



## **Level X Competition Guidance**

City of Sheffield Swim Squad's (CoSSS) priority is to make sure that swimmers, coaches, officials, and volunteers are always as safe as possible during training and competitions, and we will work with the venues to support them the best we can.

For the Level X competition, we need to implement the guidance given below for Ponds Forge ISC. This has been produced following the advice of Swim England and the Government, and all members must adhere to it.

These guidelines, along with the club's Covid-19 procedures and risk assessments, will be reviewed and changed according to any new advice.

CoSSS has appointed a Covid-19 Lead to oversee the safe return to competitions in partnership with the facility provider. Individuals have been appointed as Covid-19 liaisons and will attend the Level X competition to monitor social distancing and the wellness of participants and workforce.

### **Level X Competition at Ponds Forge International Sports Centre**

City of Sheffield Swim Squad's Covid-19 Lead: Rachel Jones

In line with Government and Swim England advice, the following process will occur when swimmers return to competition at Ponds Forge ISC:

Face masks should be considered by swimmers when travelling to and from the pool. Swimmers must wear a face covering when walking from the car park to the swimming pool. Face coverings should be worn in the swimmers holding area and can only be removed when on poolside.

Thorough hand washing with soap or, if not available, hand-sanitiser, should be undertaken by all participants and workforce before and after the competition. Swimmers will be expected to shower at home and come ready to race with their swimwear under their clothes.

The venue has asked that parent/carers wait with their swimmer at the agreed location – this will be outside the allocated fire exit door located at the side of the building next to the main road. We encourage only one parent/carers to wait with their child. Please wear a face covering and maintain your distance from others.

Parents/carers will not be allowed on poolside or to spectate. We ask parent/carers to wait in their car and refrain from entering the building to avoid unnecessary contact with others.

Swimmers are required to have an emergency contact name and number in their swimming bag.

A Covid-19 liaison will be present to verbally check the health of the swimmers and coaches, take a register, and monitor the wellness of individuals and the social-distancing rules.

## **Entry**

Swimmers must wait at the following fire exit door 5 - 10 minutes before the competition is due to start. The doors will be labelled so that they can be easily identified.

- Group 1 to use Fire Exit Door 6
- Group 2 to use Fire Exit Door 5
- Group 3 to use Fire Exit Door 4
- Group 4 to use Fire Exit Door 3
- Group 5 to use Fire Exit Door 3
- Group 6a to use Fire Exit Door 2
- Group 6b to use Fire Exit Door 4

A Covid-19 liaison will wait at the door to ensure that swimmers socially distance and wear a face covering. A coach will then open the door to allow entry. Parents/carers can leave this area once the swimmers have entered the building safely. The Covid-19 Liaison will take a register upon entry, and swimmers aged 16 years/over will need to scan the NHS QR code poster as they enter the building.

**Any late swimmers could be refused entry so please ensure that your swimmer has gained access before leaving.**

The swimmers will then make their way to the allocated changing space. Refer the changing plan document. The groups will change in the following areas;

- Group 1 to change in Zone 6
- Group 2 to change in Zone 5
- Group 3 to change in Zone 4
- Group 4 to change in Zone 3
- Group 5 to change in Zone 2
- Group 6a to change in Zone 1
- Group 6b to change in Zone 3

## **Changing**

Swimmers will change on a chair marked with a green tick allocated on the spectator area 2m apart. The first swimmer will walk along a row of chairs and use last chair located on that isle and then the second swimmer will use the next available chair (2m apart) and so on.

Swimmers will wait in their changing seat while maintaining their distance until the coach asks them to walk down the stairs to poolside for warm-up.

## **Warm-up**

Swimmers will warm up in their allocated short course training lane with limited equipment e.g., a kick board, fins and a water bottle. Ten, 25m lanes will be available (5 lanes per group) for warm-up.

Swimmers will be instructed to leave the warm-up one lane at a time and follow the one-way system back to their allocated changing seat.

## **One-way system**

A one-way system will be communicated to all the swimmers at the start of the competition. The one-way system is as follows.

- The staircase nearest to the score board on the Aztec side is down-stairs.
- The staircase nearest to the diving pit on the Aztec side is up-stairs.
- Racing will start and finish at the diving pit end.
- Swimmers will be marshalled on the 2m spots on the Aztec side.
- Swimmers will exit the pool Omega side and walk behind the boom, and then use the staircase nearest to the diving pit is up-stairs.

## **Marshalling**

Swimmers will be asked to wait in their changing seat wearing a face covering until they are instructed to go to marshalling. Swimmers should arrive in the marshalling area race ready. Several Covid liaison(s) will ensure that swimmers socially distance and will inform them when it is time to race.

Two heats will be marshalled at the back of the spectator area in the 2m marked squares. Swimmers will then be instructed to follow the one-way system down to poolside.

Once on poolside, swimmers will wait on the 2m spots. There will be three heats on poolside at any one time.

- One behind the block
- One on the first row of spots
- One on the second row of spots

Several Covid liaison will be in place to manage the process.

Once swimmers have finished their race, they will be told to clear the pool from the Omega side and make their way back to their allocated seat. Once the area is cleared behind the block, the next heat of swimmers will be asked to stand behind the blocks, and so on.

### **Swim down**

Swim down lanes will only be made available for Groups 1 and 2. This area will be marshalled. Swimmers will follow the one-way system back to their changing seat once they have finished swimming down.

### **End of the competition**

Swimmers will be asked to dry off and put appropriate clothing over the top of their swimwear to travel home. Social distancing measures must be observed during this process. Swimmers will only have five minutes to change and will exit the building as a group wearing a face covering.

The Covid-19 liaison will escort the swimmers out of their allocated fire exit. Parents/carers must wait outside the fire exit for their swimmer wearing a face covering and maintaining a 2m distance from others. A Covid-19 liaison will be present to ensure swimmers are collected safely.