

Bexley Swimming Club – Social Distancing Measures for Swimming

TO: SWIMMERS, PARENTS, COACHES, VOLUNTEERS:

PLEASE NOTE returning to swimming is NOT compulsory

Swimmers

- to complete the Bexley SC health screen/waiver prior to training
- to complete the Return to Training Covid-19 Risk Awareness Declaration
- should not train if they, or any of their household members, feel unwell or are displaying any symptoms of Covid-19
- should remain in their designated lanes at all times
- should remain 1 metre plus from the other swimmers, coach and members of the public
- should not share any equipment
- travelling on public transport should be avoided, if this is not possible then individuals should wear the required face covering
- should wear appropriate clothing and arrive 'beach ready'
- should bring an adequate supply of water to remain hydrated throughout session
- should bring any medication including epi pens and inhalers and make them available to the supervising adults

Parents

- Should complete the Bexley SC health screen/waiver prior to training if their swimmer is under the age of 18
- Should complete the Return to Training Covid-19 and Risk Awareness Declaration if their swimmer is under the age of 18
- Should remain socially distant from others (eg parents, swimmers, coaches, volunteers, members of the public) when dropping off and picking up
- We politely request that parents do not spectate but if parents wish to wait outside during sessions, they should follow social distancing guidelines

Coach will

- Divide swimmers into lanes of 6 as per Swim England guidance
- Provide appropriate training to avoid unnecessary injury
- Keep a First Aid Kit on site at each session
- Remind swimmers at the start of each session of the social distancing/safety protocols that must be followed

All

- Please do not attend if you, or any of your household, are unwell or displaying symptoms of Covid-19
- Thoroughly wash hands on returning to household without delay

The Club will/has

- Considered and adopted the current Government and Swim England advice to Clubs (ongoing)
- Appointed Covid-19 Officers – Jenny Couzens & Bev Tunsley
- Selected a suitable facility and considered the safety implications
- Completed a Return to Swimming Covid-19 Risk Assessment
- Communicate the social distancing/safety protocols that must be followed to every swimmer before the first session
- Arrange for a Committee member available at all sessions