

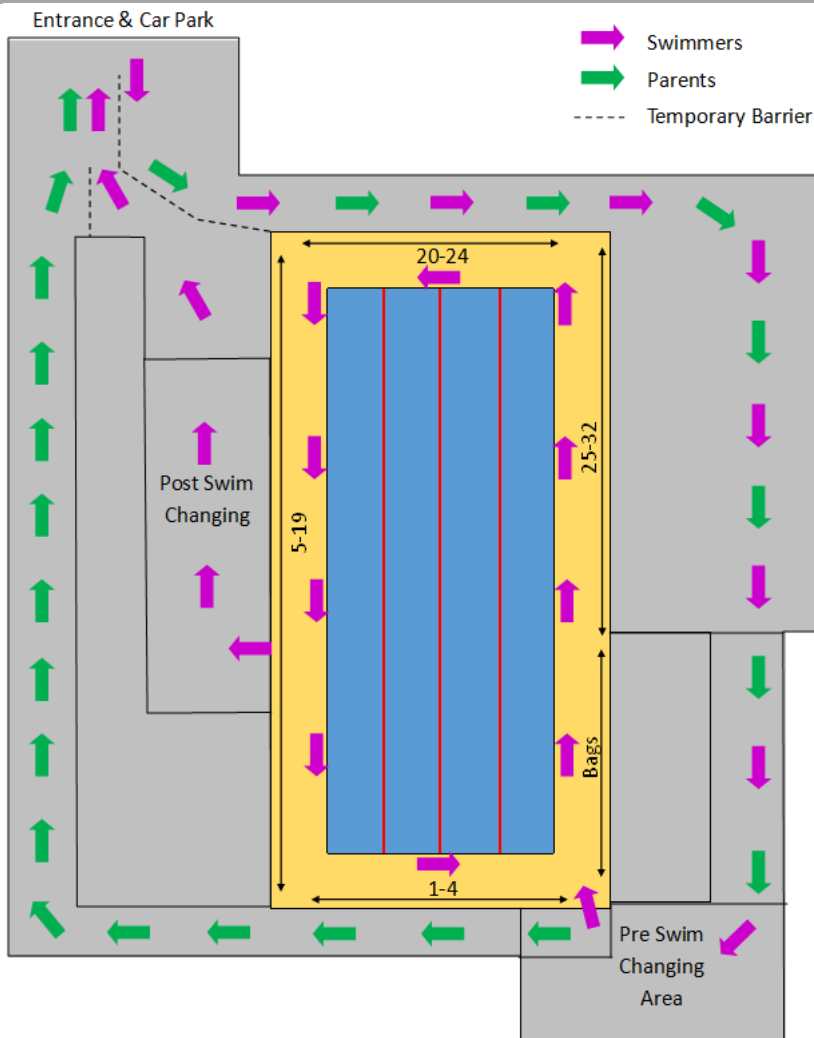


COVID-19 Guidelines

Weekday Mornings

The sports centre have put a limit of 8 swimmers per lane (32 in the pool), and as such we have had to make small adjustments to the timetable. For each of the weekday morning sessions our numbers are slightly above the limit and therefore if you don't usually attend every weekday morning and you can attend Monday morning (as opposed to Wednesday or Friday), please consider doing this as it is usually the quietest of the weekday sessions. If this becomes an issue we will have to rethink the plan and limit the numbers attending each session.

Sports Centre Layout



Arrival

- You must arrive 'Swim Ready' with costumes on underneath clothes. If you need help putting on a hat then make sure to do this with your parent before coming poolside.
- Please use the hand sanitiser on the left as you enter the foyer.
- Follow the 1 way system around the end of the pool and through into the gym. A team manager will be at the entrance to the changing area.
- Remove clothes in changing area and take all bags onto poolside.
- Swimmers **MUST NOT** congregate in the changing area, please enter poolside straight away to allow space for others.
- Parents to follow one way system out of sports centre.
- Leave clothes bag on right and walk anticlockwise around poolside (staying close to the pool) to your numbered space.
- Make sure to stay close to the wall to allow others to walk past.

Departure

- The end of sessions will be staggered to allow for a limited number of swimmers in the changing room at one time.
- When a coach asks you to get changed, walk anticlockwise around poolside to collect your bag and then into the changing rooms. Please change as fast as possible to allow the next group in.
- A team manager will be in the reception area to escort swimmers to the car park and make sure they are collected!

Equipment

Every swimmer **MUST** have a drinks bottle. Please also bring your normal kit bag but without the kickboard. These take up space on poolside and where needed we will use a pull buoy instead.

Squads and Poolside Spaces

After dropping bags in the bag area on poolside, swimmers will walk anticlockwise around poolside, staying close to the pool edge. Every swimmer has a number (shown in the table below), please stop at your space and wait next to the wall. Rough location of positions are shown in the sports centre layout diagram.