

# Morpeth ASC Return to Training Guidance

We are delighted to let you know that we are in a position to start getting our swimmers back in the water. The first session will be on 27 July and you will be notified of the arrangements for your child's squad by email.

## **How we intend to keep swimmers, coaches, volunteers and parents safe**

Due to the ongoing circumstances of the coronavirus pandemic we are sure that you will understand that the club is having to put new procedures in place to reduce the chance of the virus spreading. We appreciate that this may make training sessions look and feel a bit different but it is really important that we all take note and stick to the new procedures to ensure that we can keep everyone in our club safe and healthy while continuing to provide a structured and productive training environment.

We have been working to develop our procedures using Swim England's "Returning to the Pool" guidance which was published on June 15 2020. We have carried out a COVID19 risk assessment which has been developed with Active Northumberland staff to ensure that we can offer the safest environment possible. We are also having regular meetings with Active Northumberland to keep both sides updated on our progress as we return to normality.

Since March we have been in a new and ever changing world; we are expecting there will be some changes to our procedures as we go forward and we will ensure that we will continue to communicate any changes with all our members as soon as we can. **Please bear with us**, we all need a chance to get used to the new normal, especially if there are delays or things don't go as smoothly as we all would like.

All relevant information will be put on the website and also on social media, but if you have any questions, please ask. This is new to us all so no question is a silly question! If you have any questions please contact the nominated COVID lead, Ruth Tweedie at [tweedie2@btinternet.com](mailto:tweedie2@btinternet.com), or Becki at [coach@morpeth-asc.org.uk](mailto:coach@morpeth-asc.org.uk)

## **The paperwork we need from you**

Please can you complete the two typeforms that you will be sent. There is a health survey and a declaration, please can you read carefully to ensure that all the information is correct. Unfortunately, any swimmer who has not returned this form will not be able to swim

## **COVID awareness**

If you or a member of your household exhibit any coronavirus symptoms **please do not come swimming**. Symptoms include high temperature, persistent cough, chest pain, tightness in the chest, loss of taste or smell, abnormal tiredness, muscle aches not related to activity, diarrhea or

vomiting. If a swimmer is showing any of these symptoms they will be asked to go home before entering the building.

Any swimmer, coach or volunteer testing positive or showing symptoms of Coronavirus should self isolate for 10 days (change from 7 to 10 days of self isolation as of 30.7.2020).

If you are going on holiday abroad to Spain or any other country which requires quarantine (as per government instructions) upon your return, please do not come training for two weeks after the day you get back. **The latest list of countries that are exempt from advice against all but essential travel can be found [here](#)**

**Whilst we do not encourage lift sharing, we understand that for some swimmers it is the only way that they can get to training. Please see the latest [government guidelines](#) on this topic which suggests the wearing of face coverings in such situations.**

### **What will be different in training sessions**

There are going to be quite a few changes which you all need to be aware of and understand. It is really important that everyone plays their part and keeps to the guidance so that we can all help to prevent the spread of the virus.

- There will unfortunately be no training for swimmers aged 7 & under to begin with. This is due to children aged 7 & under not being allowed into an Active Northumberland site without adult supervision. We are working closely with Active Northumberland to resolve this and will keep you updated. Your child still has a place at this club.
- Before the first training session you will be sent details of new training times and, importantly, which lane your swimmer will be in and your position in that lane. They will stay in this lane until further notice.
- Please arrive 10 minutes before the start of the session to allow time to get swimmers organised, having showered and gone to the toilet at home. If you are late you will not be allowed to swim. **There will be no exceptions to this.**
- There will be no spectating.
- The changing rooms will be closed to the club so swimmers will need to arrive at the pool “beach ready” in their swimming kit, in a pair of slip on shoes, flip flops or sliders. We do not recommend that swimmers wear lace up shoes/ trainers. We would recommend that swimmers wear loose clothing or bring a onesie, dressing gown or dry robe to change into after their session as poolside will need to be cleared quickly to allow Active Northumberland staff to clean.
- All swimmers will meet at the fire exit at the back of the leisure centre (opposite the river) and line up, in order, in their lanes. Social distancing will need to be maintained at all times. Volunteers will be there to help organise the squads. **We ask that if parents/ carers are accompanying their child at drop off that they maintain social distancing at all times.**
- Before entry to the pool, all swimmers will have their temperature taken with a hand held head thermometer. If any swimmer has a temperature they will not be allowed into the

pool hall and their parents/ guardian will need to take them home. In this case a volunteer will contact the parent/ guardian and stay with the child until they are collected.

- Before entering the pool swimmers, coaches and volunteers must change from outdoor shoes into indoor shoes, or take their outdoor shoes off and walk in bare feet.
- Swimmers will enter through the fire exit, take off their shoes and go to their changing spot where they will take off their outdoor clothes and put them in their bags. **Bags may get wet so it might be worth considering a plastic bag to put them in.**
- Swimmers will drop their kit bags off at the nominated place according to which lane they are in. This will be explained by coaches/ volunteers on poolside.
- From there they will go to their lane. Swimmers in lanes 2 and 4 will start at the shallow end, lanes 3 and 1 will start at the deep end. Volunteers will be there to supervise.
- During the session:
  - Swimmers must maintain social distancing at all times.
  - Coaches must maintain social distancing at all times.
  - It is even more important to listen and follow instructions.
- After the session swimmers will get dry and dressed on poolside keeping swimwear underneath their outdoor clothes. While it is not ideal, we know how important it is for our swimmers to get back in the water and this is the only way possible to begin with. Our swimmers are used to spending 10 hours poolside in their swimwear at competitions so it won't be anything new for most! They will then leave the pool in the reverse order that they entered. They should immediately make their way to the car park. Parents/ guardians of swimmers aged 10+ should not congregate outside the pool for pick up.
- Parents of younger swimmers aged 8-9 years can meet their child at the back of the building but will need to ensure they maintain social distancing with other parents. Failure to do so will put club activity at risk.

### **Best practice for swimmers.**

- Please shower and go to the toilet and change into your swimming kit before you leave for the pool. Wear loose tracksuit type clothes over the top so that you can easily get ready to swim.
- Bring a pair of indoor shoes (sliders/ flip flops) with you to change into.
- If you feel poorly, please tell someone at home, it might be better if you don't swim.
- We will meet at the fire exit at the back of the swimming pool. You will need to line up, in pairs, your squad lane.
- A volunteer from the swimming club who will take your temperature and direct you to your changing place. Use the hand sanitiser as you get onto poolside and respect social distancing.
- No-one can use the changing rooms at the pool. You will get changed on poolside and put your outdoor clothes and shoes in your bag. When you get out of the pool, get dry and put your clothes on over your swimming costume before leaving the poolside, or bring a dressing gown, onesie or dry robe to put on after the session.
- If you need the toilet during the session please tell your coach. When you have finished please use the hand sanitiser before getting back in the pool.
- Please take your kit bag home with you after each session.
- In general, keep washing your hands, cough/sneeze into a tissue and dispose of it then wash hands, or cough or sneeze into the crook of your elbow, it helps stop the virus spreading.

**We thank you for helping us keep everyone safe as we return to training. Please remember how important it is to keep to the new procedures, if we don't, the consequences will be that we will not be allowed to train, and in the worst case scenario, the pool will have to close.**