# <u>Hackney Aquatics Club – Return to training plan</u>

# Session sign up process

Sessions will be capped at 36 swimmers in Kings Hall and 48 swimmers in Clissold, with squads being informed of their time slot well in advance. This is to ensure that strict social distancing can be adhered to throughout the session. The Covid liaisons will have a list of all the swimmers attending the session to ensure we do not exceed the maximum capacity. All members must read and sign our return to training code of conduct and risk assessment to be allowed to participate in the session, this can be found here:

# https://www.hackneyaquaticsclub.org/covid-policies

We have been running land training sessions in Clissold park, which have allowed us to get to grips with social distancing as a club.

## Arriving at the pool

Swimmers will be given a time slot to arrive at the pool. Swimmers will be expected to arrive on time to ensure a smooth transition into the facility. Parents / carers must drop their kids off outside the centre and cannot enter the building, this is to comply with social distancing.

#### Entering the facility

Swimmers will enter the facility in an orderly manner via the main entrance where they will be met by a member of centre staff. The staff members will then let the swimmers through the gates and round the one-way system. Here they will be met by a HAC covid Liaison volunteer who will make sure the swimmer is attending the right session before allowing them onto poolside. Swimmers will arrive with their swimming costumes on underneath their clothes as there will be no use of the changing rooms before entering the pool.

#### Keeping belongings

At the Centre there are set 'bag drop' areas where swimmers will keep their belongings. These bag drop areas are spaced 1m apart to ensure social distancing. When travelling around the poolside it is important that swimmers remain socially distanced and always follow the one-way system.

#### Lane structure

We will be using 8 single lanes of 6 swimmers in each lane at Clissold and 6 single lanes of 6 swimmers at Kings Hall. The swimmers will be training from separate ends of the pool to help with social distancing. Instead of the usual clockwise/anti-clockwise structure,

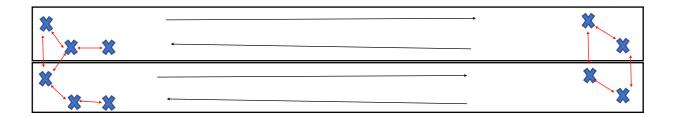
swimmers will all swim clockwise. The reason for this is because it makes it easier to social distance at the end of the lanes. A diagram has been added below to show how swimmers will swim. The diagram depicts 2 lanes, but this pattern will continue for all 6/8 lanes.

### Key:



- 1m spacing (minimum)

→- Direction of travel



# Keeping to social distancing (Swimmers)

The swimmers will be briefed about social distancing prior to the session and will be expected to follow the rules at all times. Any swimmer not following the social distancing guidelines will be removed from the session for the safety of all swimmers. As shown in the above diagram, swimmers will remain socially distanced during their rest periods at the end of the lanes. All swimmers will be expected to use their own personal equipment (e.g. kick boards) and no equipment is to be shared between swimmers. These measures will be monitored by our Covid liaisons who will report any issues to the Covid lead.

# Keeping to social distancing (Coaches)

Coaches will remain socially distanced from each other throughout the session and no equipment (e.g. stopwatches) is to be shared between coaches. The coaches must not touch any of the swimmer's equipment and so swimmers are responsible for their own belongings. Throughout the session the coaches will remain at least 1m away from the swimmers bagging area to avoid any contamination. As much as possible the coaches will coach from the side of the pool and not the ends, this will help them to social distance from the swimmers. Once again, the coaches social distancing will be monitored by the Covid Liaison for the session and any issues will be reported to the Covid lead.

## Use of the toilets

Swimmers will be encouraged to avoid using the toilet as much as possible. However, if a swimmer does need to use the toilet they will only be permitted to go on their own. No other swimmer can use the toilets until the first swimmer has returned. Swimmers will be

reminded of the importance of personal hygiene and washing their hands for a minimum of 20 seconds. After going to the toilet, the swimmers will then have to follow the one-way system back to the pool.

# Exiting the pool

At the end of the session swimmers will leave the pool one lane at a time as instructed by the coach. Swimmers must walk round the poolside, following the one-way system until they reach their bagging area. Swimmers can then leave the poolside to go to the changing rooms. Swimmers must not use the showers. The swimmers can use the changing cubicles to get changed and there will be a member of centre staff policing the changing area. Swimmers are encouraged to get changed as quickly as possible with no socialising until they are outside the building. The quicker the swimmers change, the more time they will get in the pool.

# Exiting the facility

Swimmers will exit the facility following the one-way system and leaving via the main entrance/exit, here they will be met by their parents or guardians. Swimmers must not hang around inside the facility and should leave as swiftly as possible.

#### Covid-19 Lead

As a club, we have assigned a Covid-19 lead. This is in alignment with Swim England's return to training guidelines. Our Covid-19 lead will be the point of contact for any concerns regarding coronavirus by the swimmers, parents, coaches, or leisure centre. Our Covid-19 lead is Stephen Roberts and you can contact him on:

team@hackneyaquaticsclub.org

### Covid liaisons

In line with Swim England guidelines, each squad will have one or two Covid liaisons. These will be parents of swimmers in that squad who's job it is to watch the sessions and report back any possible issues to the Covid lead. Every session must have a Covid liaison present and they must not be a member of the coaching team.