



Training/teaching session protocol

All coaches, volunteers and swimmers are required to have complied with the club's "Health check protocol" prior to attending any session.

Swimmers are prohibited from wearing face coverings while in the pool.

While on poolside all swimmers should wear face coverings where they are able. While on poolside with swimmers all coaches and volunteers should also wear face coverings where they are able. When face coverings are not worn social distancing must be strictly observed. See the separate "Entry and exit protocol" document for moving to and from poolside.

Swimmers should maintain social distancing while in the pool and on poolside. To enable this, given that the pool will be divided into six lanes, when on poolside swimmers in the centre lane should stand at the end of the pool, those in the side lanes should stand on the side nearest their lane.

All sessions will take place with standard-width lanes.

Participation numbers will be restricted so as to comply with social distancing, according to the coach's assessment and the abilities of swimmers. Coaches will work to ensure social distancing within the pool. Coaches will structure sessions to take account of Covid-19 risks and the swimming ability of swimmers.

In order to minimise risk of contamination via equipment, the club will be reducing the use of any equipment to a minimum and seeking to ensure that there is no sharing of equipment.

A "one way" system will be adopted for swimmers on poolside, particularly when entering and exiting the facility, so as to minimise contact between different groups of swimmers.

Split sessions and changeovers between groups will be managed by adopting the entry and exit protocols, so as to minimise contact between swimmers.

Guidance on coaching in sessions will be taken from Swim England's "Returning to the pool – guidance for clubs" document as well as the lesson plans and training regimes developed by Swim England.

Resources:

Younger Children Temporary Lesson Structure
<https://www.swimming.org/library/documents/4861/download>

Improving Swimmers Temporary Lesson Structure
<https://www.swimming.org/library/documents/4860/download>

Beginners Temporary Lesson Structure
<https://www.swimming.org/library/documents/4859/download>

Advanced Swimmers Temporary Lesson Structure
<https://www.swimming.org/library/documents/4858/download>

Returning to the pool – guidance for clubs
<http://www.bjsc.org.uk/wp-content/uploads/2020/09/Guidance-for-Clubs.pdf>

Returning to the pool – guidance for users
<http://www.bjsc.org.uk/wp-content/uploads/2020/09/Guidance-for-Users.pdf>