



MIDLOTHIAN SWIMMING CLUB
RETURN TO TRAINING BRIEFING
SEPTEMBER 2020

WELCOME BACK

It has been a long time coming, but we are finally able to get our swimmers back in the water and we can't wait to see them.

Obviously, COVID-19 continues to have an impact on our daily lives, and in returning to the water, our top priority is to keep our swimmers, coaches, volunteers, and centre staff as safe as possible. This means there will be some changes to the way we operate, and this document outlines them.

Parents, swimmers, coaches & volunteers should read it carefully and thoroughly before their first training session. There is also a video briefing which will be issued shortly.

IMPORTANT NEW ROLE

Swimmers will notice a new person on deck when they return.

Each session will be overseen by a COVID Liaison Officer and under Scottish Swimming rules, swimmers cannot train without them.

Their responsibilities include recording attendance information for Test & Protect purposes and monitoring sessions to make sure that the social distancing and other infection control procedures we have set out in our Risk Assessments are always being followed.

The COVID Liaison Officer has the authority to remove any swimmer who is persistently not following the rules from the session. If this happens, you will receive a call to come and collect your child immediately.

Please make sure your swimmer understands this. We always expect swimmers to act responsibly and to follow instructions given to them by the COVID Liaison Officer, coach, or centre staff.

We are grateful to the parents who have volunteered and received training to take on this role so that we can return to training. If anyone else can help, then please email midlothianscpresident@gmail.com

SOCIAL DISTANCING

Age-appropriate social distancing will be in place for all sessions at all Centres. This will be strictly monitored by the COVID Liaison Officer, coaches and Centre staff.

TRAINING SCHEDULE

The training schedule for all squads has had to be completely revised to take account of several factors:

- Beeslack pool is not available
- Fewer evening sessions are available at Lasswade
- Centre opening hours have changed so most evening sessions are shorter
- Pool capacity is less to take account of social distancing requirements

The schedule for each squad will be issued via TeamApp together with this document. It is each swimmer's responsibility to note the new training times. Swimmers should not attend at their usual Pre-COVID time as they will not be allowed in the centre.

NOTE: Attendance at all sessions will be tightly controlled and swimmers will not be able to take part in a session they are not expected at.

SELF-DECLARATION & HEALTH SCREENING FORMS

Under Scottish Swimming rules, we must have a completed Self-Declaration Form and Health Screening Form for every swimmer, coach, and volunteer who attends training.

Both forms must be completed before anyone attends training.

Those who took part in the group land training sessions have completed similar forms already but **MUST COMPLETE NEW FORMS** for pool training.

These forms are available on TeamApp in the FORMS tab on the home page now.

We will be checking that we have two forms for everyone who is due to attend training. If we don't have them, we will have no option but to refuse to admit the individual to training.

PROCEDURES

This section outlines the procedures we expect all swimmers, coaches & volunteers to follow for a typical training session. As guidance changes, or we find better ways to do things, these procedures will be updated. We will advise you if anything changes.

1. DO A WELLNESS CHECK AT HOME

- No one should attend training if they or anyone in their household has symptoms of COVID-19
- No one should attend training if they have been told to self-isolate as part of a contact tracing exercise, or due to foreign travel.
- No one should attend training if they are unwell or feel unwell
- Everyone should check their temperature before leaving home. If it is 37.8C or higher, DO NOT come to the Centre. You will not be allowed in.

2. PACK YOUR BAGS

KIT

- Swimmers must arrive at training wearing their swimsuit/jammers under their outerwear.
- Outerwear should be quick to take off and put on as changing time will be limited. Track pants or similar would be ideal.
- If they have one, swimmers should wear their Midlothian training jacket or hoodie so that they are easily identifiable.
- Swimmers will be able to change quickly out of wet swimwear before leaving the pool so please remember to pack underwear!
- Swimmers must also bring a face covering and may wish to bring their own hand sanitiser (although there are stations throughout the Centre).

EQUIPMENT

To reduce the risk of infection, there will be no sharing or lending of equipment. Swimmers should bring their OWN EQUIPMENT (floats, pull buoys, goggles etc.), labelled if possible, in a net bag.

In line with Scottish Swimming guidelines, all equipment will be submerged in the pool at the start and end of the session to sanitise it. This will take less time if everything is stored in a net bag. Net bags are inexpensive and can be bought from online swim supply stores or Amazon.

WATER BOTTLES

- Swimmers should have their own NAMED water bottle and this should be filled AT HOME.
- Swimmers will not be able to use the drinking fountains in the Centres to fill their bottles.

3. DO PRE-POOL PREPARATION AT HOME

There can be no pre-pool stretching on poolside and swimmers should make sure they do this before they leave home. This is important to avoid injury and we would ask parents to make sure this is done.

Coaches will advise swimmers at their briefing of what they expect them to do.

4. TRAVEL TO TRAINING

In line with guidelines, we are advising against car sharing for travelling to and from training unless in an emergency. Where it is necessary, please minimise the numbers in the vehicle, wear face coverings and follow all current government guidelines regarding social distancing indoors.

5. ARRIVE AT THE CENTRE

PARENTS

Only those attending the session will be allowed in the building.

Parents should drop swimmers off then wait in their vehicles until they have been given the signal to leave by the COVID Liaison Officer. It is essential that no one leaves the site until we are sure that all swimmers have been admitted to the Centre. This should only involve a wait of 5 minutes. The COVID Liaison Officer will return to the front of the Centre and give a wave to let parents know they can leave.

For safety in the car park, younger swimmers (11yrs and under) may be escorted to the door by ONE parent/carer only.

MEETING POINT

Swimmers and Club staff will meet outside the front door of the Centre, 5 minutes before the start time of the session.

