



Return to Training Guidance – Ponds Forge International Sports Centre

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

For club activities, 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 have appointed a Covid-19 officer to oversee the safe return to the water for swimmers in liaison with the pool provider. Individuals will be appointed as Covid-19 liaisons and will attend training sessions to monitor social distancing and the wellness of participants and workforce, reporting back to senior officer periodically with any adverse findings.

For the time being, training will feel very different to what we were previously used to.

The current government requirements

Social distancing must be observed throughout the whole process, from entry to the swimming pool facility, changing rooms, during training, post-swim changing and exiting the facility.

Where it is not possible to stay 2m apart, everyone should keep a distance of 1m plus precautions (excluding same household members).

If a swimmer or member of the workforce (including volunteers) becomes unwell during the session, an allocated space, provided by the venue, will be used to isolate them. Personal Protective Equipment (PPE) will be provided for the affected individual and the coach. Coaches will have grab bags available on poolside containing appropriate PPE, and the venue staff will clean this area thoroughly after use.

If a swimmer, a member of workforce, or a member of their household has a cough, fever or any signs or symptoms of Covid-19, they are not to enter the swimming facility and/or attend training. They should follow the government advice to self-isolate with

other members of their household and order a test to find out if they have coronavirus. The Covid-19 officer must be informed immediately so that they can contact any swimmer and/or coach that may have been in contact with the individual over the last 48 hours. They will be informed that an individual might have coronavirus but are waiting for a test result.

At this stage (until the test result is known), those people do not need to self-isolate, but they should take extra care in practicing social distancing and good hygiene, such as washing their hands regularly. They should also monitor their own symptoms.

Where a swimmer or a member of the workforce (including volunteers) tests positive, as part of the national test and trace programme, others may be advised to self-isolate for 10 days. Assuming that social distance has not been compromised, then the only individuals that would need to self-isolate are those that have been in close contact in the 48 hours before the symptoms developed, i.e., swimming in the same lane from the same end of the pool as the infected swimmer, having face-to-face contact with them, spending more than 15 minutes within 2m of someone or travelling in a car or other small vehicle with someone (even on a short journey).

If other cases are detected within the setting, other swimmers, and members of the workforce (including volunteers) may be advised to self-isolate. To reduce risk of transmission, the programme could close for a short period of time.

Individuals should follow government guidance. For further information and advice on returning to exercise after Covid-19 please refer to the club's Covid-19 procedures.

Click [here](#) for further information on Covid-19 symptoms and [here](#) for the NHS Test and Trace service.

The Club will complete detailed risk assessments on a daily basis and ensure all staff are trained on the risks and new/amended policy procedures. This is to ensure the safety of our employees and swimmers.

Return to Training at Ponds Forge International Sports Centre

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

In line with Government and Swim England advice, the following process will occur when swimmers return to training 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 can then be removed once you are on poolside.

Thorough hand washing with soap or, if not available, hand-sanitiser, should be undertaken by all participants and workforce before and after training. Swimmers will be expected to shower at home and come ready to train 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/carer waits with their child. Please wear a face covering and maintain your distance from others. The photo below shows the area.



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 at every training session to verbally check the health of the swimmers and coaches, take a register, record who swims in which lane and monitor the wellness of individuals and the social-distancing rules.

Swimmers must wait at the following fire exit door 5 - 10 minutes before the session is due to start. The doors will be labelled so that they can be easily identified. For reference, door 1 is located next to the leisure pool and so on.

- 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 6 to use Fire Exit Door 2
- Masters to use Fire Exit Door 6

A Covid-19 liaison or coach 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.

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 6 to change in Zone 1
- Masters to change in Zone 7

Individual changing bays will be available 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.

Once ready to train, swimmers will wait in their changing pod while maintaining their distance until the coach asks them to walk down the stairs to the poolside.

Swimmers will be allocated a lane, and this will be communicated to them before the session is due to start. Coaches will group swimmers to train in a lane. As far as possible, that group should continue to train together in subsequent training sessions, meaning that if anyone displays symptoms, the possibility of transmission is limited to

that group and it will be easier to trace contacts. These groupings maybe outside of the normal squad structure of the club. Siblings or people living in the same household will swim in the same lane.

A register will be taken and the lane that they have trained in will be recorded for every session.

There will be a maximum of six people per 25m lane and a maximum of 10 people per 50m lane. Some swimmers will start from one end of the pool, and then the others will start from the opposite side. One swimmer will start at the wall while the second swimmer will start at 3m and the third swimmer at 6m on so on. They will all swim in a clockwise direction to minimise contact with others. At no point will there be more than one swimmer at the wall at the same time (unless they live in the same household).

Swimmers will be allocated an end of the lane where they will enter and exit the pool.

Only limited equipment will be allowed on poolside. A list will be provided for each squad prior to every session.

Coaches, volunteers and other swimmers are unable to assist swimmers with putting on their swim hat and goggles. Swimmers should learn how to do this prior to returning otherwise they may be asked to participate without them.

It is acceptable for swimmers in a session to pass each other at less than social-distancing requirements if it is for a short time and only when swimmers are in motion.

Equipment can be cleaned in the pool water. However, all equipment should still be cleaned with anti-viral wipes at home.

All equipment must be taken home and should not be left at the facility.

Areas for coaching will be allocated and coaches will adhere to this throughout the session. Coaches should avoid close contact with any swimmers or colleagues.

Clear transition times, as well as entry and exit positions, will allow squad sessions and coaches to avoid each other.

Swimmers should leave the pool and return to their personal changing space. Social distancing measures must be observed during this process. Swimmers will be asked to dry off and put appropriate clothing over the top of their swimwear to travel home. 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.

Swimmers and the club's workforce (including volunteers) should avoid using wash/toilet facilities if possible. If they are used, avoid touching anything, wash hands thoroughly, use hand-sanitiser where possible and do not touch the mouth or nose. The male and female toilets on the Aztec side of the pool will be made available but these must be used one at a time.

There is no access to the showers.

Other changes to note

There will be a 15-minute change over period between sessions allowing one group to leave before the next arriving.

The venue staff will perform a deep clean of the facility at least once per day with intermittent sanitized wipe round. If there is a first-aid incident or similar, the cleaning procedures may take longer than usual and could cause delays to the sessions while areas are made safe.

The venue staff will also perform regular quality assurance checks.

To minimise infection risks between home and the pool it is important that:

- Swimmers to wear fresh, clean swimwear and clothes daily.
- The workforce (including volunteers) to wear fresh, clean clothes daily.
- A full water bottle is to be brought to the pool each day with the swimmer's name clearly visible to avoid drinking from the wrong bottle. The water fountains will be switched off at the venue, so swimmers should bring enough water for every session.
- Any necessary food should be stored in clearly marked containers.
- Only one bag plus a kit bag should be brought to the venue.
- Wearing of face covering must be worn when walking from the car park to the venue. The face covering can be removed when on poolside.
- Outside of training, your child and family should abide by Government advice regarding social distancing.

- Swimmers and the club's workforce (including volunteers) must wash their hands for 20-30 seconds before they leave home and when they return.
- If the swimmer or anyone else in their household is unwell, for any reason, they must be kept off training – and seek advice.