



## Emergency Covid-19 Rules for Members

### Before Training

#### Do:

- Tell your parent(s)/carer if you are unwell
- Wash hands or ideally shower before leaving your house.
- Have your swim wear on under your clothes when arriving at the pool.
- Social distance at all times.
- Bring only the equipment you need - Have your name on EVERYTHING!
- Bring clearly named drinks bottle to last the session as there will be no refills or sharing allowed.
- Allow for your temperature to be taken on entry if required by facility
- Use hand sanitiser
- Sign in with the club Covid-19 Lead or Covid-19 Liaison.
- Follow designated walkways to the pool and be mindful not to touch surfaces unnecessarily.
- Listen and comply with any instruction given by the Covid Liaison rep as well as coaches.

#### Don'ts:

- Do not go to training if you feel unwell/have any cold or flu symptoms (or you have been unwell in the last 14 days):
  - A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
  - A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
  - A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.
  - Diarrhoea or vomiting
  - Muscle aches not related to sport/training

Note - Most people with coronavirus have at least 1 of these symptoms

- Do not share lifts with your friends to training (unless you live in the same house or are part of the same support bubble).
- If you are late, you will not be allowed in the pool - There are various checks that need to be done before you are allowed in the pool.

## At Training

### Do:

- Keep all your clothing and equipment in your personal area poolside.
- Stand at least 2m away from any team member when poolside or when being briefed by the coaches.
- Listen carefully to your coach's instructions.
- Ask your coach if there is anything you do not understand.
- Speak to your coach if you feel unwell.
- Listen and comply with any instruction given by the Covid Liaison rep as well as coaches.
- Remember to social distance within the pool facility at all times.
- Do not spit. Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done

### Don'ts:

- Do not high-five, hug, shake hands or get within 2m of your teammates at any point in the session except when engaged in matchplay.
- Do not leave the poolside area without permission
- Do not mess about

## After Training

### Do:

- Go directly to your kit bag
- Move quickly to a changing room, stopping at the showers for a quick rinse only. No prolonged hair washing will be permitted
- Wear a face covering when exiting the changing room (if age permits).
- If you need to cough or sneeze where possible do this into your elbow.
- Take all your equipment home, nothing can be left.
- Listen and follow instructions from the club Covid-19 Lead or Covid-19 Liaison when leaving the Pool facility
- Use hand sanitiser provided on the way out.
- Go straight to your parents when leaving the facility.
- Shower as soon as you get home and wash all clothing.

### Don'ts:

- Do not hang around after the session or gather in groups.
- Do not share equipment, food or drinks with others.

**Your parent(s)/carers have signed a declaration that that have told you about these rules and that you have agreed to follow them**

**If a player intentionally breaches Covid protocols, we reserve the right to exclude the player from future training sessions.**

