

Return To Training (Phase 1)

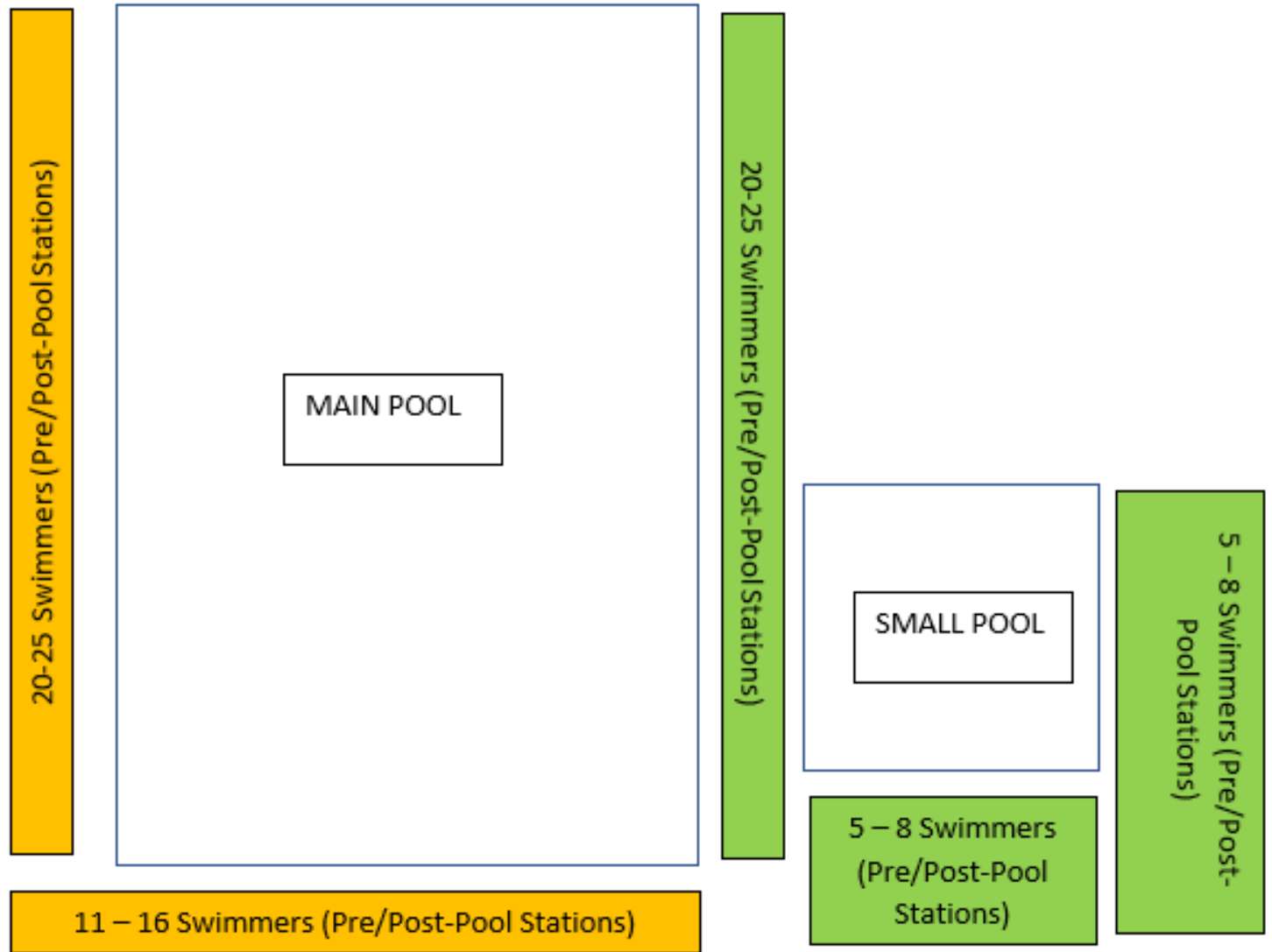
Club Guidelines

Entering & Exiting Facilities

- Swimmers must arrive and leave ‘beach-ready’
- Swimmers will gather (socially distanced) on the bridge by the front door of Richmond Pool
- Swimmers will be required to wear a mask when entering and leaving the facility (Richmond pool requirement)
- Swimmers will have temperature checked by a COVID volunteer prior to be allowed entry into the facility
- Swimmers will move in a one-way fashion, down the stairs, through the changing rooms and directly onto their poolside station
- Swimmers will have a designated station on poolside for pre/post-pool, drying and clothing storage
- On session completion, swimmers will be required to move back out of the building, the same way they came in

