

## DASC – Return to Pool Guidance and Procedures – Hummersknott Pool

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

A return to the pool should be gradual and progressive focussing on training activity (including drills and skills) rather than competitive training or competitions.

### Phase 3

- At Hummersknott Pool.
- Maximum 15 swimmers in the pool - two lanes available.
- Session length is one hour.
- 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 face covering/mask to enter and exit the pool hall/building.
- All swimmers will follow a **one-way system** with **entry to the pool hall only permitted through the fire door located on the left through the external gates that lead to the sports pitches** where everyone should wait maintaining a distance of 2m from others until invited inside.
- Upon entering the building, swimmers will be asked to **hand sanitise**.

### Poolside

- All swimmers are to remove footwear, get changed on poolside (benches at end of pool and around poolside) and leave their items at 2m distance from others.

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- There will be a **one-way system** for poolside entry and a **one-way system** for poolside exit. **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 as **wider lanes. No overtaking is permitted.** Swimmers 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.
- 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, swimmers must leave the pool using the one way system 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** return to their bags on poolside.
- To facilitate a quick exit swimmers are requested to dry off after their swim and dress over their costume 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 out to the internal corridor, turning right to exit through doors leading outside, turning right and walk around the building to the car park whilst maintaining social distancing and wearing a face covering/mask. Parents must collect swimmers **on time** from the car park and are advised to maintain social distancing.
- Where sessions are back to back, the **next session swimmers will not be allowed on poolside until the area is completely clear** and sanitising complete.

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

We look forward to welcoming swimmers back to training at Hummersknott.

Dan Oliver  
DASC Chair

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