

A - Returning to Training Guidance - Ridgeway Leisure Centre

Swimmers must obey Coaches, Teachers, COVID Liaison and Ridgeway Pool staff at all times without question.

Prior to arrival

- Do not attend training if showing any symptoms of COVID 19 (latest guidance found [gov.uk](https://www.gov.uk))
- Shower at home prior to attending training
- Arrive at the pool in swimwear.
- Please have a face covering (ideally cotton and not surgical). Please educate your swimmer on how to wear / store it correctly. More information can be found at [gov.uk](https://www.gov.uk)
- Wear clothes easy to put on over damp swimwear at the end of the session.
- No changing facilities will be available.
- Kit bags and drink bottles should be clearly labelled.

Drop-off

- Drop off only. No spectators allowed. Parents /guardians of under 10's **MUST** remain in the car park in their cars and ensure Covid Lead has their current mobile number. If leaving a swimmer over 10, a parent / guardian must remain contactable during the session via phone for the duration of the session.
- You must arrive 15 minutes before your session is due to start. If you arrive after the last group has entered the building (5 minutes before session start time) you will be turned away by Ridgeway reception staff.
- All swimmers (11 & over) to wear a face covering even whilst waiting outside. Swimmers without a face covering will not be admitted.
- Parents / guardians drop off swimmers at designated meeting point which will be at the main entrance. They will be met by the COVID liaison.
- Swimmers must line up adhering to social distancing keeping a minimum of 1 metre ideally 2 metres apart. Swimmers will not be able to congregate in social groups outside or inside the building.
- Swimmers will wait to be invited inside by the COVID Liaison.
- When entering the building you will be called inside in your lane groupings,
- All swimmer must sanitise hands upon entry to the building.
- Follow the one-way system in place in the building. Entry to pool via the male changing rooms.

Rules on pool deck

- There will be a one-way system in place around the pool in a clockwise direction.
- You will have an allocated space to leave your bag on the seating area poolside. Two swimmers either side of the marked area. Here you will remove outdoor clothing and store in your swim bag.
- Keep your face covering on until you are called poolside by a coach.
- We have ensured minimum but necessary staffing /coaching levels which have been calculated to balance training needs and distancing protocols to reduce risk.
- Swimmers are in lanes of up to 6 of like ability to try and avoid overtaking and tagging. Maximum of 24 swimmers in a session (as per Swim England guidance).
- At Ridgeway Lanes 1 & 3 start at the deep end and lanes 2 & 4 at the shallow end to further reduce risk.
- If a swimmer needs to use the toilet during the session, the toilet in use will be the first corner toilet in the female changing room - only 1 swimmer to be allowed in the changing room at a time. A sanitising spray must be used to clean door handles and touch points.

Rules in pool

- Each swimmer will need to bring their own float and water bottle, which should be clearly named. There should be no sharing or handling each-others equipment.
- Briefings and corrections in sessions will be kept to a minimum to avoid swimmer congestion. No physical contact between coaches and swimmers when making corrections, only oral communication, keeping the required distance.
- Always attempt to maintain appropriate distance between yourself and other swimmers.
- Listen to your coach's instruction and follow the pace which they dictate.
- There will be allocated areas for swimmers to rest outside the pool should this be required.

Exiting the pool and collection

- At the end of the session swimmers will leave the pool in their groups of 6, exiting at the point they entered.. Exiting at the deep end. They will return to their allocated bag area to towel off and put clothes on over their swimming costume.
- Swimmers to put on face covering whilst waiting to exit the pool.
- Swimmers will exit the pool by the balcony gates and go out of the building through the exterior door.
- All under 14 swimmers to be met by a parent / guardian at the exit.
- We recommend that swimmers shower when at home and that personal equipment is cleaned after each session.

B - SUNDAY NIGHT AND EARLY MORNING TRAINING (Sessions where we are running on a keyholder system with the rest of the Centre locked and unstaffed).

- Entry will be through the balcony door.
- Masks on until on poolside, hand wash on left as you enter.
- Enter poolside through Balcony gates. The bubble list will have a lane number against it.
- Lane 1 will go to the new blue benches on the balcony side. Use the deep end gate
- Lane 3 will walk round the deep end to the far benches. Use the deep end gate.
- Lanes 2 and 4 to walk down the balcony to the shallow end gate and walk round the shallow end to their changing area
- Lanes 1 and 3 will work from the deep end, Lanes 2 and 4 will work from the shallow end.
- Exits from the pool will be made in reverse direction to entry.
- ALL OTHER DETAIL AS SECTION A) OF THIS ATTACHMENT