

DASC – Return to Pool Guidance and Procedures – Education Village

This document sets out the process for swimmers/coaches/volunteers to make a safe return to swimming at this very unusual time.

Phase 3

- At Education Village.
- Maximum 20 swimmers in the pool – maximum 5 swimmers in each lane with clear social distancing in operation.
- Spectators/Parents are **not** allowed on poolside.

Health and Safety

Anyone who is displaying any signs of COVID is not permitted to use the facility. Symptoms include:

- A high temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

Registers will be taken, health questions asked and temperature checked before entering the pool hall.

As well as the squad coach, a Covid-19 Liaison Officer will be present on poolside for the duration of the session.

Anyone who feels unwell during the training session will be required to leave the pool, isolate from others and parents will be contacted.

On Arrival at the Facility

- All swimmers should **come to site swim ready** as changing rooms will **not** be available.
- Swimmers should **shower prior to coming to site**. Pre-pool hygiene is vitally important in terms of providing water to swim in that is of an excellent standard and within industry guidelines.
- Swimmers should wear a mask to enter and exit the pool hall/building and on the way to the activity.
- Upon entering the building, swimmers will be asked to **hand sanitise**.
- All swimmers will **enter via the main reception doors, keeping to the left of the corridor towards the Bistro area (passing the door to the changing rooms), turning right through doors leading to a dry change area** whilst maintaining a distance of 2m from others.
- All swimmers are to get changed in this area, removing outdoor footwear and re packing bags to take them on poolside.

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Poolside

- **A one way system is in operation on poolside.** Swimmers should enter the door to the poolside, turning left to walk around the pool and leave bags on seats identified at 2m intervals (spreading out towards the hydro pool entry door if required).
- There will be a **one-way system** for poolside entry and a **one-way system** for poolside exit. Social distancing must be maintained. **Pool entry will be at the shallow end** of the pool and the **pool exit will be at the deep end** of the pool.
- DASC sessions will operate with **normal lanes. No overtaking is permitted.** Swimmers should **not swim side by side in their lane or adjacent lanes** and should also **refrain from stopping to chat** at the end of each lane. Coaches will advise lane order and rules to swim safely and in accordance with social distancing guidelines.
- If necessary any swimmer needing to rest must get out of the pool at the deep end and follow instructions given by the Liaison Officer to obey social distancing and to follow the one way system around the pool.
- Equipment should be clearly labeled and must **not** be shared.
- Drinks bottles should be filled at home and brought to poolside clearly labeled and must **not** be shared.
- If it becomes essential to use the toilets, a swimmer (one at a time) must leave the pool using the one way system (exit at the deep end) and must thoroughly wash hands/sanitise before returning to the pool.
- Recommendation to clean all equipment after each training session - submerged in the pool if possible on exit and then thoroughly cleaned at home.

Exiting Poolside

- Using the one way system swimmers will leave the pool, **a lane at a time, at the deep end when told to do so** returning to their bags on poolside.
- To facilitate a quick exit swimmers are requested to dry off after their swim and dress over their swimwear to leave the building.
- Showers will not be available unless essential (known medical reason). **Full body and hair washing is not** permitted at this time.
- Changing rooms will **not** be in use for health and safety reasons.
- After getting changed, swimmers will then **exit the pool hall** through the door leading past the changing rooms, out into the corridor, turning left towards the main reception area and leading outside onto the car park, whilst maintaining social distancing and

wearing a face covering. Parents must collect swimmers **on time** from this point and are advised to maintain social distancing.

This information will be updated as and when required. Should you have any questions or concerns please email enquiries@darlingtonasc.co.uk

We look forward to welcoming swimmers back to training at the Education Village.

Dan Oliver
DASC Chair

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