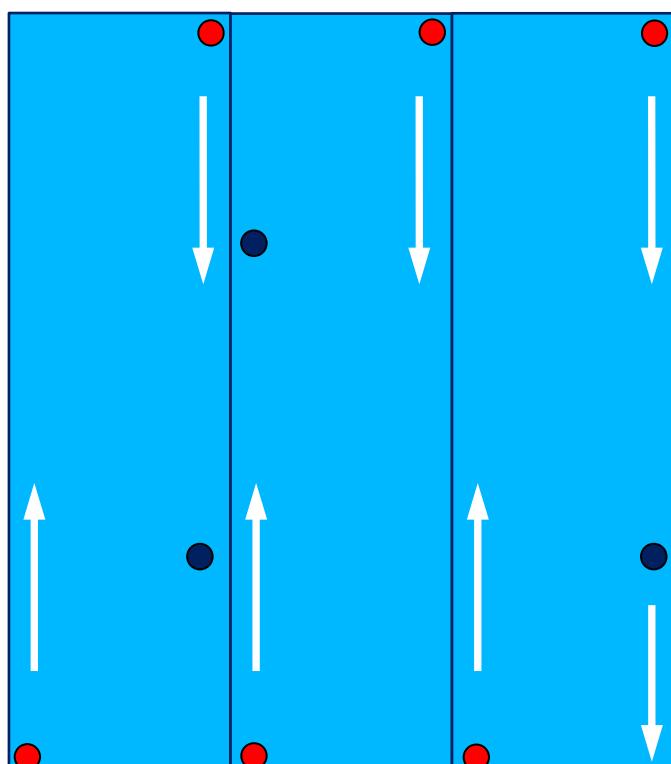


Parkside Dive Pool

Para Rookies, please use the facility Main Entrance to come in for your session.



Allowed to go against one way system to access changing rooms



All lanes to swim clockwise in Dive pool!