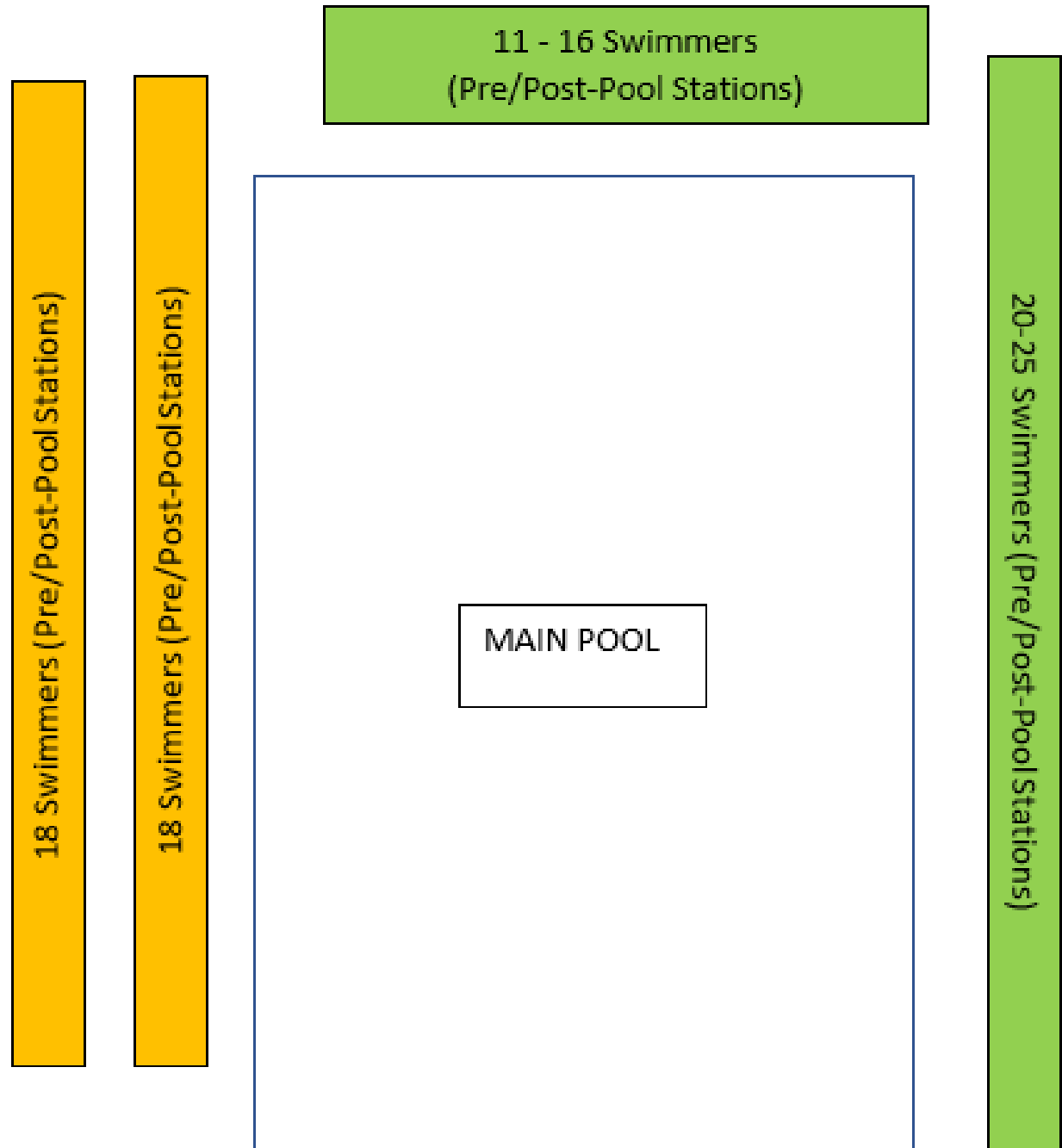
Pre/Post-Pool (Richmond Pool)

