

Covid FAQ's

- **UPDATE FROM PARENTS SESSION - Where do I get changed after my session?** Wherever possible, swimmers should towel off and put their clothes on over their costumes. At no point should swimmers remove costumes/swimwear poolside. If removal of a costume/swimwear is required, a cubicle should be used.
- **Do swimmers need to wear a face mask?** Yes face masks should be worn when entering the venue and until the swimmer/coach is poolside and ready to start the session. Face masks should be left with the swimmer's bag. They must be worn when exiting the pen/changing room and leaving the building. The wearing of face masks also applies to under 12's.
- **Do swimmers need to maintain social distancing?** In line with Govt guidance :
 - under 12's do not need to maintain social distancing, however they should maintain social distancing from adults (e.g. Coach/Covid Officer/Venue Staff).
 - 12 and over 's - do need to maintain social distancing from each other and adults, this includes in the pool where possible
- **Will you take a swimmer's temperatures before a session?** No, this is not a requirement
- **Is car sharing permitted?** Whilst it's not recommended, please ensure all Government guidance is followed if car sharing cannot be avoided.
- **What happens if my swimmer has a positive Covid Result?** Please inform one of the Covid Leads and follow all Govt advice
 - Tier 1/2/Masters Alison Grant - afmbarr@hotmail.com or 07810 853 949
 - Tier 3 & 4 Rob Carruthers - rjcarruthers@googlemail.com or 07557 303723
- **When can I swim after a positive result?** In line with Scottish Swimming guidance, swimmers should refrain from training for a period of 15 days following the start of Covid symptoms. Swimmers should also be 7 days symptom free before returning to training.