

## CAWPRA COVID-19 PROTOCOLS

### Cheam Leisure Centre

The club has undertaken an extensive dialogue with Everyone Active managers and has created the following set of instructions it both expects and requires members and parents to follow. Initially the club will be granted sole user access that means there will only be CAWPRA swimmers in the pool when we swim.

We set out to allow swimmers, parents, coaches, volunteers and the pool staff to return to swimming in as safe an environment as possible following both Swim England and Everyone Active advice and guidance. All that follows is underpinned by a separate "Covid-19" risk assessment and sits along side all the existing club policies and procedures that remain in place.

To make this a little clearer the stages to follow have been separated into a number of distinct phases.

**All the following measures are necessary to make the sessions as safe as possible for all attendees and you must comply with ALL the following without fail. Pool staff and management and club officials will ask anyone not following the protocols and instructions to leave immediately. We ask that you reinforce the measures with your children and make sure they understand they must follow all instructions immediately and without fail or risk being asked to leave.**

Firstly and supporting everything that follows is the requirement to follow all Government, Public Health and Swim England advice at all times. Members and parents must also observe the instructions of pool management and staff and club officials at all times and act to protect the safety of others at all times.

#### **Starting at home:**

- Swimmers / parents to complete Swim England provided Health Survey and Return to training documents.
- Dress in pool ready clothing: costumes under shorts / T shirt and slip on shoes without socks ideally. Remember your child will need to be able to put these clothes back on after the session without any assistance.
- Confirm all kit clearly named and readily identifiable.
- Only take kit as directed by club / squad coach and **leave unrequired kit at home**
- Take temperature
- Shower and use toilet before going to pool
- Travel to pool adhering to current Government advice
- Only one parent per swimmer / family

### **Arrival at venue**

- Aim to arrive at pool car park 10 minutes before session start time and then enter venue 5 minutes before session start.
- Adhere to pool's signage on parking and approach to pool designated and signed entry point (see attached plans)
- Access venue via prescribed route and signage adhering to social distancing guidelines
- On your first swim back, pass the completed and signed Swim England "Health Survey" and "Return to training" forms to club staff. **Unfortunately without completing and passing these to the club you will not be able to swim.**
- Access pool with pool provider supplied entry card. We have sent the details of this out previously and again please ensure you get this done and collect your cards on your first visit or after Monday if you are passing either pool.
- Only parents of under 8 years of age to remain in venue others to leave via pool provided signage.

### **Transit to poolside & spectator areas**

- Swimmers access to poolside directly via pool provided signage and guidance and then remove outer clothing poolside. No use of changing rooms, lockers or showers. Only small bags allowed poolside – **NO BIG BAGS – anyone with a big bag will be refused entry.**
- Parents of swimmers under 8 years of age to follow pool provided signage to viewing point. Observe social distancing at all times

### **Session content & practice for swimmers**

- Adhere to current social distancing guidelines while poolside at all times.
- Adhere to all coaching instructions while poolside and in pool.
- Enter pool at prescribed intervals
- When swimming adhere to lane discipline and distancing instructions.
- When resting observe social distancing rules.
- If using toilet wash / sanitise hands and only use specific toilet as directed.
- Only use / touch own equipment and drinks bottles and only take equipment as directed.

- Asthma pumps and any other medication cannot be passed to a coach and should be left safely poolside in an accessible place. Maybe in a container with the swimmers name clearly marked.

### **Exit from pool & venue**

- Observe social distancing while exiting pool
- Take all own equipment at end of session and sanitise at home.
- No post session shower permitted
- Dry yourself, put on over clothes and leave immediately
- Exit poolside via pool provider prescribed route and signage
- Exit spectator areas via pool provided route and signage
- Exit venue by pool provider prescribed route and signage
- Under 8s to be accompanied from poolside to exit point by parents
- Parents to collect swimmers from pool prescribed exit and collection point (see attached plan)

### **Equipment**

- All swimmers to purchase their own kick board and [something like this is fine](#)
- The float must be clearly marked with waterproof pen
- Ensure your child takes all equipment home as lost property cannot be collected or retained.
- Only use / touch your own equipment and drinks bottle and only take equipment as directed by your coach.
- Coaches cannot help swimmers with their hats – if your child wears a swim hat and need help they should arrive at the pool with the hat already on.
- Coaches cannot help with goggles – you should ensure they are correctly adjusted before leaving home
- Coaches cannot lend swimmers spare kit and have been instructed not to have any available.

# Cheam Leisure Centre Entry and Exit Points

