



TYLDESLEY S.W.P.C.

ATTENDING CLUB SESSIONS

To help minimise the risk of spreading Covid-19, it's vital that all members, coaches, teachers and volunteers observe the following guidelines.

During the initial opening phase, we will be reducing the size of our ability groups into subgroups depending on the discipline.

Do not attend the Pelican Centre if displaying any Covid-19 related symptoms/Covid-19 or if someone you live with is showing any Covid-19 related symptoms/Covid-19. Please isolate for 14 days before Returning to Training.

In the case of having been treated for Covid-19, please ensure you have permission from your Doctor to return to training sessions.

ON ARRIVAL TO SESSION – ALL MEMBERS

Particular attention is drawn to the following points:

- Face Coverings to be worn at all times until you enter the water. (11 years and over only)
- Ensure you have swimwear under your clothes. i.e “beach ready”.
- Ensure you wear Sliders or Flip Flops to the session (**No Trainers/Outside Footwear to be worn**).
- Ensure you bring:- **Swimmers 1 bag/bin bag for clothes & 1 kit bag. Water Polo Players 1 bag for clothes.**
- Arrive before the session start time and wait outside the building until you are instructed to enter the building. Remember to observe current social distancing rules whilst waiting.
- Anyone arriving following the registration and when the session has commenced **WILL NOT BE ALLOWED INTO THE SESSION.**
- Hands must be sanitised on entry to the building and exit from poolside.
- Adhere to the safe social distancing floor markings, signage and customer navigation throughout the building that the Pelican Centre have in place.

PARENTS/GUARDIANS

- Will be asked to “drop off” their child and ensure that the child has accessed the building before leaving.
- Will be asked to “collect” their child outside the building following the session. If the child is of an age to walk home “alone”/walk to parked car then the club will require signed consent.

SPECTATORS

Due to limited seats on the balcony **NO SPECTATORS WILL BE ALLOWED** unless your child is **8 years & under**.

In these cases ONLY 1 PARENT/GUARDIAN WILL BE PERMITTED.

- Spectator must wear a face covering at all times.
- Spectator to maintain social distancing guidelines at all times.

SOMEONE HAS “COUGHING FIT” OR BECOMES ILL DURING A SESSION

- If a member is coughing because of swallowing water they will be asked to leave the pool until they can recommence the training session.
- If a member becomes ill during a session they will be taken to a “quiet area” and a parent/guardian will be telephoned to collect the member.

TOILET FACILITIES – Please use toilet at home before coming to the session.

The toilets will be open for use during the sessions, however, members must wash their hands on both entry and exit of the toilet area.

CHANGING & EXITING THE SESSION/FACILITY

USE OF CHANGING ROOMS;

NO SHOWERS OR LOCKERS TO BE USED

- Members will use the cubicles (cubicle doors to be left open) towel dry as best they can and where possible use a onesie/dressing gown to change into, keeping their swimwear on for modesty reasons.
- Members are encouraged to vacate the building ensuring they do not congregate in corridors or reception.
- Covid-19 Liaisons/Coaches will ensure the children are collected outside the entrance by a parent and follow safeguarding & protecting children guidelines.

SWIMMING SECTION

DURING THE SESSION

Particular attention is drawn to the following points

- Please ensure you use the directional markers for guidance when walking around the poolside.
- Anyone allocated in Lanes 1, 3 and 5 will commence training at the deep end of the pool. Lanes 2 and 4 will commence training at the shallow end of the pool.
- All swimmers will train in a clockwise direction and set off in 5 second intervals to allow for an approximate 5-metre separation.
- **NO OVERTAKING IN THE LANE WILL BE PERMITTED.**
- On entry to the building the Covid-19 Liaison will allocate each swimmer a lane and colour and instruct the swimmer as to the entry point to the poolside dependent on whether there is public session or club session taking place.
- Keep all personal items to a minimum, bringing them on poolside in a bag/bin bag and store them as directed by the colour instructed by the Covid 19 Liaison - while maintaining an acceptable social distance from other members of the group.
- Observe 2m, where possible, from other persons including other swimmers within your group.
- Wear face coverings at all times until told to enter the water by the coach.
- The coach will, at all times, maintain an acceptable distance from the group, and ensure the group observes safe practice whilst under their supervision.
- Swimmers will be required to have their own equipment, initially limited to their own Swim Cap / Goggles / Kick Board / Pull Buoy / Drinks Bottle. These should be clearly labelled and kept separate from another member's equipment.
- Swimmers will be responsible for their own equipment and **must be able to put their own swim cap and goggles on.**
- The pool will be set out appropriately allowing for adequate separation as per Government guidelines for each discipline.
- We aim to keep the number of swimmers within each lane to a minimum, therefore allowing swimmers to move along to one side at the end of swims ensuring they keep their distance.
- Swimmers will remain in their allocated lane "bubble" at all times
- At all times, swimmers must adhere to the correct lane etiquette, swimming around the lanes correctly, maintaining the required distance apart and avoid touching the feet of the swimmer in front.
NO OVERTAKING WILL BE PERMITTED.
- **NO USE OF STEPS** when exiting the pool. Members will have to climb out at the wall allowing the swimmer in front maximum distance prior to you exiting the pool.
- Instruction and feedback from the coach will be kept to a minimum.

WATER POLO SECTION

DURING THE SESSIONS

Particular attention is drawn to the following points

For those who are attending Wednesday Swim Sessions

- Please ensure you use the directional markers for guidance when walking around the poolside.
- Anyone allocated in Lanes 1, 3 and 5 will commence training at the deep end of the pool. Lanes 2 and 4 will commence training at the shallow end of the pool.
- All swimmers will train in a clockwise direction and set off in 5 second intervals to allow for an approximate 5-metre separation.
- Anyone allocated in Lanes 1, 3 and 5 will commence training at the deep end of the pool. Lanes 2 and 4 will commence training at the shallow end of the pool.
- All swimmers will train in a clockwise direction and set off in 5 second intervals to allow for a 5-metre separation.
- **NO OVERTAKING IN THE LANE WILL BE PERMITTED.**
- On entry to the building the Covid-19 Liaison will allocate each player a group and colour and instruct the player as to the entry point to the poolside dependent on whether there is public session or club session taking place.
- Keep all personal items to a minimum, bringing them on poolside in a bag/bin bag and store them as directed by the colour instructed by the Covid 19 Liaison - while maintaining an acceptable social distance from other members of the group.
- Observe 2m, where possible, from other persons including other swimmers within your group.
- Wear face coverings at all times and until the coach instructs you to enter the water.
- The coach will, at all times, maintain an acceptable distance from the group, and ensure the group observes safe practice whilst under their supervision.
- Players will be required to have their own equipment, initially limited to their own Swim Cap / Goggles/ Drinks Bottle. These should be clearly labelled and kept separate from another member's equipment.
- Players will be responsible for their own equipment and **must be able to put their own swim cap and goggles on.**
- The pool will be set out appropriately allowing for adequate separation as per Government guidelines for each discipline.
- We aim to keep the number of players within a group to a minimum therefore allowing players to move around to ensure they can keep their distance.
- At all times water polo players must adhere to correct social distancing and Government/SE guidelines regarding the passing of the ball, skills and drills.
- **NO USE OF STEPS** when exiting the pool. Members will have to climb out at the wall allowing the player in front maximum distance prior to you exiting the pool.
- Instruction and feedback from the coach will be kept to a minimum.
- All sessions will focus on skills, drills, shooting, scrimmaging as per Swim England guidelines.

Please remember these guidelines have been set for everyone's safety and we ask you to use the available sanitizers regularly and remain alert!