

Code of Conduct for returning to the pool

To ensure the health and safety of its members, Romford Town Swimming Club swimmers are required to adhere to this code of conduct which incorporates guidance issued by the Government and Swim England.

In line with SE guidance, we have appointed a COVID Lead and COVID Liaison Officers who will be present poolside for the duration of training sessions to ensure Government and Swim England guidelines are adhered to. In addition, they will act as liaison between the Club and swimmers or parents/carers for swimmers who are aged under 18.

- ❖ Swimmers must always maintain a social distance of 1m+ (or distance specified by Government guidelines).
- ❖ Swimmers must arrive at the pool at least five minutes prior to the start of their training session but no earlier than 15 minutes
- ❖ Swimmers will be required to queue appropriately socially distanced outside the pool building before training commences and will enter the building as a group under guidance of a COVID Liaison Officer.
- ❖ Swimmers will be required to follow a set procedure when entering and exiting the pool which will be communicated prior to our return and reinforced by coaches and COVID Liaison Officers. Failure to adhere to the procedure will result in the swimmer being excluded from the session.
- ❖ Swimmers must adhere to the defined time windows of entry for their training bubbles and anyone late will be refused entry on grounds of safety.
- ❖ Attendance lists will be circulated for all training sessions. Only swimmers who are included on the list will be able to swim.
- ❖ Lane capacities will be in accordance with Swim England guidance.
- ❖ Drink bottles must be clearly labelled and brought to every training session.
- ❖ Swimmers must only bring equipment required for that session and ensure that all equipment is clearly marked with swimmer's name.
- ❖ Swimmers must not share equipment, swim clothing, hats, goggles, or drink bottles at this time. Please bring spare equipment, in case replacements are required
- ❖ Swimmers must take all their equipment home after each session, maintained, and cleaned at home. No equipment should be left at any facility.
- ❖ Spectators will not be allowed at any sessions.
- ❖ Parents and carers must drop off and collect swimmers outside of the facility in line with normal safeguarding protocols
- ❖ Swimmers must not congregate in the changing area. When the changing rooms (if available) will be monitored to limit numbers in the changing areas. Please use individual cubicles 'individually' as directed by COVID liaison for changing after sessions.
- ❖ Swimmers must arrive "swim ready" with their swimming costumes beneath their clothing.
- ❖ Swimmers to shower at home pre & post sessions as showers will not be available for use before or after training sessions.
- ❖ If you currently have any Covid-19 associated symptoms, please do not attend training, and ensure you notify COVID Lead via romfordtownsc@aol.com.
- ❖ If you have had a known exposure to anyone with confirmed or suspected Covid-19 in the last two weeks you will be unable to train until you have self-isolated for seven days. Please inform the COVID Lead via romfordtownsc@aol.com. as soon as possible if you are required to self-isolate.

- ❖ If you have an underlying medical condition or are medically vulnerable to COVID-19 you will be unable to swim at this time/please contact COVID Lead/Welfare Officer to discuss
- ❖ If you live with or will knowingly come into close contact with someone who is currently 'shielding' or otherwise medically vulnerable if you return to the training environment, then you are unable to swim.
- ❖ Please note that as guidance changes, we may adapt our plans and request you regularly check communications from the Club.

Please sign below to indicate you have read and understand the information provided above and agree to adhere to this code of conduct.

Name _____

Date: _____

Signature: _____

Name of Parent: _____

Date: _____

Signature: _____