

Wetherby Swimming Club: Swimmers Journey

October 2020

Arrival

Please do not attend swimming if you have any of the named symptoms (continuous cough, temperature, loss of smell or taste).

Arrive at the pool at least 10 minutes before your session as we will not be able to allow swimmers who are late into the sessions.

5 minutes before the session starts, line up with your chaperones opposite the entrance stairway and wait for a Marshall to quickly check you in and direct you into the Leisure Centre.

Come dressed to swim with quick-change warm clothing over swimwear and one bag containing a named water bottle, hat, goggles, ear plugs, medicine and a towel to dry down after the session.

Entering the leisure centre.

You will go in one or two at a time.

On entry to the Leisure centre, remove footwear (place in your bag).

You will be guided to your changing spot on the side and at the deep end of the pool.

There will be no access to the changing rooms, but the toilet on poolside will be available for swimmers to use.

Once changed leave your bag on the spot. Your lane coach will tell you when and where to enter the water.

During your swim session.

There are a number of new guidelines to follow so we can all swim together. Your poolside team will explain these and remind you during the session. If in doubt – just ask.

Listen to your coach at all times to help you keep to the new guidelines.

If at any point in the session, you feel unwell - let your coach know.

After your session.

After your session your coach/ lane helper will tell you when to leave the water. Return to your changing spot to get quickly dressed on poolside.

Leave the leisure centre by the fire exit which is directly off poolside. Put your out-door footwear on as you exit the building. You will be signed out by a club helper.

Children under 14 will need to be collected by their parents at the exit, unless accompanied by a sibling aged 14 or above. Older children may walk back to the car park.

If after a session you feel unwell, please follow the current government guidelines and follow their advice. Please also let the swim club know by contacting the club COVID lead Dominic Jacques on

covidwdsc@gmail.com