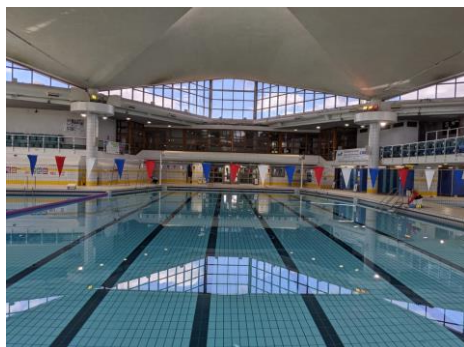


# Rules on Pool Deck

## Hatfield Pool Rules: July 2020

Hatfield have implemented these following changes to keep Covid safe.

- i) **One-way system on entry, around the pool, changing rooms and exit**
- ii) **Arrive pool ready with as little additional kit as possible**
- iii) **Hand sanitiser is available at the entrance**
- iv) **Showers should not be used, however toilets are open**
- v) **The pool is limiting swimmers to 55 swimmers**
- vi) **Small pool remains closed**
- vii) **Only as single club in attendance at any one time**
- viii) **Spectator areas are restricted to 20**
- ix) **Increased the level of chlorine in the pool**
- x) **Air handling capacity at 100% circulating fresh air into the facility**



## Welwyn Garden Swimming Club Guidance

Session 6 -7:15 Sunday

## Swimmers

### Arrival

- Arrive ready to swim
- Before you enter the venue, a Club rep will ask you if you are fit to swim
- Enter the one-way system, then take shoes off before heading poolside
- Move around the pool to the left (clockwise) to drop your kit
- Keep a safe social distance, 1 meter, as you walk to your lane end
- Wait for a swimmer to enter the pool before approaching the pool end
- Check the warmup information before you start
- Enter the pool safely to complete the warmup
- Do not wait at the end of the pool during warm up

### Drills

- When waiting at the pool end for instructions, ensure that you are a safe distance from the swimmer in front and behind you (1 meter)
- Pay attention to the instructions, try not to talk to other swimmers
- Carry out the drills leaving a gap between the swimmer in front of you and behind you
- Swim steadily
- If you feel tired just let your coach know
- If you feel unwell just let your coach know

### Leaving the Session

- Your coach will ask you to leave safely, one by one
- When directed to do so leave the pool, take the one-way path to collect your kit
- Exit via the changing rooms, which may mean a one-way walk around the pool
- Keep a safe social distance whilst you walk on the poolside (1 meter)
- Do not linger, leave as quick as it is safe to do

## Parents

- If your child does not feel well then please do not bring them to swim
- If anyone in your household is exhibiting Cov19 Symptoms, please self-isolate
- Before entering the building, a club rep will ask if your child is fit to swim
- Lanes will have staggered end times, to aid social distancing
- Ensure swimmers are ready to swim when they arrive and have little to do when they leave to prepare to go home. This will limit the times in any shared facilities
- We will be enforcing the one-way system and social distancing on poolside
- Coaches will encourage continuous swimming for the warmup
- We will be taking it easy for the first few weeks to build up swimmers' stamina
- Drills will take place with bigger gaps between swimmers.
- When waiting at pool end swimmers will be asked to maintain a gap
- Spectators area is limited to 20. You can also wait in the pool foyer maintaining a social distance

## Coaches

- Come ready for poolside coaching.
- Do not use share equipment in the sessions
- Please follow the one-way system in shared areas

## Warmups

- Simple warmups and drill to build up fitness over a few weeks
- Ensure swimmers enter pool one by one, safely, and swiftly
- Continuous swimming to be encouraged (limit waiting in groups at pool ends) for warm up
- Help to be available at end of pool to discourage swimmers for waiting

## Drills

- Ensure all swimmers remain at appropriate distanced when being briefed on a drill, at least 1m apart
- Discourage close quarters chatting between swimmers
- Limit the waiting time between drills.

## Ending the session

- Exit each swimmer separately and safely, enforcing the one-way system
- Remind swimmers to maintain a social distance as they make their way off poolside

If at any time a swimmer feels unwell, exit them safely from the pool using PPE and have them escorted to the first aid or other suitable areas.

## New Look



This shows the start of the One-Way system



Go poolside via the double doors



Turn left and head around the pool to drop off gear



Leave via the emergency exit door

## St Christopher's School Pool Letchworth: September 2020



St Christopher's have implemented these following changes to keep Covid safe.

- i) One-way system on entry, around the pool, changing rooms and exit
- ii) Arrive pool ready with as little additional kit as possible
- iii) Hand sanitiser is available at the entrance
- iv) Showers should not be used, however toilets are open
- v) Pool is limited to 36 swimmers
- vi) Spectator areas are NOT open
- vii) Increased the level of chlorine in the pool
- viii) Air handling capacity at maximum, circulating fresh air into the facility



### Swimming Session: Tuesday Evenings

Entry time 8:15 pm – pool ready

Session ends 9:15 pm exit to change

### Swimmers

- Follow same protocols as Hatfield
- **Swimming hats must be worn**
- There are communal changing areas with just a few cubicles



- Please pass through the changing facilities as quickly as possible and leave via the one-way system indicated



### Parents

- Follow same protocols as Hatfield

### Coaches

- Follow same protocols as Hatfield

## Birch Green School Pool: October 2020



Birch Green have implemented these following changes to keep Covid safe.

- i) **One-way system on entry and exit**
- ii) **Arrive pool ready with as little additional kit as possible**
- iii) **Hand sanitiser is available at the entrance**
- iv) **Showers should not be used, however toilets are open**
- v) **Pool is limited to 8 swimmers**
- vi) **Spectator areas: - standing spots at pool side or preferably outside**
- vii) **Increased the pool water quality testing every 2 hours**
- viii) **Wedges to enable window to remain open encouraging fresh air circulation**



**Swimming Session: Tuesday Early Evening**

**6:30 -7:00**

### Swimmers

- Follow same protocols as Hatfield
- There are separate Male /Female changing areas. Benches removed to maximise space



- Please minimise time in the changing facilities and leave via the one-way system indicated
- Club will be required to clean the facilities after use



### Parents

- Follow same protocols as Hatfield
- Spectator spots available to stand at poolside
- Please do not park on the school site

### Coaches

- Follow same protocols as Hatfield

## Monks Walk School – June 2021



### Swimmers

- Follow the same protocols as Hatfield

### Parents

- Follow the same protocols as Hatfield
- Parents of the under 8s should wait outside or in the carpark

### Coaches

- Teach from the shallow end to make distancing easier for swimmers

- i) One-way system on entry and exit
- ii) Enter via the side emergency exit door
- iii) Arrive pool ready with as little additional kit as possible
- iv) Showers should not be used, however toilets are open
- v) Pool is limited to 36 swimmers
- vi) Spectator areas: are closed parents to wait in carpark
- vii) Exit via the changing rooms

### Sessions:

Tuesday – 7 – 7:45    7:45 – 8:30    8:30 – 9:00

Wednesday 7 – 7:30    7:30 – 8:30

Thursday – Life Saving