- With 1m+ spacing between each swimmer we will utilise the length of the pool hall
- Given the space around the poolside we will be able to distribute members accordingly
- Orange - Session 1
- Green - Session 2
- Session 2 will utilise the opposite poolside to session 1 to ensure no contamination of equipment / belongings



Pre/Post-Pool (Catterick Pool)

- With 1m+ spacing between each swimmer we will utilise the length of the pool hall
- Given the space around the poolside we will be able to distribute members accordingly
- Orange - Session 1
- Green - Session 2
- Session 2 will utilise the opposite poolside to session 1 to ensure no contamination of equipment / belongings



Moving in & Out of the Pool

The swimmers will move towards their lane, utilising social distancing

All swimmers will enter the water at one end of the pool, starting with the 3 swimmers allocated to the starting end, meaning they swim 50m to their 'stop/start' point

The next 3 swimmers (in the same lane), allocated to the turning end will follow on behind, only swimming 25m to their 'stop/start' point.

This process will start with the furthest lane first

When the session has finished, swimmers will exit the pool from one end, starting with the lane furthest away from the pre/post-pool stations.

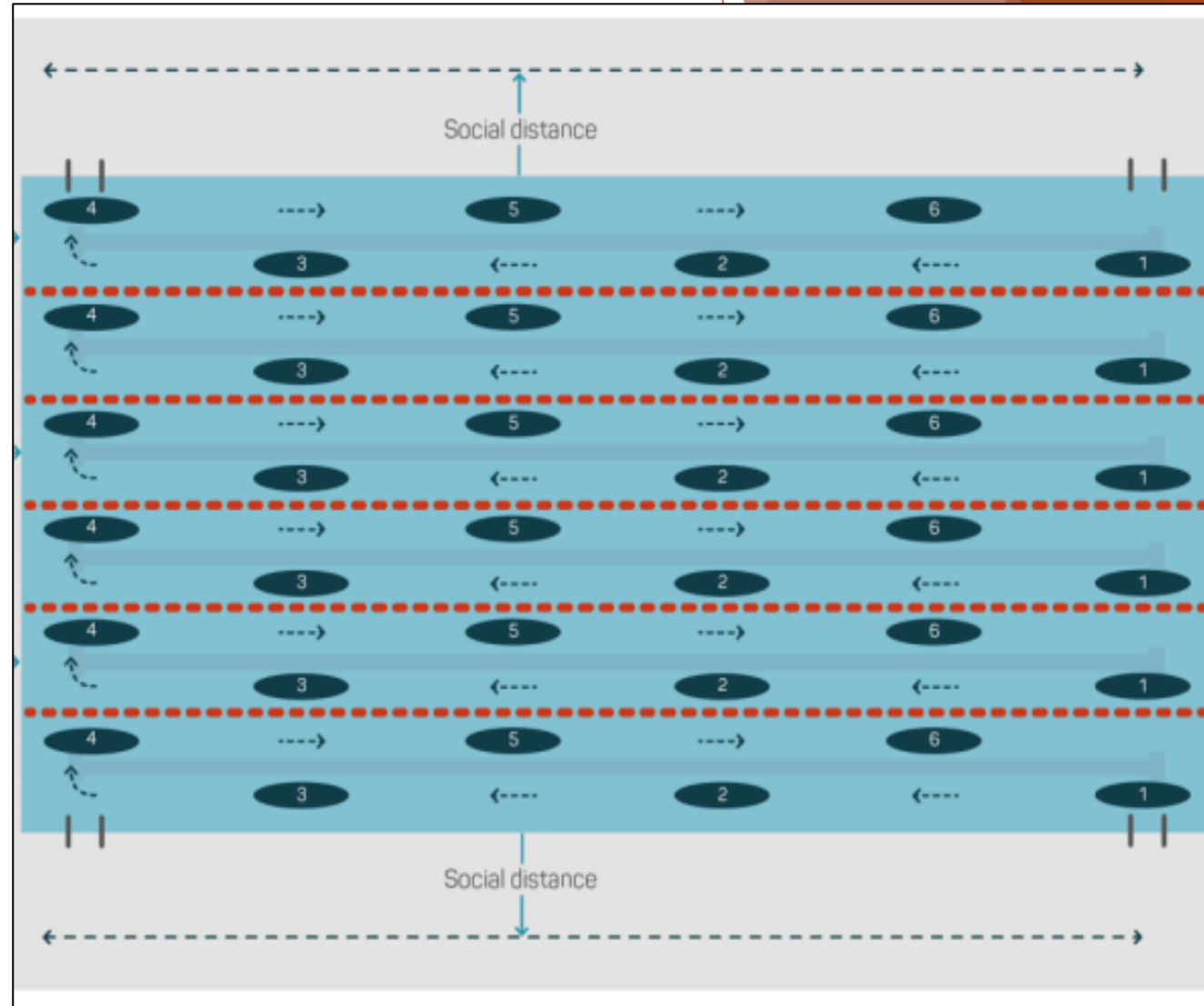
Again this will work to ensure swimmers move onto their station, adhering to social distancing measures.

