

INTRODUCTION

Thank you to everyone at Wetherby & District Swimming Club for your continued patience and support. We are delighted that the pool has now reopened and that we are able to resume our Club and Squad sessions from Tuesday 6th October. There will be no Saturday training sessions at present.

The guidance set out in this document aims to ensure our members can continue to enjoy the many benefits that swimming has to offer while we are forced to operate under coronavirus (Covid-19) restrictions.

Please read the information carefully as compliance with the guidance is essential to ensure the safety of all our members and others around us, such as leisure centre staff and members of the public.

YOUR SESSIONS & FEES

In order to deliver a sustainable return to Swimming, fees need to be reinstated at previous rates. While lane restrictions are in place, this may mean some swimmers are attending fewer sessions than before for the same money, but we will ensure all swimmers are given as much opportunity to swim as we can accommodate during this difficult period. When circumstances allow, sessions will return to their previous levels.

All Squad and Club swimmers have now been divided into bubbles which translate (as near as possible) to the previous structure and corresponding fees. To find out which **Squad or Club Bubble** you belong to and which sessions you should attend, please consult the [Wetherby SC Swimming Rota](#). The number of sessions attended by swimmers paying the same fee may differ in month one, but it will completely even out over time (the rota is unavoidably complicated, but entirely fair!) Circumstances and bubbles could change so **please always check the latest rota prior to travelling** to swimming.

IMPORTANT: Please can all returning swimmers **resume their standing order at the appropriate rate for their bubble** to cover sessions taking place in October and beyond:

Category	Monthly fee
All Club Bubbles	£20
Squad Bubbles 1, 2, 3	£66
Squad Bubbles 4, 5	£55
Squad Bubble 6	£45

As our **Masters/Youth** lane was underutilised, we have had to reprioritise this lane to allow us to accommodate sufficient swimmers to keep the Club in operation. Youth/Masters swimmers

have (for now) been allocated space in either Club or Squad Bubbles and we will send a separate email confirming these arrangements.

Requests by Club swimmers to do **additional sessions** have been recorded and we will endeavour to accommodate these requests when we can - we will contact you when this is possible. Swimmers who have **delayed their return** should contact us when they are ready to come back so we can allocate you a space in the rota.

In due course, the Club Treasurer (Rob Woodcock) will be in touch with any families whose accounts require attention as a result of lockdown.

NEW PROCEDURES FOR ATTENDING ALL WDSC SESSIONS

IMPORTANT - if you feel unwell or are concerned you may have coronavirus, please DO NOT attend your swimming session and check NHS guidance for the latest advice on what to do <https://www.nhs.uk/conditions/coronavirus-covid-19/>

GOVERNMENT GUIDANCE

Please remember to follow the latest government Covid-19 guidance at all times.

This can be found at: <https://www.gov.uk/coronavirus>

BEFORE YOU SET OFF

Showering before entering the pool (to help keep the water free from contaminants) will no longer be possible, so swimmers are advised to arrive at the pool 'clean' and ready to enter the water. ONE poolside shower will be available for use on poolside should it be required, but this should be avoided wherever possible.

Please make sure you have everything you need packed into **ONE poolside bag** to minimise clutter on poolside. All changing facilities are currently closed so swimmers will need to arrive 'beach ready', wearing swimming costumes under suitable outer clothing (e.g. track suits, onesies, etc) so that changing and towelling off can take place at the far end of the pool at the start and end of each session. There are no showers available so showering will need to be done once swimmers arrive back home.

Face coverings are currently not *required* inside the leisure centre but some people may wish to wear one until they are ready to swim. This is currently down to personal choice, but advice may change so please consider carrying a face covering with you in case it is required.

Hand sanitiser will be available at various locations within the leisure centre and Club Members are advised to use it whenever required. Swimmers can also bring their own if they'd prefer.



It is advised that the **NHS Test and Trace App** should be downloaded by any **Club personnel** who need to enter Wetherby Leisure Centre as

well as any **swimmers aged 16 and above**. QR codes will be available to scan when entering the building and anyone 16 and over who does not wish to do this will need to sign in at the Leisure Centre Reception. The app can be downloaded on both **Android and iOS** - see <https://covid19.nhs.uk/> for further details.

Only the following **equipment** should be brought onto poolside at present:

- Swim caps
- Goggles (a spare set in your bag is always recommended)
- Ear plugs & nose clips (if used)
- A suitable and clearly identifiable water bottle
- Any medicine that you require on poolside

Please note that no equipment should be shared. Training fins and floats are not being used initially, so please do not bring these unless you are asked to do so.

TRAVELLING TO WETHERBY LEISURE CENTRE

When planning your journey to Wetherby Leisure Centre members need to ensure they comply with the **latest Government guidelines** which can be found at <https://www.gov.uk/coronavirus>. In some situations, like when travelling with others (if permitted) or on public transport, the use of a **face covering may be required**.

Please aim to **arrive at the Leisure Centre at least 10 minutes before the start of the session** as we will not be able to accommodate swimmers who arrive late due to the new procedures in place.

PARKING

Please park **only in designated parking bays** and don't drop off or wait on the double yellow lines near to the entrance of the leisure centre as social distancing measures are now in place here. The same applies when collecting swimmers - please park in the main car park and walk across to collect swimmers (from the fire exit at the rear of the pool - see below) as required.

ARRIVAL, ENTRY & GETTING READY TO SWIM

Wetherby Leisure Centre has set up a designated '**assembly point**' to manage the safe entry of swimmers for lessons and group bookings like ours. The assembly point is opposite the steps up to the leisure centre, alongside the bike parking lockers (the large brown plastic boxes with padlocks on them). A **Club Marshal/Marshals** will be present here to help swimmers enter the building safely.



