

HTC single session swim protocol

Arrive ten minutes before session start and wait outside with social distancing.

Swimmers must wear a face covering when entering the building and only remove it immediately prior to entering the water.

Assuming that the pool is empty (coach to advise), then five minutes before the session start swimmers should proceed inside after the coach and lifeguard in approximately lane order (fast to slow lanes), maintaining social distancing and allowing for people to remove shoes at the outermost doorway (take them in with you).

When entering the poolside, proceed anticlockwise around the pool towards the shallow end before continuing anticlockwise towards the deep end.

If the lane ropes need to be put in, then the first three swimmers entering poolside should collect the ropes which are located at the deep end in the far corner.

Swimmers should utilise a single row of seats to leave their belongings, and space themselves out (two blank chairs between swimmers) to maintain social distancing.

To enter the pool, swimmers should continue anticlockwise around the pool i.e. head towards the deep end and enter at the deep end. Swimmers should not pass others on poolside but wait for the swimmer in front of them to proceed to enter the pool, in order to maintain social distancing.

If the lane ropes are to be put in, the first three swimmers (and whose kit position should be nearest the deep end) should proceed with their lane rope, enter the water, clip it in and swim with it to the shallow end to secure it there. Hence the lifeguard should be present before anyone enters the water.

Other swimmers should remain at their kit position until the lane ropes are in before proceeding to the deep end to enter the water in their specified lane.

Once in the water, swimmers should swim to the shallow end to commence the session.

At the end of the session, swimmers should exit the pool at their shallow end lane end wall, and should exit in order of fast lane to slow lane so that swimmers proceed along poolside without passing each other, collect their belongings and exit poolside, maintaining social distancing until they have left the premises (particularly noting the need to put shoes on at the outer door).

Any swimmer leaving before the end of the session should confirm with the coach that poolside is clear before getting out of the pool. Any swimmer leaving early should not do so close to the end time of the session in order to avoid still being on poolside collecting their kit when other swimmers start to leave the pool.

General swim protocol

Each swim block will have a maximum of 16 swimmers (4 per lane), and each swimmer will be assigned a lane where they will stay for the duration of the course unless advised otherwise by the coach. Even if swimmers are not able to attend all the sessions they must not give these sessions to anyone else. Swimmers must remain in their session "bubble". For note, the entire session constitutes a 'bubble' (not individual lanes) for the purposes of a Test and Trace notification for any swimmer.

Swimmers should have read and understood both this protocol document and the associated risk assessment.

On entering the building, swimmers should read the health questionnaire and be able to answer “no” to the COVID-19 symptoms questions. If anyone answers yes, they should not enter the building and should follow the government guidance regarding testing and self-isolating.

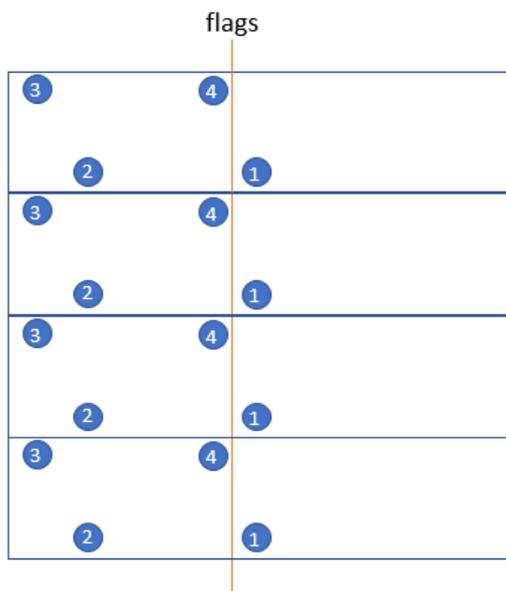
Swimmers should use the hand sanitizer provided by the venue on entering the building.

Swimmers should not use any of the showers, and avoid touching any fixtures and fittings where possible e.g. door handles (the poolside door will be propped open by the coach on arrival). Swimmers may use the poolside toilet if necessary but should avoid this if possible by using home facilities before attending the session.

Swimmers should arrive ‘beach ready’ i.e. no changing facilities are available and swimmers should arrive in their costumes with something over the top. At the end of the session, swimmers need to be able to leave still in their wet costume with their towel or other clothing over the top, and should exit promptly.

Swimmers should bring the minimum equipment to poolside and only training aids as advised by the coach in advance of the session.

During the session, when static between reps at the shallow end, swimmers should maintain space in the following way. This means that when the first swimmer reaches the wall, they should immediately move forward again towards the flags and take their rest period at this location, not at the wall. Swimmers should stagger their rest position with those in the adjacent lane in order to maintain social distancing and consider the direction they are facing such as to avoid breathing towards others if out of breath from swimming exertion.



Where possible, swimmers should anticipate passing other swimmers in the opposite direction (either in their lane or the adjacent lane) and breathe away from the passing swimmer. Similarly, if overtaking within the lane, swimmers should breathe away from the swimmer they are passing. The coach will aim to manage swimmer positions within the lane to minimise the occurrence of overtaking.

Information on COVID-19 and what happens if anyone has symptoms

All users are advised on the symptoms of Covid-19 and asked to keep up to date with government guidelines. Current advice is available on the Fitness Garage website (www.fitnessgarageharrogate.co.uk).

Anyone with suspected symptoms of COVID-19 must not attend sessions.

If anyone becomes unwell with Coronavirus symptoms whilst in the building they will be sent home and advised to follow Government guidance in relation to testing and self-isolation.

Individuals who have been notified by the NHS Test and Trace service via text message, email or phone that they have been in contact with a person who has tested positive for coronavirus (COVID-19) must not attend the session and must self-isolate at home as per government guidelines. In addition, to protect our club's community, you should not attend the session if anyone within your household is isolating as a result of a Test and Trace notification.