



## Return to Water

In conjunction with the Swim Wales **Level Zero Best Practice Consideration** and the Pembrokeshire Leisure Risk Assessment, Pembrokeshire County Swimming will be adopting the following procedures to **ensure our swimming clubs follow best practice**. All guidance has been written in line with requirements set out by the Welsh Assembly Government.

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

### COVID-19 Officer

The Club COVID-19 Officer for Fishguard Flyers is Clare Ryland.

As Club COVID-19 Officer, Clare will be COVID-19 trained, familiar with Pembrokeshire County Swimming and Swim Wales **Level Zero considerations** and in close contact with Pembrokeshire County Swimming to ensure all information is up to date and available.

Contact Clare on email [fishguardflyerscovid@gmail.com](mailto:fishguardflyerscovid@gmail.com)

### 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-19 Requirements

To meet COVID-19 requirements all sessions will now need to adhere to the following measures and be planned in advance accordingly.

- **It is best practice that clubs implement social distance of 1m between swimmers who are aged under 18.**
- The maximum number of swimmers in club sessions will be **8** per single lane.
- **Clubs no longer require the Covid Officer to be on poolside during sessions.**
- **1 adult per swimmer may be present during club sessions in the pool viewing gallery**
- **Club equipment may be used, however it must be cleaned after each use.**
- The only people to be on poolside are the swimmers, coaches and Pembrokeshire Leisure staff members.
- **All adults must continue to adhere to 2m social distancing.**
- Coaches must have completed the STA Covid-19 awareness training before returning to the poolside.

- Blocks may be used in club sessions, they will need to be cleaned using chlorinated water at the end of the session.
- Changing cubicles will be available for club swimmers after their session has finished, swimmers must still attend the centre 'beach ready' however and go straight to poolside at the start of each session.
- Swimmers must not remove swimming suits on poolside to get changed, this includes changing under a dry robe.
- Swimmers may all start from the same end of the pool.
- All clubs must record who attends each session for Track and Trace purposes.
- In the eventuality of a positive case, the club will need to wait until they are contacted by TTP before acting on this. All GDPR requirements will need to be followed.
- All participants aged 11 and over will need to wear a face covering (unless exempt) until swimmers begin their pre-pool. All adults will need to wear a face covering until all swimmers are in the water (coaches). Any spectators will need to wear their face covering for the duration of their time at the leisure centre.
- All participants must sanitise their hands upon entry.
- Each club must consult with their leisure centre to attain any specific site issues and how this new guidance can work operationally.

## 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-19 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

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 at the designated entry point which is inside the main entrance until the coach allows you to proceed to poolside.
- When entering the facility anyone aged 11 and over will need to wear a face mask. For swimmers, this can be removed once changed prior to entering the pool. For poolside helpers and staff, masks can be removed once all swimmers are in the water. Face masks need to be replaced when swimmers exit the pool. Swimmers will need to put on their mask on once dressed to exit the facility.
- Hands will need to be sanitised upon entry to the facility.
- One adult per swimmer may watch from the pool gallery

- 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 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.

### During the session

- All directions from the coaches must be followed
- Social distancing remains best practice, at all times when swimmers are on poolside or static.
- 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 Clare Ryland Covid Officer for Fishguard Flyers Swimming Club.

A Pool Diagram will be available on our website.