



Return to Water Briefing

7th September

Heart of Midlothian
Amateur Swimming Club



Aims of the session



- Welcome – Helen, Club President
- Training update – Phil, Head Coach
- Covid Team and Things that are different – Alison, Covid Lead
- Q&A – Helen/Phil/Alison & Rob, Covid Lead

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Covid Team



Covid Lead

- Main Covid point of contact inc Test & Protect
- Oversee public Health and Safety measures within the club
- Ensure we adhere to Scottish Government and Scottish Swimming guidelines
- Ensure Covid risk assessments and appropriate mitigation are in place
- Ensure swimmer documentation is complete and returned prior to training restarting
- Maintain confidentiality of swimmer information

Covid Officer

- Attend sessions to ensure agreed procedures are followed
- Liaise with facility staff and support coaching team with queries
- Support swimmers (and/or parents) as appropriate
- Ensure coach completes the attendance register on Team Unify before session commences
- Note/report any non compliance and/or suggested feedback to Covid Leads in timely manner
- Maintain confidentiality of swimmer information



Some things are different



General

- No spectating, parents not allowed inside venue
- No Covid Officer, no training
- Covid Officer will supervise entry into venue – need to maintain SD from swimmers
- Swimmers to come beach ready
- Swimmers to adhere to SD in car parks and when entering/exiting venues
- Face masks to be worn when entering/exiting venues – required by all unless medical exemption
- Coach & swimmers will enter the building at session start time, not before
- Showers are rinse only, no hair products and/or body wash

RCP

- both car parks only for venue users, 15min drop off period
- new entry/exit barriers in operation. Coach will keep open to limit touch points
- if use ticket machine/barriers, sanitise hands before & after
- entry to poolside via door into spectator gallery
- shoes to be removed at bottom of stairs
- swimmer pens in operation at dive area. Change, remove face mask and leave bags here
- coach will give lane and swimming order whilst in pen, then move to lane with equipment

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Some things are different



Drumbrae

- Ticket machines/barriers and entry as before
- if use ticket machine/barriers, sanitise hands before & after
- direct entry to poolside via door to RHS of café
- shoes to be removed before going poolside
- swimmer pens in operation at shallow end. Change, remove face mask and leave bags here
- coach will give lane and swimming order whilst in pen, then move to lane with equipment

RCP

- if need to use a cubicle to change (e.g. after morning session/direct from school), use family changing aisle 1/2/3)
- if need to use the shower, use showers between family aisle 2 & 3 and remember no body wash/shampoo/conditioner to be used – these are rinse only
- sanitise seat in pen after use – EL will provide a wipe. Once sanitised, leave wipe on seat & EL will remove
- exit pen/changing room as soon as ready – face mask on

Drumbrae

- if need to use a cubicle to change (e.g. after morning session/direct from school), use cubicles in changing room
- if need to use the shower, remember no body wash/shampoo/conditioner to be used – these are rinse only
- sanitise seat in pen after use – EL will provide a wipe. Once sanitised, leave wipe on seat & EL will remove
- exit poolside/changing room as soon as ready – face mask on

General

- 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.
- Toilets can be used, put face mask back on before using
- Dip all equipment in pool before and after each session. No sharing of equipment, water bottles labelled
- Swimmers – face mask on and maintain social distancing when exiting venue
- Pick up – wait in car where possible; maintain social distancing in car park and don't crowd venue entrance

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Some things are different



- Health Questionnaire and Self Declaration forms to be completed before 1st session – cannot coach or swim without completing. Will be sent via Team Unify
- Health Questionnaire needs completing again after a period of illness
- If suffering from Covid Symptoms, do not attend training
- If otherwise unwell, take a cautious view of whether to attend training, more so than normal
- Must advise Covid Lead if positive Covid result – confidentiality maintained
- Everyone’s responsibility to adhere to Govt Guidance and our agreed venue procedures
- Remember we have to follow SportScotland & Scottish Swimming guidance

- Covid Leads – contact if have any queries
 - Tier 1, 2 & Masters - Alison Grant, 07810 853 949 / afmbarr@hotmail.com
 - Tier 3 & 4 - Rob Carruthers, 07557 303 723 / rjcarruthers@googlemail.com

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