

# Swimmers Guidelines – What to expect

Before your session	At the Pool	After your session
<b>DO</b>	<b>DO</b>	<b>DO</b>
<ul style="list-style-type: none"> <li>• Complete &amp; sign the club health survey and declaration form before you leave home</li> <li>• Wash your hands and ideally take a shower before you leave home</li> <li>• Be pool ready – have your swimsuit underneath your clothes when arriving at the pool</li> <li>• Bring only the needed equipment – everything must be named</li> </ul>	<ul style="list-style-type: none"> <li>• Use hand sanitiser when you arrive at the pool</li> <li>• Keep all your belongings in your designated poolside zone</li> <li>• Know where your designated zone is on poolside</li> <li>• Listen carefully to your coach's instruction</li> <li>• Ask your coach if there is anything you do not understand or there is anything unclear</li> </ul>	<ul style="list-style-type: none"> <li>• Go directly to your designated poolside zone to dry off and get changed when you are instructed to</li> <li>• Once changed and you have your belongings packed away, you must wipe down your designated zone using disinfectant provided</li> <li>• Take all your equipment home</li> <li>• Leave the pool following instructions – use hand sanitiser provided</li> <li>• Go straight to your car without meeting anyone else and go home for a shower</li> <li>• Leave the pool if you need to cough or sneeze. If not possible, out of the pool you must cough and sneeze into your elbow</li> </ul>
<b>DO NOT</b>	<b>DO NOT</b>	<b>DO NOT</b>
<ul style="list-style-type: none"> <li>• Do not leave your home and go to training if you, someone in your household or someone you have been in contact with has been ill or has felt unwell in the last 14 days</li> <li>• Attend training without filling out the club's declaration form</li> <li>• Do not share a lift with a friend or another swimmer outside of your household</li> <li>• Do not arrive late to your session – lateness without prior arrangement will result in you being turned away from that session</li> </ul>	<ul style="list-style-type: none"> <li>• You must not come within 2m of anyone else at the pool outside of your household. Do not approach friends in any way to hugs, high fives etc</li> <li>• You must not try to catch the person in front of you in your lane up and overtake</li> <li>• Whilst this may be difficult, you must not cough or sneeze into the pool, you must under no circumstances spit anywhere in the facility</li> </ul>	<ul style="list-style-type: none"> <li>• Do not leave any equipment behind, everything you bring must go home with you</li> <li>• You must not hang around the facility after a training session under any circumstances</li> <li>• You cannot, under any circumstances, share your equipment, water bottle or snacks with another swimmer or person outside of your household</li> </ul>