

# POOL AND CHANGING ROOM PROTOCOLS

## ON ARRIVAL – BEFORE SWIMMING

- If for any reason a session needs to be cancelled unexpectedly emails will be sent to advise swimmers. We will also advise of any cancellations on our social media pages. IT IS THE RESPONSIBILITY of the parent/guardian to check your emails to ensure the session is running.
- Parents/Guardians are not permitted on poolside.
- Parents/Guardians are not permitted in the viewing gallery. The only exception to this is that one parent/guardian will be allowed in the gallery for any swimmers aged 7.
- Swimmers are to be dropped off at the agreed locations and must arrive in time for their session. Stratford and Shipston Leisure Centres will have drop off at the normal reception front doors. Banbury Lido drop off will be at the gates to the pool.
- Swimmers must be “pool ready”. Arrive showered and ready to swim in clothing that is quick and easy to change in/out of. A tracksuit/onesie over your swimwear is ideal. Swimmers will not be using the changing rooms to change.
- Swimmers must not arrive too early due to the strict regulations regarding distancing. We suggest no earlier than 5 minutes before a session. Swimmers will need to be very organised and be ready to swim straight away at the start of the session. This means that swimmers have a maximum of 5 minutes to take off their clothes and get hat/goggles on. Swimmers will need to put on their own hat or arrive with their hat on. They cannot be assisted by coaches/helpers.
- Swimmers who miss their time slot will not be able to enter for training. This is due to the strict routines and processes that we need to follow.
- Swimmers must maintain a 2 meter distance from anyone outside their household when arriving at the leisure centre. We must respect the social distancing rules to keep our community safe.
- All belongings must remain with swimmers on the poolside. Bring as little as possible to the session (the clothes you arrive in, a water bottle and your kitbag).

## During Swimming

- Belongings are to be placed in the designated area by the pool and must not be touching any other bags.
- Kit Bags must have only a kickboard, Pull Buoy and Snorkel which are placed at reasonable distance from others kit bags (Swimmers kit must not be touching another person's kit and all belongings must be clearly labelled.)
- Water bottles to be placed where you enter the water (Swimmers bottles must not be touching another person's bottle and must be clearly labelled).
- The Coach will indicate where your group is within the pool and when and how swimmers are to enter the pool.
- Swimmers are required to maintain continuous movement in the pool to uphold distancing rules.
- Should you need to use the toilet, swimmers must first inform the Covid Officer so we can maintain a limit on changing room numbers and ensure the facilities are cleaned after use.
- If you need to stop then swimmers need to not pause within the swimming lane but to climb out of the pool.
- Swimmers must follow the instructions of coaches, helpers and Covid Officers.

## After Swimming

- Swimmers will be guided to a designated area to change after swimming. This will be at poolside – so will involve wiping yourself down with a towel and putting clothes on over your swimwear. This must be a quick change to facilitate the number of swimmers and also to reduce the time spent in the space.
- Showers are not permitted to be used.
- Swimmers will be asked to sanitise their hands before exiting at Shipston (there is a dispenser at the exit door) and we recommend that swimmers consider purchasing their own sanitiser for using after other sessions once leaving the facility and before returning to their car/home.
- Parents/Guardians are not permitted on poolside. Swimmers are to be collected from the agreed locations. Stratford Leisure Centre pick up is at the pool fire exit door (this is the door at the shallow end of the pool near the toddler pool overlooking the outside courts) Shipston Leisure Centre pick up will be at the reception doors. Banbury Lido pick up will be at the gates to the pool. IT IS THE RESPONSIBILITY of the Parent/Guardians to be on time to pick up their swimmer.
- If there is an emergency which means you cannot arrive to collect your swimmer on time, you must contact the leisure centre so they can make the coach aware.

**REMEMBER TO MAINTAIN  
GOVERNMENT  
SOCIAL DISTANCING  
GUIDELINES**