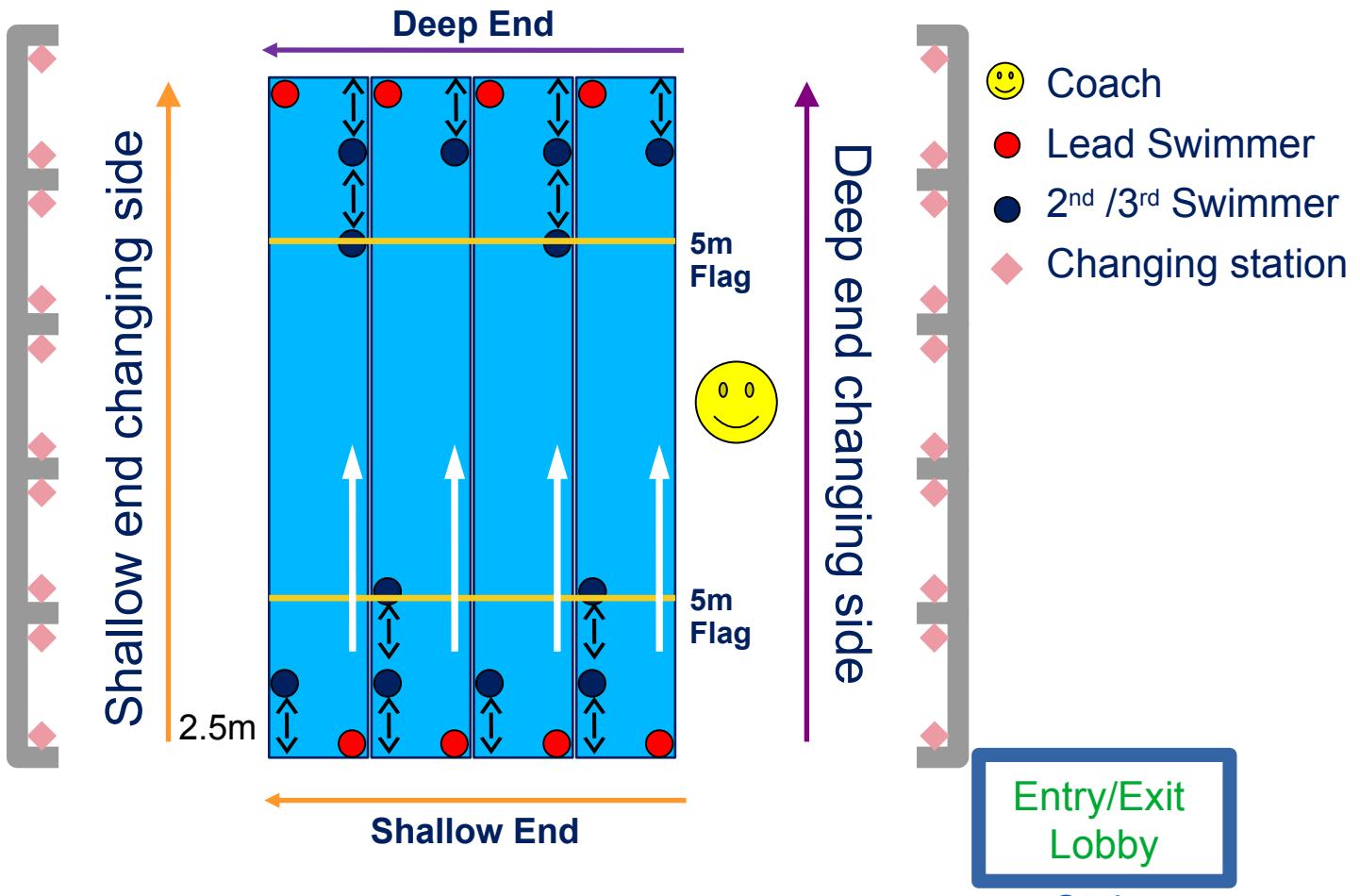
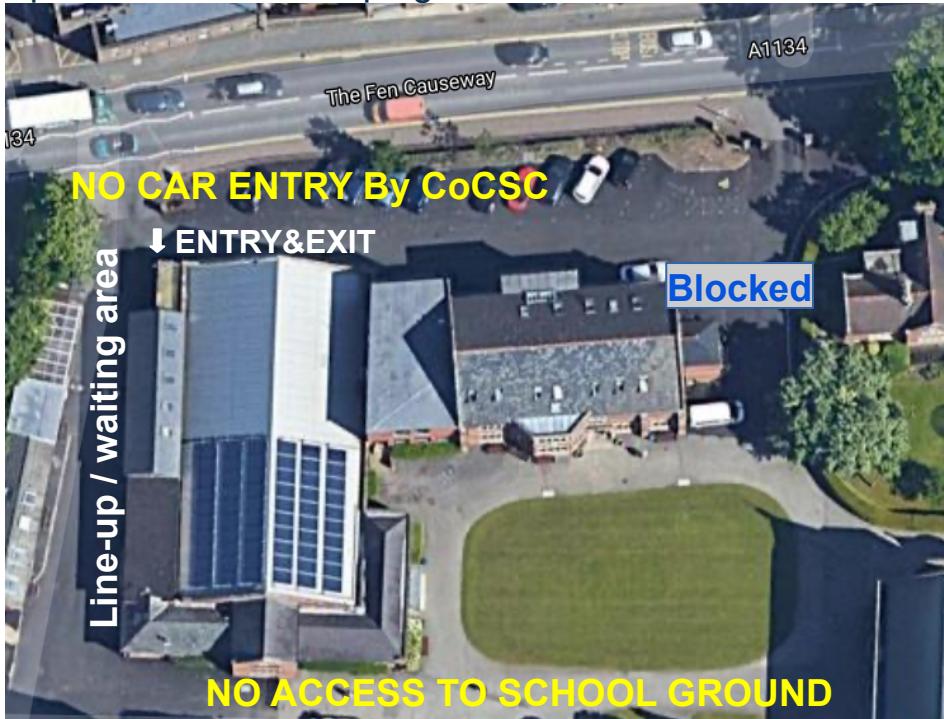
- Coach (smiley face icon)
- Lead Swimmer (red circle icon)
- 2nd Swimmer (dark blue circle icon)

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The Leys Pool

No drop off on the road outside. Limited number of parking spaces at the Leys Sport Centre off Trumpington Road.

