

Mid Sussex Marlins COVID pool procedures

General guidance

- Swimmers are to arrive swim ready. There will be **no** access to changing rooms or showers
- Arrive at pool maximum 15 minutes before the allocated session start time and wait in the 'holding area' outside the building, and remain socially distance from other swimmers
- Anyone arriving more than **5 minutes late** will not be admitted. Parents are not be leave swimmers without making sure they have entered the pool
- All sessions **must** be pre-booked using Swim Manager. If the session isn't pre-booked, the swimmer will not be allowed to swim
- All pool users to remove outdoor shoes when entering onto poolside
- Swimmers will be in single width lanes, with a maximum of 6 swimmers per lane
- No spectators will be allowed in the building
- Swimmers are to bring their own equipment for the sessions, as advised by their coach, with the exception of water polo, teaching groups and disability sections
- Swimmers are to wear suitable warm clothes when leaving the pool
- If a swimmer has recently returned from a location (UK or abroad) that is not on the Governments safe travel list they are to isolate for 14 days upon return, and not to attend training.

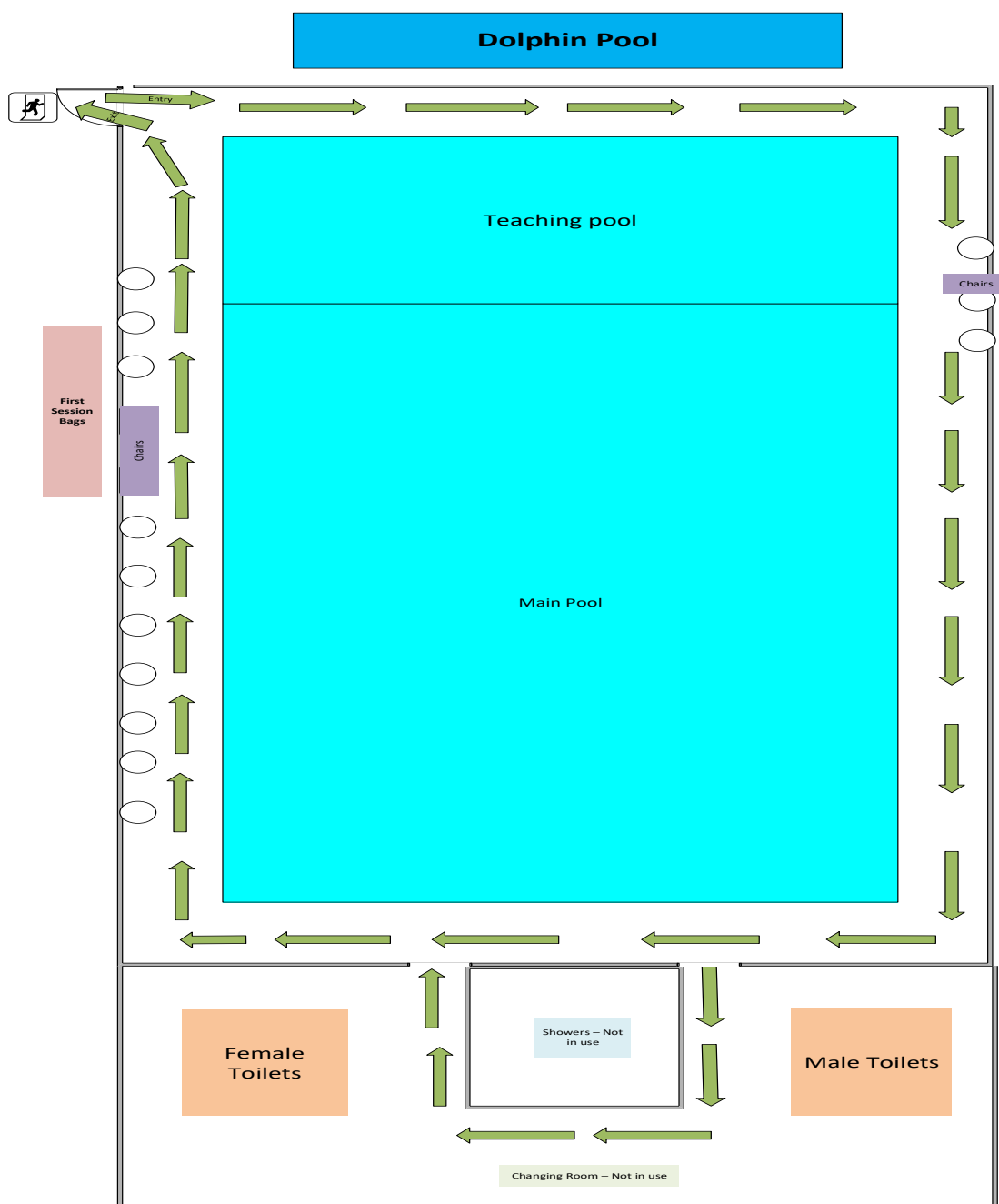
Swimmers

- Enter the pool through designated fire exit and follow one way system around the pool, maintaining social distancing at all times. It is not mandatory to wear a face covering, but if you wish to wear a face covering this is acceptable
- Bags are to be placed in the designated areas as indicated by the COVID helper. Make sure that all belongs are in the bag, and don't bring anything valuable
- Make way as directed to allocated lane, maintaining social distancing
- Place equipment at end of pool away from others. Swimmers must not share equipment or water bottles
- Follow coaches instructions during session, maintaining social distancing, including when reaching for equipment or water bottles
- At the end of the session, exit pool at the end and follow one way system to collect bag and belongings. Towel off and leave as directed by coaches, teachers, COVID helpers. It is not mandatory to wear a face covering, but if you wish to wear a face covering this is acceptable

- Swimmers are reminded that current social distancing guidelines are to maintain 2m where possible
- Any swimmer not following instructions from Coaches, teachers or COVID helpers, or failing to keep socially distanced, may be asked to leave the training session
- If a swimmer continues to ignore the rules, then they will be given a verbal warning by the coach, which will be recorded. If the same swimmer persists to not follow the rules and are proving difficult to manage, or putting others at risk, then they will receive a week long ban from swimming.

