

Dear Parents,

Returning to the pool after lockdown is something that is being done after a great deal of preparation behind the scenes. We have been attending forums run by Swim England and liaised with the staff at Newport Swimming Pool, to ensure we are all working in accordance with Swim England, Government and Telford and Wrekin guidances for returning to training.

Currently, we are permitted to have a maximum of 16 swimmers in the pool, swimming in single lanes and spaced out in order to comply with social distancing.

We are requesting your assistance to ensure that we are complying with all the guidance regarding social distancing and avoiding the risk of infection. We have produced a risk assessment that will be available for you to read if you wish and the following measures that will need to be followed to ensure compliance with the risk assessment. We would be grateful if you could discuss these with your children in order that they have an idea what to expect when they return to the pool. A video has been prepared to demonstrate how things will work.

- Parents must complete the Health Survey that will be sent via e-mail and return it via e-mail to nadaswimcovid19@gmail.com prior to your child returning to training. Swimmers will not be permitted to return to training until this is complete.
- All swimmers will be assigned to a “bubble” and they will be told which session(s) they are able to attend. Luke Harris, our Head Coach, will be e-mailing parents with the details of session allocation. Swapping bubbles or sessions will not be permitted unless agreed by the Covid Lead (Louise Hill) in discussion with the coaching team. A swap is very unlikely due to the need to ensure swimmers are swimming with others of a similar ability and maximum numbers are complied with.
- Parents will be required to e-mail the Covid Lead/Liaisons on the day of training to confirm that their child is in good health and is not displaying any symptoms of Covid. If no e-mail is received, the swimmer will not be permitted to train. E-mail address is nadaswimcovid19@gmail.com. THIS MUST BE DONE PRIOR TO EACH SESSION THAT YOUR CHILD ATTENDS.
- Parents must provide a contact telephone number that they are contactable on throughout the session in case there is a need to reach them.
- Parents will be required to pay for the session online via the Telford and Wrekin website <https://secureleisure.telford.gov.uk> prior to the session, the swimmer’s TLC card number will be required. There will not be an option to pay at the desk. Any booking issues can be resolved by calling the pool on 01952 382740.
- Swimmers are requested to shower at home prior to attending training.
- Parents will not be permitted to enter the pool building. You are requested to drop off your swimmer at the top of the steps outside the building. You will also collect the swimmer from this location at the end of the session. Parents are requested to observe social distancing at all times.
- It is essential that swimmers attend their training session on time. A small window of 5-10 minutes will be permitted for latecomers, but anyone arriving after this time will not be permitted to train, in order that the Covid Lead/Liaison is able to fulfil their responsibility to monitor the session.
- Swimmers are encouraged to use the toilet before attending training to minimise the need to use the toilets during training. If a swimmer does need to use the toilet during the

session, they will be asked to thoroughly wash their hands afterwards and use hand gel upon returning to poolside, which the club will have available.

- Either the Covid Lead or a Covid Liaison will be present at each session. They will meet the swimmers; all will be requested to use the hand sanitiser available in the reception area when entering the building. The swimmers will be escorted onto poolside via the spectator area, ensuring that social distancing is maintained.
- The changing rooms and showers will not be in use for the time being. All swimmers must bring a large plastic box, marked with their name, to place all their belongings in on poolside. Parents are requested to clean the box thoroughly prior to each session.
- Swimmers are asked to arrive dressed in their swimming costume/jammers and a onesie, robe or hoody and tracksuit bottoms over the top.
- Swimmers should bring a full water bottle to training along with their own swimming equipment where possible, all clearly labelled. The club will provide a kickboard or pull buoy for a swimmer to retain if they do not have their own.
- Coaches will not be able to assist with putting on swimming hats or goggles due to social distancing, thus swimmers must be able to do this themselves.
- Swimmers will place their box of belongings on poolside as instructed, half at the deep end, half at the shallow end.
- Swimmers will be allocated stopping points that will be clearly marked along poolside. Should they need to adjust goggles, hat, ear plugs, use an inhaler, they will be requested to exit the pool at their stopping point, attend to their needs and check with the coach before re-entering the pool. This is to enable social distancing to be complied with.
- Overtaking should be performed by tapping on the swimmer in front's foot, that swimmer will stop at the end of the pool and face the wall, in order to allow the other swimmer to pass.
- At the conclusion of the session, the swimmers will return to their belongings and towel off/pat dry and will put on their onesie, robes etc over their wet swimming costume/jammers, as they would at a gala/open meet.
- The swimmers will be escorted out through the changing rooms and will be collected at the top of the steps by parents, supervised by the Covid Lead/Liaison. Parents are requested to observe social distancing whilst this occurs.

Should any of the above points pose potential issues, or if there is a medical need for a child to use the shower or changing rooms, please contact Louise Hill at nadaswimcovid19@gmail.com as soon as possible.

Thank you very much in anticipation of your assistance in making the return to training as safe as possible.

Kind regards

Louise Hill Covid 19 Lead for Newport Swimming Club on behalf of the committee.