



BBSC Return To Training Covid Briefing

Please share this information with your swimmer.

BEFORE TRAINING

- By attending training you are agreeing that you are fit and well showing no symptoms of Covid 19 and your completed Swim England Health Screening has not changed.
- Swimmers should NOT attend training if at all unwell.
- Please ensure your swimmer has been to the toilet before they leave home, toilet facilities will be available at the pool but we would like to avoid using them if possible.

ARRIVAL

- Arrive no earlier than **10 minutes** before the start of the session. Late swimmers will not be accepted.
- Parents to wait in their cars during the training session, they will not be able to enter the building and must adhere to Government guidance on social gatherings.
- Parents of under 8's may attend the session but must wear a mask and social distance at all times.
- Swimmers will arrive in their swim wear (beach ready) and leave in their swim wear: use onesies, tracksuits, t-shirts/shorts.
- Have your hats and goggles on or ready before entering the building, other swimmers will not be able to help you.
- Face masks (11 and over) to put on just before they enter the main building through the door and not to be removed until they have been asked to enter the pool by their coach.
- If you are 11 and over but have a medical condition which prevents you from wearing a mask please email the Covid Lead.
- Parents can walk swimmers to the entrance door if they would like but can not enter the building.
- Swimmers to social distance at all times, entrance, getting ready, lining up etc.
- The Covid Liaisons will ask how you are feeling and also take your temperature; you will not be allowed to swim if your temperature is above 37.5 degrees. You will be retested once only so try and avoid your swimmer getting too hot in the car on the journey. If the second test is also above 37.5 degrees the swimmer will not be able to train.
- Swimmers will need to use the anti-bacterial gel as they enter the changing room and then line up on one of the floor spots.
- The entrance will be supervised by Covid-19 Liaison Officers; no late swimmers will be admitted.
- The Covid-19 Liaison Officer can refuse entry to a swimmer who they believe is unwell or showing symptoms of Covid-19.



POOLSIDE

- The coaches will then tell the swimmers when they can go poolside. While walking they must socially distance.
- All their named belongings will be placed on a BBSC sticker poolside including asthma inhalers.
- You will not be able to fill up water bottles so please ensure they are full.
- No land training will take place poolside; this will need to be completed at home using BBSC You Tube.

IN THE POOL

- You will be placed in a swim bubble which will stay the same unless a change is deemed necessary but this will be in accordance to the BBSC Risk Assessment.
- Coaches will be working at either ends of the pool.
- Your coach will tell you which lane you will be in and which end you will start, when lining up you must social distance.
- At all times you must follow the instructions the coach has given you.
- You will also be asked to social distance in the pool and this must be followed. You will not be able to overtake or swim on the feet of the swimmer in front.
- The coaches will also be socially distancing.

AFTER TRAINING

- Swimmers will have time to get changed and then place their masks back on.
- Face masks should be placed back on before leaving poolside to the exit straight through the changing rooms.
- No shower will be allowed.
- No equipment/drink bottles should be left poolside after training.
- Swimmers to exit the pool via the gates near the small pool and use the anti-bacterial gel before leaving the changing room.
- Please leave the premises promptly.
- Parents must be waiting to collect their swimmer straight after the session.

ADDITIONAL INFORMATION

- If a swimmer begins to feel unwell during the training session they will get dressed poolside and collect their belonging and walk to the poolside first aid room. The Liaison Officer will contact their parents in the car park who will need to collect them.
- Parent to walk around the building to the first aid room door and collect their swimmer from there.
- If the parent or swimmer has brought another swimmer that swimmer will also need to leave.
- If symptoms are shown we ask parents to take their swimmer for a test and then inform the Covid Lead of the results.



- The rest of that swimmer's bubble will continue to train until the test results are known by the Covid Lead.
- If the test is positive the Covid Lead will contact the bubble and ask them to follow government advice on close 'contact.' A 'contact' is a person who has been close to someone who has tested positive for Covid-19 anytime from 2 days before the person was symptomatic up to 10 days from the onset of symptoms (this is when they are infectious to others).
- Parents and swimmers must not congregate before or after training.
- Coaching Team will not be able to talk to before or after training any questions about training will need to be emailed to headcoach@braintreeswimming.org.uk
- Any swimmer not following the instructions given to ensure their safety and those around them will be asked to leave straight away.
- Covid Lead and Liaisons are there to ensure that everyone remains safe and we can continue to swim so please respect any decision made and the Clubs Code of Conduct.
- All other queries or questions should be sent to covidlead@braintreeswimming.org.uk
- Medical procedures will be carried out by Fusions first aiders only.



BBSC Guide to return to swimming



Changing rooms not available



Swimmer to coach ratio will be aligned with Swim England Guidance



Swim bubbles



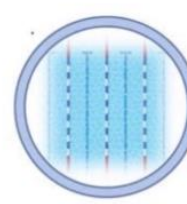
Maintain social distancing



When entering and exiting the building face masks are mandatory



No sharing of equipment



Lane capacity Will be aligned with Swim England Guidance



No spectators



Bring your own water in a named bottle



Session duration will be aligned with Swim England Guidance



