



Return to Water

In conjunction with the Swim Wales Return to Water guidance for swimming clubs and the Pembrokeshire Leisure Risk Assessment, Pembrokeshire County Swimming will be adopting the following procedures for our swimming clubs to enjoy a safe return to our pools. All guidance has been written in line with requirements set out by the Welsh Assembly Government.

We will be adhering to the guidance we have set. Please also remember that this is a live document and may be changed to align with the latest Welsh Government advice.

Covid Officer

The Club Covid Officer for Fishguard Flyers is Lynne Fischer.

As Club Covid Officer, Lynne will be Covid 19 trained, familiar with Pembrokeshire County Swimming and Swim Wales Return to Water documents and in close contact with Pembrokeshire County Swimming to ensure all information available is up to date and available.

Contact Lynne on email barkaverlin@aol.com

Or for last minute contact, or emergencies regarding training Lynne is prepared for you to use her personal Facebook Messenger.

Ensure all club risk assessments are up to date

We have copies of, and have adopted the Pembrokeshire Leisure Risk Assessment for clubs, to ensure our sessions are safe and adhere to their guidance.

Ensure Sessions Meet Covid Requirements

To meet Covid requirements all sessions will now need to adhere to the following measures and be planned in advance accordingly.

- All our club sessions will be structured to allow for social distancing to take place between all swimmers and coaches.
- The Maximum number of swimmers in a club sessions will be 6 per single lane, we will be starting with three swimmers per lane as recommended by Pembrokeshire County Swimming, and will progressively increase numbers to six when we are confident that we can safely do so.
- All sessions will be 90 minutes max to allow for cleaning after the session.
- We are able to run two shorter sessions on some evenings for our younger swimmers of 45minutes, to allow cleaning in between the sessions.

- There will be a competent person remaining on poolside during the session to assist with social distancing. They will have completed the Covid Officer training, be familiar with Covid policies and Risk Assessments and have a current DBS.
- No spectators will be allowed to remain in the centre unless the child attending the session is aged 7 and under.
- Swimmers will need to bring their own equipment, the equipment belonging to the club will not be available.
- We will effectively, efficiently and safely group our swimmers. In this initial phase, traditional squad structures will need to be paused until it is possible to effectively and safely run in the traditional way. This will allow us to offer a wider variety of members access to pool time and sessions.
- All our sessions will need to start at the same time. They may finish at different times according to the needs of the club. Swimmers will need to exit safely regardless of finish time.
- The only people to be on poolside are the swimmers, competent person responsible for social distancing, a maximum of 3 coaches and Pembrokeshire Leisure staff members.
- Club coaches will stay in their designated areas to avoid crossovers.
- Coaches must have completed the STA Covid-19 awareness training before returning to the poolside.

Health Screening

- All swimmers, coaches and anyone who will be present on poolside must complete the Swim Wales Return to Aquatic Activity Health Screen and Covid-19 Return to training Risk Awareness Declaration. This can be found on our website.
- The completed documents must be sent to the club's Covid Officer and any changes in condition must be reported to them.
- Before setting off on a journey to the pool all members should consult and follow the advice of the Swim Wales Covid-19 Training Assessment flow chart, also on our website.

Arrival and departure at the facility

It is very important you attend our Zoom briefing on Friday 4th September 2020 at 7.30pm.

If not, the presentation will be available on our website and all swimmers must see this before they start training.

All swimmers will need to be dressed 'beach-ready' wearing loose and easy clothing. Please wear shoes which can be easily removed before entering the poolside (flip flops or sliders).

- Arrive at the centre no earlier than 5 minutes before your session starts, you will not be permitted to enter prior to this time.
- Queue outside, by the designated entry point which is the deep end Fire Exit until the lifeguard allows you to enter the poolside, following the signage.
- Hands will need to be sanitised upon entry to the facility.
- Adults will not be allowed to stay for the duration of the session and will be required to drop off and collect swimmers on time.

- Follow the directions of the coaches to walk around the poolside to your designated area and storage box.
- Change and place all clothing into the box and wait by the box until the lead coach directs you to enter the water.
- Swimmers will need to be given a designated area to enter and exit the water, to store their kit and where to rest. Swimmers will not be allowed to gather at the ends of the lanes.
- Swimmers are to follow the directions of the coaches and Covid Officer at all times. Failure to do so will result in their removal from the session.
- After completing the session exit the water at your designated point and return to your storage box. Dry down and dress on the poolside, the changing rooms will not be available. Swimmers will have 10 minutes to leave the poolside after the session.
- Once dressed, follow the directions of the coach / lifeguard to the exit to leave the facility.

During the session

- All directions from the coaches must be followed
- Enter and exit the water at the spot designated by the coach.
- Only use your own equipment
- Social distancing must be strictly adhered to at all times when swimmers are on poolside or static, even for our swimmers under eleven.
- Swimmers must not congregate at the end of the lanes and must use their designated spots in the lane.
- All items placed into the storage boxes are left at your own risk. We recommend you do not bring electronic devices to poolside.++
- As per Swim Wales guidance, the appropriate types of drills/activities will be used by coaches during session. Careful planning of sessions will ensure the safety of our swimmers, coaches and the LC Staff.

Any questions regarding this policy should be directed to Lynne Fischer Covid Officer for Fishguard Flyers Swimming Club.

A Pool Diagram will be available on our website.