

WHAT TO EXPECT – SWIMMER GUIDELINES

PHASING IN

BEFORE YOUR SESSION

AT THE POOL

AFTER YOUR SESSION

DO

Have your swimsuit on under your clothes when arriving at the pool.

Bring only the needed equipment – everything must be labelled.

Wash your hands and ideally take a shower before you leave home.

The wearing of facial covering/masks during travel to and from training on public transport or lifts with non-family members is required and whilst in allocated area prior to access to facility.

DO NOT

Don't leave your home and go to training if you, someone in your household or someone you have been in contact with has been ill or has felt unwell in the last 14 days.

Attend training without filling out the clubs self declaration form.

Do not arrive late to your session – lateness without prior arrangement will result in you being turned away from that session.

DO

Queue at designated area on arrival and follow instructions from the Covid Liaison Officer.

Use hand sanitiser when you arrive at the pool.

Continue to wear your mask until fully changed and ready to enter the water.

Keep all your belongings in you designated poolside zone.

DO NOT

You must not come within two meters of anyone else at the pool outside of your household. Do not approach friends in any way to hug, high-five etc.

You must not try to catch the person in front of you in your lane up and overtake. Please remember to listen to your coach for guidance on this.

Whilst this may be difficult you must not cough or sneeze into the pool, you must under no circumstances spit anywhere in the facility.

DO

Go directly to your designated poolside zone, to towel dry off and put outer clothes on when you are instructed to.

Bring all your equipment home. Leave the pool following instructions.

Wait with the liaison officer until a parent or guardian have arrived in the car park to pick you up.

DO NOT

Do not leave any equipment behind, everything you bring must go home with you.

You must not hang around the facility after a training session under any circumstances.

You cant share your equipment, water bottle or snacks with another swimmer or a person outside of your household.

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Please note : The club reserves the right to take 'spot-check' temperatures of swimmers whilst waiting to enter the facility, especially if a child appears to be unwell.

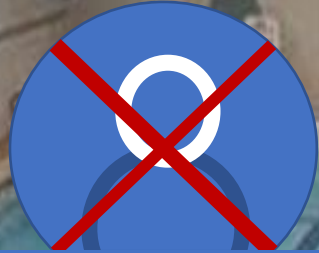


Middlesbrough Swimming Club

Back to Swimming – What to Expect



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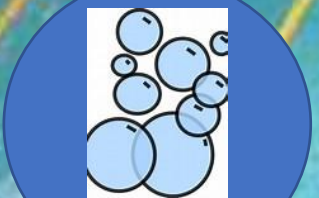
Parents and Spectators restrictions are in place



Changing Rooms / showers / hairdryers and hand dryers are not available



Maintain Social Distancing of at least 2m



Swimmers will be allocated to bubbles



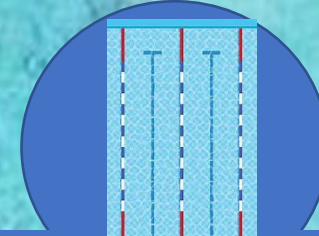
No Sharing of Equipment



Swimmers must bring your own named water bottles



Session Duration will be aligned with Swim England guidance be on time



Lane capacities will be in alignment with Swim England guidance



All swimmers are advised to wear masks on entering and leaving the pool



Middlesbrough Swimming Club

Returning to Training Phase 3 Club Guidelines

#TEAMMASC

Arrival

- Swimmers must arrive and leave 'beach-ready'.
- Swimmers are to meet under the canopy just outside Neptune Centre and escorted to their 'bubble' location by the Covid Liaison Officer.
- The arrival time is 5 mins before session start time, swimmers must arrive on time.
- Parents are to stay until all children are let into the pool but no parents will be allowed poolside.
- Face masks to be worn whilst queuing and entering the pool.
- A register will be taken by the Covid 19 liaison officer (CLO).
- At the entry time, the CLO will roll call forward bubbles.

Entering the Pool

- The swimmers will be marshalled into the facility, stopping to use the EA hand sanitiser on entry.
- Areas will be marked out as changing spots. Please listen to your CLO who will advise you where to get changed.
- Swimmers will need to find a spot within the bubble area, getting changed quickly and pack all of their clothes away.
- All labelled equipment required for training including water bottles to be taken poolside.
- CLO will instruct the bubbles to walk to their appropriate lane.
- Swimmers are to enter the water immediately and find their Social Distance (SD) spots.
- All equipment to be left at the designated lane end ready for use.

Pool Exit

- On session completion, swimmers will be required to towel dry and put outer clothing on as quickly as possible.
- Swimmers will be marshalled by the liaison officer out of the poolside area.
- Face masks to be put on after getting out of pool and prior to towel drying and dressing.
- The swimmer will need to be released to a parent or guardian as advised on Declaration.
- Swimmers will be released by bubble order.

