



Phase 1 Lane swimming during Covid 19

The Covid 19 Officer for SCLC is Andy Clarke. business@4slc.org.uk This may change as the building work is completed and the venue programme grows.

The following procedures are for members only lane swimming for the month of August 2020 (exact date tbc). This is due to the building work throughout the centre including the changing rooms. There will be a new procedure document as soon as the changing rooms re-open which will be phase 2.

The following procedure has been written in conjunction with Swim England guidelines. It is important that we adhere to these guidelines for the safety and well being of our customers and staff.

GENERAL

1. All swimmers must follow government guidelines with regard to coronavirus symptoms, maintaining social distancing, use of hand sanitizers etc.
2. Swimmers must book in advance for the session. **How?**
3. Anyone showing symptoms of coronavirus whilst in the venue, or being tested positive for coronavirus following a visit to the venue should inform the venue so that track & trace measures are implemented.
4. Hand sanitizers are available at the following points – bottom & top of stairs on entry, deep end doorway, outside poolside office, entry to disabled corridor.
5. Swimmers should use the toilet in the disabled changing area if required. This is adjacent to the small poolside on the left.
6. The venue staff will implement a deep clean of the facility at least once per day along with intermittent sanitized wipe round and/or misting with the fogging machine.
7. There will be no spectating facility available
8. There will be no access to the changing rooms.

ARRIVAL

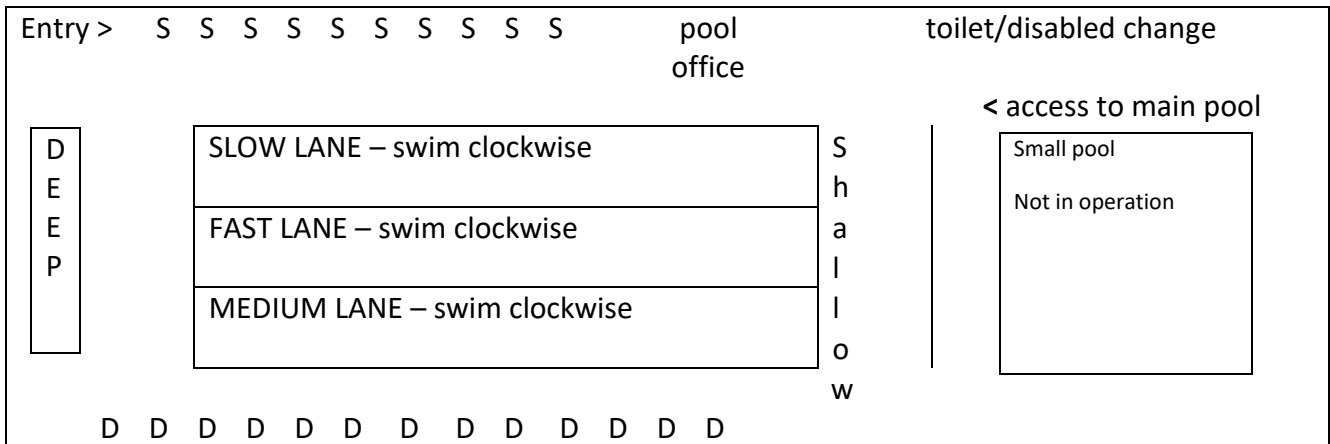
1. Swimmers should come to the session beach ready. So, swimwear under clothing and an item of clothing to assist with quick changing after the session ie; beach towels and baggy clothing etc.
2. Swimmers should bring their own swimming accessories as we are not able to loan out items such as caps, goggles, swimwear, floats etc
3. Parking as normal in the main car park. The front of the building is still inaccessible to vehicular access due to building work.

4. There will be no spectating facilities. Please let us know if you have a permanent carer who needs to assist you at the pool so, that we can make other arrangements prior to your swim. Any carer coming onto poolside MUST wear poolside overshoes at all times which will be available by the pool door entrance.
5. Swimmers should access the building via the lower entrance of the swimming pool – that’s the first glass door at the front of the building & below the vending area.
6. The door will be opened 5 minutes prior to the session start time in order to keep the building secure and avoid swimmers coming into contact with other user groups. This will mean that swimmers will be waiting outside if they arrive too early.
7. Come directly up the stairs on the left to the vending area.
8. Please report to the member of staff in the **vending area** so that you are checked in against the booking sheet. You will not be allowed access to the session if you haven’t booked in regardless of how busy the session is.
9. You will be allocated a lane in terms of your speed and you will be asked to start/finish your swim either at the deep end or the shallow end. This is to avoid congestion at the end of the pool whilst resting.
10. All swimmers must take their outdoor shoes or put blue overshoes on in the vending area and prior to going onto poolside.
11. Access to poolside is via the poolside door at the deep end and by the large window. The door will be left open at entry/exit times in order to avoid touching of handles.

