

HARROGATE TRI CLUB



HTC Single Session Swim Protocol

May 2021

This protocol is written on the basis that in line with National Guidance, Adult indoor group classes can recommence on the 17 May 2021.

The protocol is designed to enable swimming sessions to be undertaken that are in line with government guidelines where organised indoor sport, physical activity and exercise classes is permitted.

First Morning Session and Evening Session

Arrive five 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 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 and 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 with **two blank chairs** between swimmers 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.

Once the ropes are in the pool, the rest of the swimmers should **continue anticlockwise around the pool i.e. head towards the shallow end**. Once in the water, swimmers should assemble in the **socially distance format** in the shallow end before commencing the session.

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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.

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.

Second Morning Session

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

Five minutes before the session start swimmers should proceed anticlockwise inside in approximately lane order (fast to slow lanes), maintaining social distancing and wait in line down the side of the pool until the first session swimmers exit 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**”.

The **entire session constitutes a ‘bubble’** (not individual lanes) for the purposes of any NHS 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

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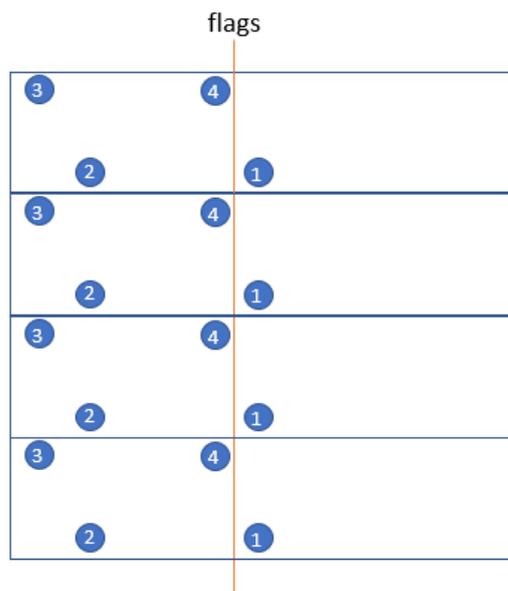


the coach on arrival. Swimmers may use the poolside toilet if necessary but should avoid this if possible, by using home facilities before attending the session.

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.

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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.

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 NHS Test and Trace notification.