Neptune
Moving in & Out
of the Pool



Middlesbrough Swimming Club

Returning to Training Phase 3 Club Guidelines

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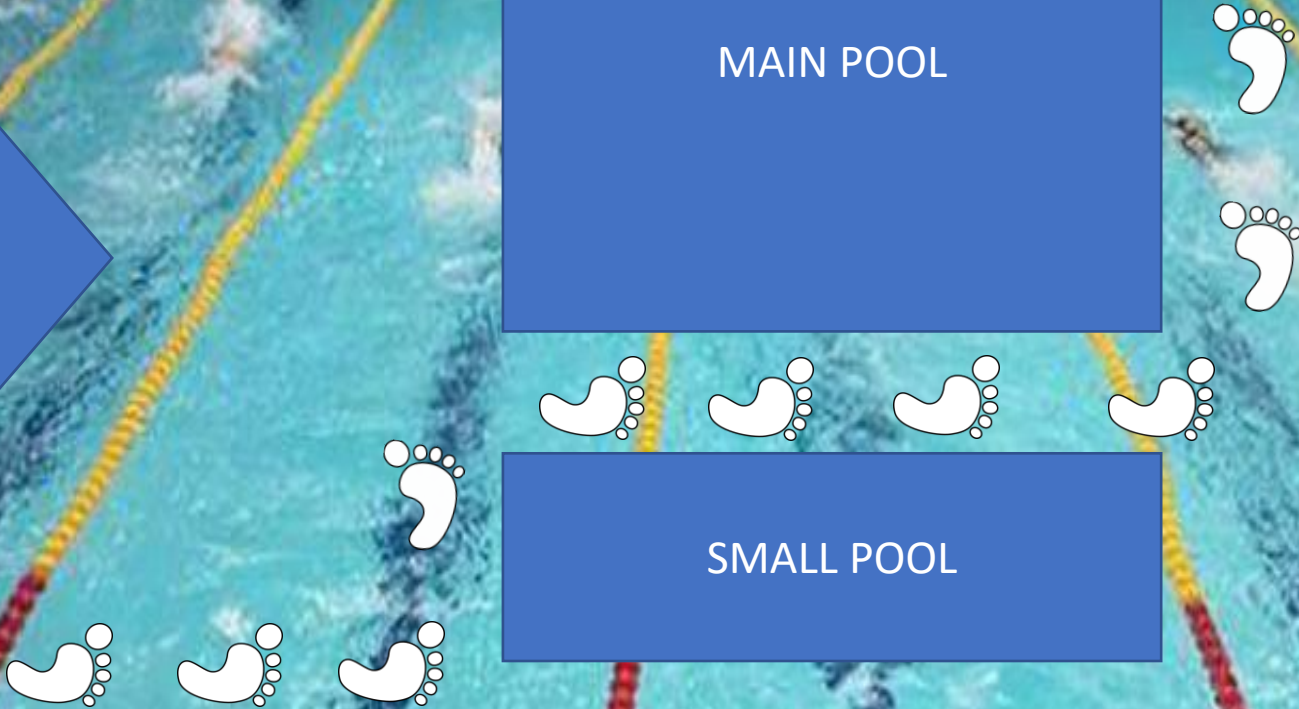


Stairs

MAIN POOL

SMALL POOL

XX Swimmers designated zones





Middlesbrough Swimming Club

Returning to Training Phase 3 Club Guidelines

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Rainbow Centre
Moving in & Out
of the Pool

Arrival

- Swimmers must arrive and leave 'beach-ready'.
- Swimmers are to meet Tesco side door entry to the Rainbow centre and escorted to their 'bubble' location by their parents.
- The arrival time is 5 mins before session start time, swimmers must arrive on time.
- Parents are to stay until all children are let into the pool but no parents will be allowed poolside.
- Face masks to be worn whilst queuing and entering the pool and not to be taken off until ready to walk to lane ends.
- A register will be taken by the Covid 19 liaison officer (CLO).
- At the entry time, the CLO will roll call forward bubbles.

Entering the Pool

- The swimmers will be marshalled into the facility, stopping to use the hand sanitiser on entry.
- 3 areas will be marked out on the seating area. Bubble 3 will be at the top end of the pool, bubble 1 will be nearer the entrance.
- Swimmers will need to find a spot within the bubble area, getting changed quickly and pack all of their clothes away, removing masks last.
- All labelled equipment required for training including water bottles to be taken poolside.
- CLO will instruct the bubbles to walk to their appropriate lane.
- Swimmers are to enter via the shallow end and are to enter the water immediately and find there Social Distance (SD) spots.
- All equipment to be left at the shallow end lane in sequence order.

Pool Exit

- On session completion, swimmers will be required to towel dry and put outer clothing on as quickly as possible.
- Swimmers will be marshalled by the liaison officer out of the poolside area.
- Face masks to be worn from poolside onwards.
- The swimmer will need to be released to a parent or guardian.
- Swimmers will be released by bubble order.