



Covid-19 - the fundamentals

you need to be confident that it is as safe as possible for club members - risk needs to be considered both on a club basis and for each individual, as to whether it is advisable that a particular individual attends club sessions and, if so, what measures need to be in place for that individual as well as for the club as a whole

- communicate with pool management and agree the rules, and then with club members to ensure everyone is clear about what the rules are for returning
 - conduct a Covid-19 specific risk assessment for your club (**risk assessment**)
- advise club members that they should seek medical advice before returning to the club where that is appropriate, especially if they are in a High Risk or Moderate Risk group
 - check the Covid-19 status of all club members (**club member questionnaire**)
- make sure all club members understand and agree the basis on which they are returning to the club and what the rules are (**club member consent form**)

social distancing measures should be observed at all times

there should be regular handwashing/sanitising by everyone

If a club member is not capable of understanding or remembering what is necessary, a parent/guardian/carer/personal assistant must attend with that person to ensure social distancing and other measures are observed

a few things to consider ...

- everyone needs to be clear about the rules - consider a notice , perhaps on a noticeboard prominently displayed, clearly setting out what the rules are
- perhaps start small and, to start with, select swimmers you know you can manage
 - consider rotation of swimmers/swimmers attending on alternate weeks etc.
- encourage club members to travel to/from the club by means other than public transport where possible and encourage them to arrive on time (not early) for their swim and to leave pool grounds as soon as possible once their swim is finished
- for swimmers who need help, (whether in the changing room, with the hoist or in the water), help will have to be from a parent/guardian/carer/personal assistant
- group work will not be possible and there should be no gathering at the end of lanes or in the pool as a whole, on the poolside or in the pool building or grounds outside of a family group/bubble
- consider wide lane(s) with swimmers swimming clockwise or narrow lane(s) with just one swimmer or family group/bubble
- set a strict swim start time and time limits on time in water and make sure people stick to their times
- allow enough time for swimmers/helpers to change so that there is no 'crossover' of people entering and exiting poolside or in the changing rooms