(not to scale).

D = personal changing pods for swimmers with Deep end starts

S = personal changing pods for swimmers with Shallow end starts



CHANGING

1. There is no access to the changing rooms or toilets at any time due to the building work taking place.
2. Once on poolside, you will see the marked out areas for the personal changing pods. You should change within the lines of a pod and leave your belongings within the lines of the pod. All personal changing pods will be clearly marked so that you know where you left your kit. If you were asked to start in the shallow end – please use a pod numbered 1-18 for Shallow. If you were asked to change in the deep end – please use a pod numbered 1-18 for Deep. This will help the lifeguards monitor the potential social distance issues even if people are half way down the length and they can communicate with the checking in staff if required.
3. If there are other swimmers getting in or out of the pool at the same time as you, please wait a few seconds so that social distancing can be maintained on poolside.

DURING THE SESSION

1. There will be 3 lanes available. Each lane will be 2 lanes wide in order to allow for social distancing whilst in the water. There will be a slow lane nearest the pool door, a fast lane in the middle of the pool and a medium lane at the windows side of the pool. The maximum bather load is 30 swimmers. 10 swimmers per lane.
2. The coaching staff should have 3 swimmers starting/finishing at the shallow end and 3 swimmers starting/finishing at the deep end for all sets (except walk backs where social distancing can be maintained on poolside). Under no circumstances should all swimmers be resting at the same end at the same time. So, swimmers should be sent to the relevant end of the pool following the briefing and prior to the warm up.
3. Direction of travel should be the same for every lane – clockwise – all swimmers breath to the inside of the lane on FC. This will avoid swimmers being breathed on by other swimmers.
4. No Butterfly or Backcrawl swimming unless the lane is quiet. This is to avoid any collisions.
5. We will endeavor to space out the floats of the lane ropes so that they can be used much like chevrons so that swimmers can maintain a safe space between themselves and a swimmer in front.
6. The lanes will be wide enough to cater for overtaking but it would be better if swimmers would stop for a few seconds at the end to allow a faster swimmer to overtake there.
7. It will not be possible to swim side by side and chat at the same time. Neither will it be possible to chat at the end of the pool.
8. Please stay at the edge of the lane when resting.
9. The first aid room is adjacent to the small poolside. PPE will be available in the first aid room and must be worn by all parties should social distancing rules need to be breached.

10. Anyone becoming ill with coronavirus symptoms during the session will be directed to the first aid room and will remain there until they are collected from the emergency exit at the disabled changing area. They will not be permitted to go back into the pool hall so, their belongings will be taken and placed outside the first aid room for collection.

AFTER THE SESSION

1. Swimmers should leave the water from the deep end first and return to their personal changing pod. Shallow end swimmers should then clear the pool and return to their personal changing pods. Social distancing measures must be observed during this process.
2. Swimmers have just 5-10 minutes to change and clear the poolside. So, no showers, make sure you have baggy clothing that is easy to put on ie; not tight fitting jeans. As the changing rooms are off limits, there will be no access to hair dryers or mirrors.
3. Swimmers should ensure that they have all of their kit.
4. Everyone leaves poolside via the door at the deep end and leaves the building immediately via the same door as they entered.
5. When the pool hall is clear, the venue staff will sanitize with the misting machine all areas of poolside & toilets. **If this system proves to be too slow, swimmers will be asked to wipe the surface where they changed with a cleaning wipe which will be provided.**

EVACUATION PROCEDURE

1. Should you hear an alarm, please start clearing the pool and getting swimmers onto poolside whilst remaining socially.
2. As swimmers will have their personal belongings on poolside, it may be possible for them to collect it but they will not have time to change.
3. Swimmers should make their way to the small poolside whilst socially distant and await further instruction
4. If it turns out to be a false alarm, an announcement will be made over the tannoy system and swimming can resume.
5. Should a full evacuation be required, everyone in the building should leave via the emergency exit in the disabled corridor.
6. A lifeguard will lead the way to the assembly point and should take a register using the checking in sheet.
7. The other lifeguard will do a sweep of the building prior to joining the group at the assembly point.
8. The assembly point is clearly visible at the top of the car park.
9. Please inform venue staff of any missing swimmers.

10. No one will be allowed to re-enter the premises until the Fire Officer deems it safe to do so.
11. Please inform the venue staff if you choose to go home during this process.