In-Pool

- Maximum of 6 swimmers per lane
- 3 with a 'stop/start' point at Shallow End
- 3 with a 'stop/start' point at Deep End
- All 'stop/start' points are at least 1m+ apart
- All swimmers will travel anti-clockwise
- Swimmers will 'set-off' at 5m intervals
- Passing swimmers will be low risk
- Younger/Para swimmers may have 'stop/start' at one end of the pool to ensure they can stand (they will still be grouped at least 1m+ apart)

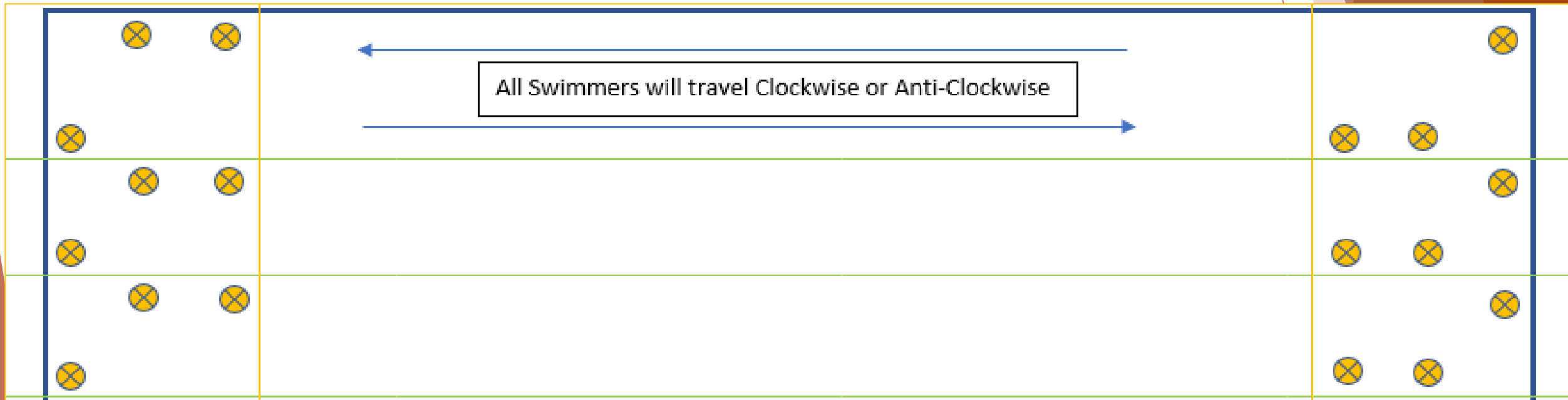
Coaching

- Once all swimmers enter the pool, coaches will be able to move around the poolside
- Given that swimmers will be at opposite ends of the pool, delivery is likely to take place from a mid-point, to ensure visibility and clarity.
- Delivery at closest point will be no closer than 4m with a raised voice.



Stop/Start Points

- All swimmers at least 1m apart
- Younger/Para swimmers can group at one-end only, but will adhere to social distancing



Additional Notes

- Lead COVID Officers - Guy Gray and Arwen Webb
These work in conjunction with Welfare, Coaches and Board Members
- There will be access to toilets, but we would advise that these are only used if necessary
- There will be access to some changing areas but these will be reserved for our members that require changing assistance only
- There will be no spectating allowed, the area is for Richmond Pool staff only
- Parents/Guardians must be on-site until swimmer has been permitted into the building and at the completion of the session
- We do not have the means to be able to keep swimmers on-site until a responsible adult arrives
- At each session there will be:
 - Coach(es), Lifeguard and COVID Volunteer(s)

ANY QUESTIONS?