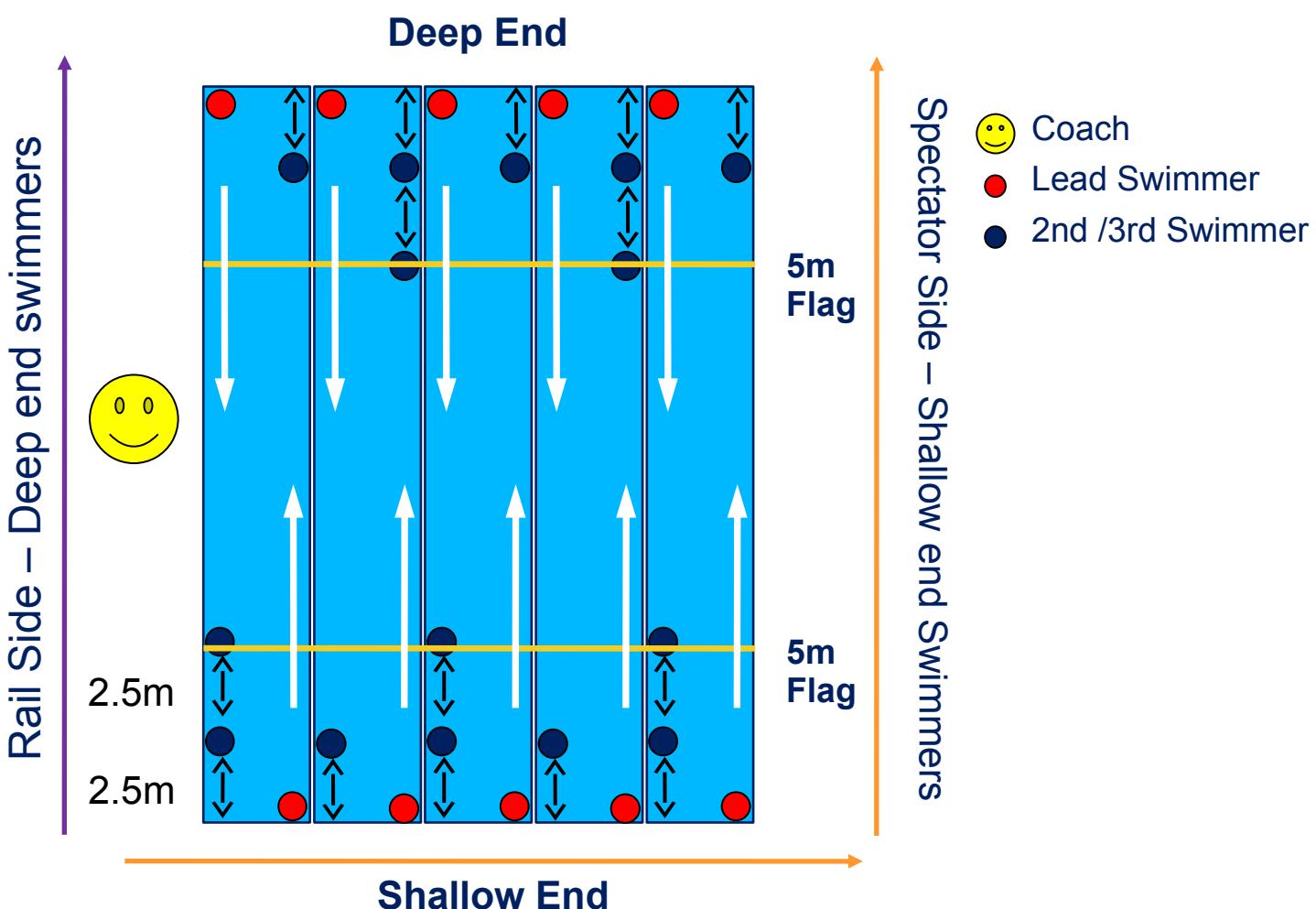


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Abbey Pool

Using the main entrance for entry and exit. Entry via corridor on your left to get to poolside. Exit via the changing rooms.



Purple and orange arrows showing circulation on entry to get to changing stations.

Exit is reverse but towards changing rooms. Follow one way snake route and go as far as you can to use the furthest changing room available