



BBSC Return To Training Covid Briefing

Training will look and feel very different for some time and we will be following the strict guidance put in place by Swim England around the "Safe Return to Training". Swimmers should not worry or panic about their fitness levels as all swimmers will be starting from the same point suitable for their age and previous squad.

Please share the information below with your swimmer ensuring they fully understand the procedures in place to ensure we keep our swimmers, coaches and parents safe. At every session there will be allocated Covid-19 Liaison Officers who will be ensuring our risk assessment is being followed.

This document needs to be signed before your swimmer will be able to return to training.

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 15 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.
- 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 are poolside on their allocated spot. 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.
- Swimmers to line up using floor spots in the foyer while being registered by a Covid Liaisons, morning registration will take place outside, swimmers will line up staying apart.
- The Covid Liaisons will 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 to clean their hands before going poolside.



- The entrance will be supervised by a Covid-19 Liaison Officer; no late swimmers will be admitted.

POOLSIDE

- The Covid Liaison will then tell the swimmers when they can go poolside. While walking they must socially distance.
- All their belongings will be placed in their space, you will be allocated either a number or letter. Place all belongings in your space: towel, named drink bottle, kit (when asked by coach and will not be shared by other swimmers), asthma pump if needed etc
- You will not be able to fill up water bottles.
- No land training will take place poolside; this will need to be completed at home using BBSC You Tube.
- The Covid-19 Liaison Officer can refuse entry to a swimmer who they believe is unwell or showing symptoms of Covid-19.

IN THE POOL

- You will be in a bubble with up to 6 other swimmers.
- This bubble will stay the same while swimming at Witham.
- 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.



BBSC Guide to return to swimming



Changing rooms not available



Swimmer to coach ratio will be aligned with Swim England Guidance



Swim bubbles



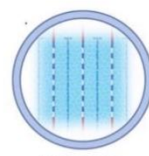
Maintain social distancing



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





AFTER TRAINING

- As soon as your session has finished you must quickly towel dry poolside and put on clothing to go home in.
- 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 will use anti-bacterial gel when leaving building.
- Please leave the premises promptly.

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 come into the building and collect swimmer from first aid room near foyer.
- 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 swimmers 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 and not return to swimming until this had been completed.
- 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. We all need to work together.
- All other queries or questions should be sent to covid@braintreeswimming.org.uk
- Sessions will be booked using Club Organiser and will be non-refundable. The sessions will close on Club Organiser from midnight the night before so they must be booked in advance.
- When booking you must include a contact number.for the time they will be training.
- Medical procedures will be carried out by Fusions first aiders only.

Name of swimmer _____

Date _____

Signature of parent if swimmer is under 18 _____

Parents name printed _____