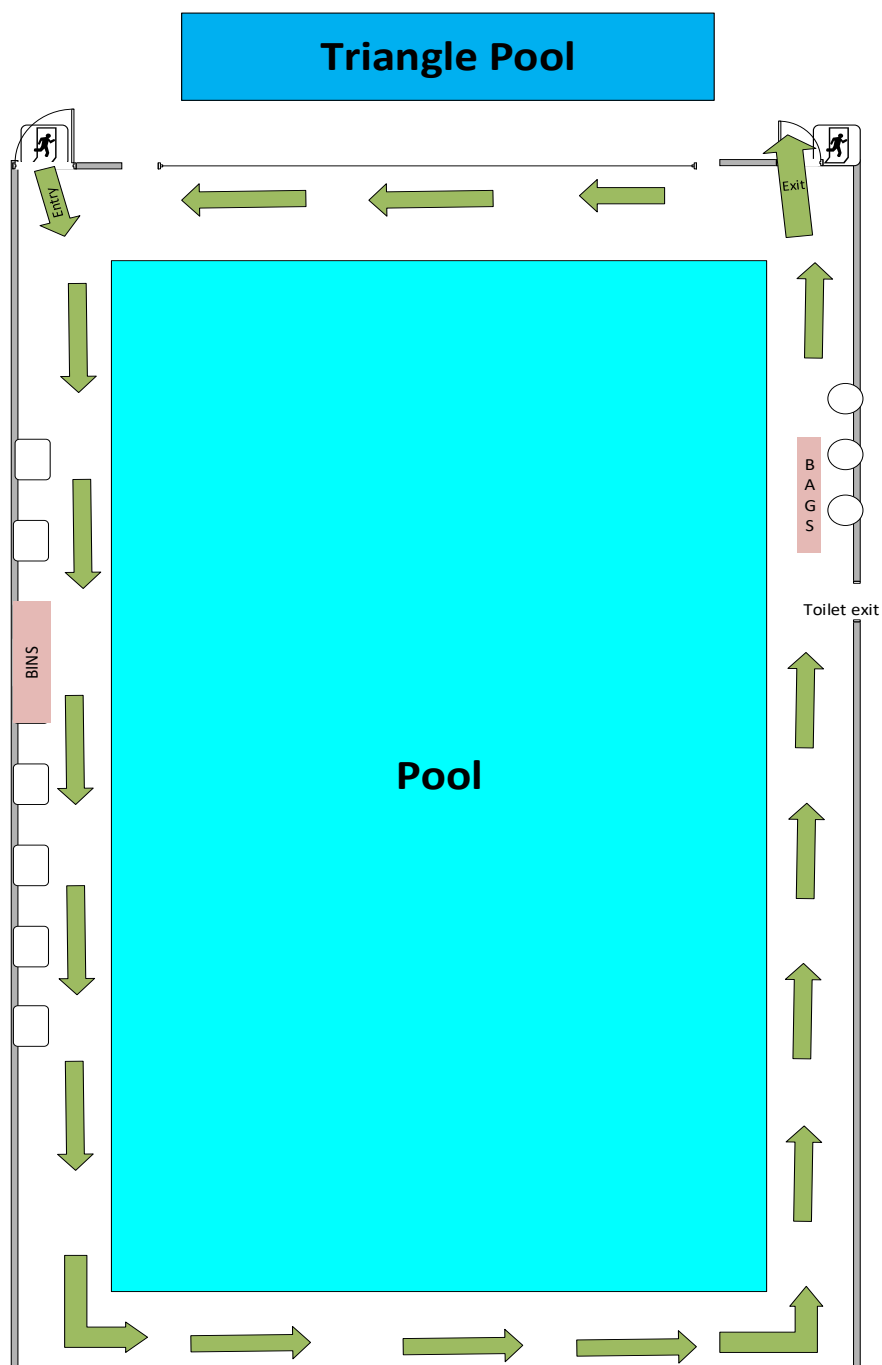
Dolphin Leisure Centre

- Entry and exit will be via the fire exit to the left of the building in the top car park. Swimmers will be asked to line up, observing social distancing
- Bags are to be placed on the allocated chairs. One chair per person
- Toilets will be unisex. Entry will be a one way system from poolside, via the male showers, re-entering on to poolside via the female showers
- All swimmers are to follow the one way routes and as guided by coaches, teachers, poolside support and/ or COVID helpers



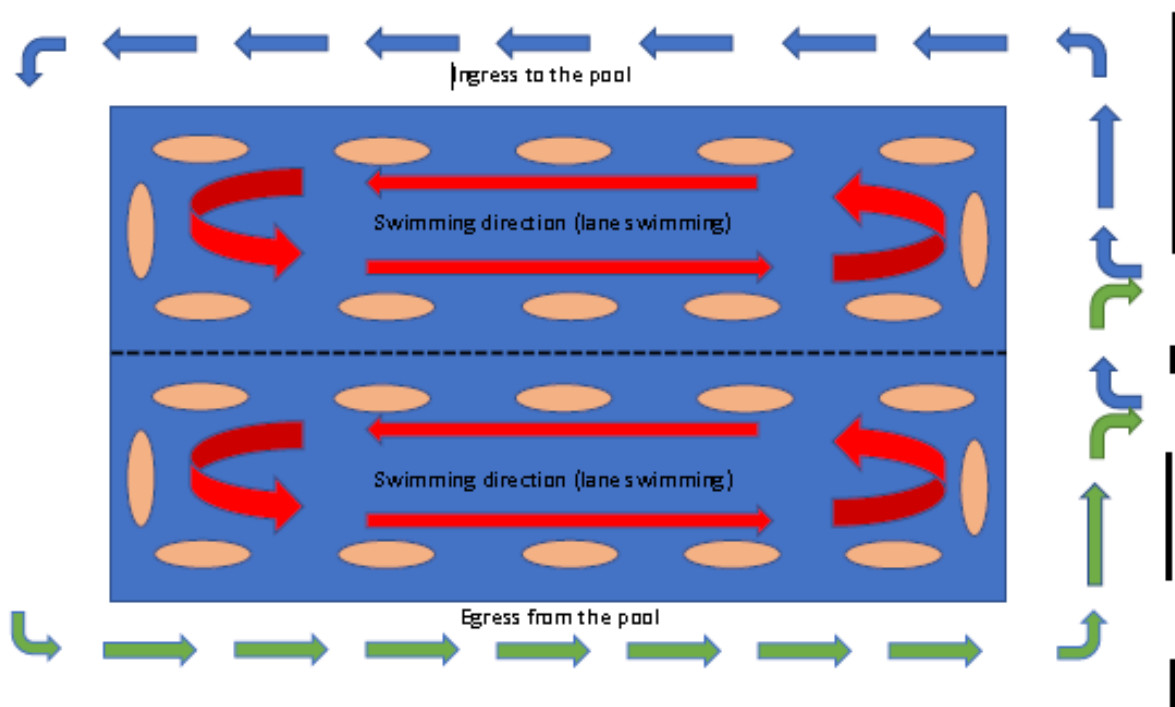
Triangle Leisure Centre

- The first coach of each block of training can enter through the main entrance, proceed to poolside and open the fire exit
- All swimmers will enter through the designated fire exit at the side of the building
- Entry will use the fire exit on the right hand window side of the pool. Exit will be via the fire exit on the balcony side of the pool
- All swimmers are to follow the one way routes and as guided by coaches, teachers, poolside support and/ or COVID helpers
- Bags are to be placed on the marked squares on poolside. One square per person



Hurst College

- The first coach of each block of training can enter through the main entrance, proceed to poolside and open the entrance door
- All swimmers will enter through the designated door at the front of the building
- All swimmers are to follow the one way routes and as guided by coaches, teachers, poolside support and/ or COVID helpers
- Bags are to be placed at the side of the pool. Socially distanced per person
- Exit will be via the designated doors at the front of the building following the one way route



K2 Leisure Centre

- All swimmers will enter through the designated door at the front of the building
- All swimmers are to follow the one way routes and as guided by coaches, teachers, poolside support and/ or COVID helpers
- Bags are to be placed at the side of the pool. Socially distanced per person
- Exit will be via the designated doors at the front of the building following the one way route