Please wait in your car and stay dry and warm **until 5 minutes before your session's scheduled start time**, then make your way over to the assembly area. Please be mindful of other people using the pavement and leave plenty of space if a line forms (this may mean standing on the grass). You may also wish to consider investing in an **umbrella** if you don't have one!

The Club Marshal(s) will take a **register and verify emergency contact details as necessary**. Parents and carers are free to accompany their swimmers to the assembly point, particularly those with younger swimmers and during the initial return sessions. Once registered, swimmers will be safely guided into the building and will be welcomed onto poolside via the accessible entrance opposite reception as the changing rooms are currently not in use.

At present only swimmers, designated Club poolside personnel and nominated volunteers are allowed into the building as per current guidance from Wetherby Leisure Centre.

Swimmers aged under 8 will need to have a responsible adult with them at all times and if this is required, a suitable waiting area can be agreed with the Leisure Centre by prior arrangement.

Outdoor footwear must be removed immediately on entering the building (there's a covered area just inside the main door that can be used for this) and should be placed into a **plastic bag**

(or similar) which can be carried onto poolside and placed in the swimmers bag with other clothing.

The sides and end of the pool will be used for **changing and bag storage** during sessions. Due to the possibility of bags getting splashed, it's advised that any items that could be damaged by water ingress (such as electronic devices) are kept to a minimum and that they are protected from damage (e.g. by using a waterproof plastic bag) as they will be placed there at the swimmers own risk.

Club Personnel will direct swimmers, as they arrive on poolside, to an area where they can get changed and store their belongings.

Once swimmers are changed and ready to swim (each with a neat and tidy bag on poolside!), they'll be directed to their lane to finally enjoy being back in the water. (Hoorah!)

IN THE POOL

As before, there will 5 lanes, but there will be **a few changes** to ensure sessions are delivered safely and comply with Swim England and Wetherby Leisure Centre requirements:

- There will be a maximum of **5 swimmers per lane**
- All lanes will swim in the **same direction** (e.g. clockwise)
- Each swimmer will have a **designated resting position** to prevent swimmers gathering together at the ends!

The Club poolside team will brief swimmers on these and any other changes at the start of the sessions.

One piece of good news is that the water and the 4 main swimming strokes remain unchanged so hopefully no-one has forgotten how to swim!

Please don't worry about lack of fitness on returning to swimming - we really want everyone to just enjoy being back in the water and we'll be easing everyone back in gently to allow fitness and technique to gradually return. **No stress :0)**

USING TOILET FACILITIES

Toilet facilities are available to swimmers at any time before, during or after the session. Please just ask any of the Club poolside personnel and they can direct you to the facilities that are available to the club. When using the facilities, all swimmers should be mindful of following good hygiene practices using the soap and hand sanitiser provided by the leisure centre.

To help reduce the need to visit the facilities more than necessary, please use your home facilities prior to arrival wherever possible, but please don't be worried about asking to go at the leisure centre if you need to! :0)

END OF SESSION CHANGING AND EXITING THE BUILDING

At the end of the session, swimmers will be asked to dry off as best as they can and then put on their warm clothes on top of their swimming costumes. Whilst this is not ideal, it's the only option available to us and is the approach being taken by many clubs across the country. **All swimmers will exit via the fire exit at the far corner of the pool.**



Footwear taken off and bagged up on arrival should be put back on as swimmers exit the building to ensure the poolside area remains as clean as possible.

ALL SWIMMERS UNDER THE AGE OF 14 WILL NEED TO BE COLLECTED FROM THE FIRE EXIT AT THE SCHEDULED SESSION END TIME BY THEIR PARENT/CARER, UNLESS THEY ARE ACCOMPANIED BY A SIBLING AGED 14 OR ABOVE.

Swimmers aged 14 or above will be allowed to exit on their own without being collected.

Parents and carers of younger swimmers can wait at the **bottom of the ramp** to collect them as required. **A Club Marshal/Marshals** will be available at this exit to help ensure swimmers exit

the building safely and are reunited with their responsible adult (as required). **Please ensure physical distancing guidance is adhered to when waiting for swimmers.**

Please note that there is **no pavement** by this fire exit so please be aware of any members of the public using the area to turn around or for people using the two marked disabled parking bays. It's not a heavily used area, but **please take extra care** and look out for any hazards.

IF SWIMMERS FEEL UNWELL DURING OR HAVE COVID-19 SYMPTOMS AFTER A CLUB SESSION

Any swimmers who feel unwell while under Club supervision should inform their Coach or lane helper so that they can help. If it's decided that the swimmer should go home, the swimmer's emergency contact will be called and asked to collect them. The Club will ensure they are safely supervised until they are collected.

If a swimmer who has attended a session is subsequently tested for Covid-19, they should follow NHS guidance based on their test result:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/what-your-test-result-means/>

IMPORTANT: While NHS Test and Trace will lead any work on tracing contacts, please still notify us if a swimmer tests positive for Covid-19 so that we can decide if any immediate action should be taken.

If you or NHS Test and Trace need to contact us they can get in touch at covidwdsc@gmail.com or by calling Dominic Jacques (Covid Lead) on 07917 500299.

If anyone has any other Covid-19 related concerns that they'd like to raise with the Club, please email us at covidwdsc@gmail.com

IF YOU ARE AN EMERGENCY CONTACT

It's vitally important that we have up-to-date emergency contact details for all our members so that we fulfil our tracing obligations in the event of positive cases being identified.

Please assist us with this by providing these whenever requested so that we can quickly get in touch with anyone we need to should the situation arise.

If you are acting as an emergency contact for any of our members, **please ensure your phone is switched on and not on silent** while swimming sessions are taking place in case we need to get in touch.

Thank you again for your continued support and for helping us to return to swimming safely.

Wetherby & District Swimming Club

October 2020