

Morpeth ASC Return to Training Guidance April 2021.

We are delighted to let you know that we are in a position to start getting our swimmers back in the water on **Monday 12 April**.

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

Due to the ongoing circumstances of the coronavirus pandemic we are keeping in line with our COVID 19 procedures (based around Swim England's "Returning to the Pool" guidance, latest version 24.3.21) to reduce the chance of the virus spreading. It is still really important that we all take note and stick to the procedures to ensure that we can keep everyone in our club safe and healthy while continuing to provide a structured and productive training environment.

All relevant information will be put on the website and also on social media, but if you have any questions please contact the nominated COVID lead, Ruth Tweedie at tweedie2@btinternet.com, or Becki at coach@morpeth-asc.org.uk

The paperwork we need from you

Please can you complete the two forms that you will be sent. There is a health survey and a Return to Training declaration, please can you read carefully to ensure that all the information is correct. Unfortunately, any swimmer who has not returned these forms 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. We will no longer be taking swimmers' temperatures before their sessions so please ensure that your swimmer is not symptomatic before bringing them training.

If a swimmer, coach or volunteer or any of their household show signs of coronavirus they would book a test and self isolate until they receive the result. If the result is positive, please follow government guidelines to self isolate along for 10 days along with the rest of the household, if it is negative, all can stop self isolating and return to normal activities. **Please let the Head Coach and COVID lead know of any swimmer or household member who goes for a test, has a positive test result or who has been identified as a contact and requested to self isolate.**

Lateral flow tests

If your swimmer is taking part in the school's lateral flow testing scheme and gives a positive result, they must self isolate immediately. The government advises that they get a PCR test within two days of the positive lateral flow test. If this is positive, the swimmer and the household should

continue to self isolate, if it is negative they can then come out from self isolation and return to training. More information can be found [here](#).

Training sessions

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.

- 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.
- There will be no spectating apart from for swimmers aged under 8. In this case we require that one parent/ guardian remains at the pool for the duration of the session.
- Swimmers will need to arrive at the pool “beach ready” in their swimming kit. 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, coaches and volunteers aged 11+ will need to wear a mask from when they enter the building until they get on poolside. Masks will also need to be worn as they exit the poolside.
- All swimmers will meet in the dance studio in the leisure centre and line up in their lanes. **Swimmers must maintain social distancing on entry to the building and in the dance studio.**
- 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.**
- Before entering the pool hall 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 the pool hall 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. When all swimmers are ready they should immediately make their way out of the leisure centre through the changing rooms.
- Showers will be available for the morning sessions. As previously, please let Ruth Tweedie know if your child requires a shower; they will then be allocated a shower number and changing room.

- Changing rooms will be available after evening sessions to get dry and changed. You will automatically be allocated a changing room, please let Ruth Tweedie know if your swimmer do not require it.
- Parents of younger swimmers can meet their child outside the leisure centre but will need to ensure they do not block the leisure centre entrance and 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.
- If you feel poorly, please tell someone at home, it might be better if you don't swim.
- As you enter the leisure centre, please use the hand sanitiser. Follow the one way system to the dance studio of the leisure centre where you will need to line up in your squad lane.
- Please wear a mask on your way into the pool until you are on poolside.
- Use the hand sanitiser as you get onto poolside and respect social distancing.
- 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.
- Showers will only be available for morning sessions.
- 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 want to get dry and changed after your swim you will be allocated a changing room.
- 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.