Everyone will wait in a socially distanced line and will enter the building on the instruction of Centre staff.

ATTENDANCE REGISTER

The COVID Liaison Officer will take a register of attendance at each session. This will be prefilled with the contact details parents have supplied to us and the register will be kept securely for 21 days in case it is needed for contact tracing purposes.

Swimmers will be asked:

- Whether they feel well
- Whether they have been unwell since their last session

If the COVID Liaison Officer has any concerns about the answers given, they will contact a parent for clarification. If a swimmer is feeling unwell they will be sent home.

FACE COVERINGS

Everyone must wear face coverings in the main areas of the Centre and in the changing areas. Face coverings are not required poolside.

HAND HYGIENE

Everyone must sanitise their hands on entering the building. Each Centre has a hand sanitising station at the door and in the changing areas. If any swimmer needs to use their own hand gel (e.g. if they are allergic to alcohol gels) please let us know.

TEMPERATURE CHECKS

All Midlothian Centres are temperature checking users on arrival using a non-contact, infrared thermometer. They have a strict policy of no temperature check, no admittance. If you are uncomfortable with your child being temperature checked, then please contact midlothianscpresident@gmail.com to advise that your child will not be attending training until this requirement is lifted.

Anyone who fails the temperature check will not be allowed to take part in the session and will need to be taken home immediately.

Parents/carers should wait in their vehicles until everyone has been processed and the COVID Liaison Officer gives a signal that it is OK to leave.

LATECOMERS

Entry to and exit from the Centres will be strictly controlled and latecomers will not be admitted once the training group has been processed at reception. This is Centre policy for all user groups.

6. GET READY

CHANGING ROOMS

- Individual changing cubicles and the communal changing room areas are sanitised thoroughly by Centre staff between user groups.
- Every alternate changing cubicle will be locked to ensure appropriate social distancing in this area.
- A member of Centre staff will be stationed in this area throughout the session to manage the use of the changing facilities and to sanitise as required.
- Swimmers will be allocated a changing cubicle on arrival which is theirs to use at the start and end of the session.
- Swimmers should change quickly and leave all their belongings (including face coverings and footwear) in their cubicle.
- They should proceed quickly to the poolside with their net bag.

SHOWERS

In line with government guidelines, showers are not in use at any of the Centres currently. This will be reviewed as soon as government guidelines permit it.

TOILETS

- Toilets are available if required.
- Swimmers should ask the coach before leaving the pool and should not go in groups.
- Toilet breaks should be kept to a minimum.
- Centre staff will sanitise the toilets after each use.

7. GO TRAINING

SANITISING EQUIPMENT

At the start and end of each session, swimmers will submerge their net bags in the pool to sanitise their equipment.

SOCIAL DISTANCING DURING TRAINING

- Everyone will observe appropriate social distancing whilst on poolside and in the water.
- There will be no congregating on poolside.
- Swimmers will be directed to their lane by the coach as soon as they arrive on deck.
- Swimmers in Bronze squad and above will also be directed to their start position in the lane.
- Swimmers will start and end their set at the same position in the lane unless directed otherwise.
- Swimmers in Pre-Development & Development will start from the end of the lane as usual.
- Lanes are double width with a maximum of 8 swimmers per lane.
- Rest breaks will be managed by the coach to ensure there is no congregating at lane ends.
- Sets will be designed in accordance with Scottish Swimming guidelines for coaches to ensure that swimmers can train in a safe and effective way that also reduces the risk of infection transmission as far as possible.
- Start blocks will not be in use.

HYGIENE PROTOCOLS DURING TRAINING

- Swimmers should not spit water into the pool
- Swimmers should follow coughing etiquette if necessary
- Swimmers should wash their hands thoroughly after toilet breaks
- Swimmers should breath away from each other when passing in the lane.

AT THE END OF THE SESSION

- Swimmers will only leave the pool when instructed to do so by the coach.
- Swimmers will sanitise their equipment
- Swimmers will go directly to their cubicle and change quickly into their outerwear and face covering.
- Swimmers will remove all belongings from their cubicle and wait in their cubicle until instructed to leave by the COVID Liaison Officer or Centre staff.
- Everyone will leave as a group.
- NOTE – different protocols are in place for morning training sessions and these will be explained separately.
- Swimmers should always observe social distancing and hand hygiene protocols.

8. GO HOME

COLLECTION

- Parents/carers must be in position to collect swimmers at the session end time.
- Please do not allow extra time for swimmers to change and chat.
- Changing will be a very quick process and swimmers will not be permitted to wait inside the building if parents are not there.
- Younger swimmers will always be escorted to the front of the Centre by a Club volunteer where they will be handed over to their parents.
- Parents should avoid congregating outside the Centre where possible.
- Where parents prefer to collect their swimmer from outside the building (e.g. for younger swimmers), only ONE parent should wait outside and they should remain socially distant from anyone else who is waiting.

POST TRAINING STRETCHING

There can be no post-pool stretching on poolside and swimmers should make sure they do this as soon as they arrive home. This is important to avoid injury and we would ask parents to make sure this is done.

Coaches will advise swimmers at their briefing of what they expect them to do.

SHOWER

We strongly advise that swimmers shower when they arrive home.

WASH KIT & DRY EQUIPMENT

We strongly advise that all kit & towels are washed upon arriving home. Equipment should also be dried off.

9. NOTIFY US

If anyone who has attended training (swimmer, coach or volunteer) or any member of their household, develops symptoms of COVID-19, please notify us immediately. Email midlothianscpresident@gmail.com or phone 07729 238289. Please save these details and use them for all COVID-related matters.

10. KEEP CONTACT DETAILS UP-TO-DATE

It is essential that parents are contactable and able to return to collect their child during the training session if necessary. Please make sure to advise us of any changes to contact details if necessary.