

Trafford Artistic Swimming – Return to Swimming plan

Last updated 25th July 2020 by Geraint North, COVID-19 Lead

This document describes how Trafford Artistic Swimming Club could return all of our swimmers to training whilst observing current regulations. It assumes a return to swimming at Sale Leisure Centre only, although we would be able to return to any pool, especially if deep water is available.

Principles

If you aren't familiar with our club, here are the facts that have guided our proposals:

- We have 54 active members with ages ranging from 8 to 18.
- Our survey shows that almost everyone is able to return to swimming as soon as possible.
- Our survey showed that drop-off and pick-up in the car park without lift sharing is possible in almost all cases.
- Our survey showed strongly that social interaction is a key element of what our swimmers are looking forward to when they return to swimming.
- We will have a maximum of four coaches available at any one time.

Training structure

For the purposes of Risk Assessments, it is important to understand what the training schedule could look like, because it affects the management of pick-up, drop-off, movement within the leisure centre and poolside waiting, which are sources of risk.

We will be using the Sale Club Pool, capacity is 20, including coaches, lifeguards and COVID-19 liaisons.

Training schedule

	When	Where	Swimmers	Support (coaches, lifeguards, COVID-19 liaisons)
Friday	20:30 – 21:30	Club Pool	15	4
Saturday	13:00 – 14:00	Land Training Area	16	3
	All transfer to pool			
	14:15 – 15:15	Club Pool	16	4
	All change			

	15:30 – 16:30		15	5
	All change			
	16:45 – 17:45	Club Pool	14	6
Sunday	08:00 – 9:45	Club Pool	14	6
	All change			
	10:00 – 11:00	Club Pool	14	6

Land Training

Land Training will require all participants to bring their own mats, blocks and therabands – club equipment will not be available. The coaches will be instructed to deliver training routines that can be performed whilst socially distanced.

Land training will be delivered in the badminton hall in the first floor of Sale Leisure Center. It has plenty of space and is marked out with a 2m grid to encourage social distancing.

The coaches and COVID-19 liaison will coordinate an orderly transition from the land training area to the Club Pool, which will be accessed through reception and the corridor that leads directly to the club pool. Doors may need to be propped open to avoid unnecessary contact with surfaces.

Pool configuration

Due to the nature of Artistic Swimming, the pool cannot be divided into many lanes and still allow for effective training. We will not divide the groups in the pool with lane markers, because they will not affect our ability to maintain social distancing between the swimmers.

Drop-off and pick-up logistics

As well as pick-up and drop-off at the beginning and end of the sessions, the Saturday and Sunday sessions both include a changeover time where some swimmers will leave the pool and new ones will arrive.

Swimmers must be dropped off in the rear car park at Sale Leisure Centre, where they can access the club pool through a fire escape. A COVID-19 Liaison will be present to coordinate this. A 15-minute changeover period has been provided in the schedule to allow for swimmers from the previous session to leave the pool before new swimmers arrive.

The COVID-19 Liaison will take a register and verbally check that swimmers are not presenting with symptoms.

If drop off is prompt, cars can use the 10-minute Parking Eye grace period and parents will not need to enter the Leisure Centre. If they arrive early or wish to wait in their car for the session to finish, then they can enter Sale Leisure Centre to register their vehicle in the usual place at reception.

There is no provision for spectators anywhere in Sale Leisure Centre.

Swimmers must arrive ready to swim, with clothing over their swimming costumes. There will be no changing facilities available.

For the land training session at 1pm on Saturdays, swimmers will enter the leisure centre through the main reception and proceed directly to the land training area.

At the end of their session, swimmers will dry off, put on dressing gowns and must leave the pool directly into the front car park via a fire escape, to avoid movement through the main reception.

Risks

Given the structure outlined above, we foresee the following risks:

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| R1 | Swimmer, coach, lifeguard or liaison attends a session with COVID-19 symptoms. |
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| R2 | Swimmer COVID-19 infection from surfaces or equipment whilst waiting poolside. |
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| R3 | Swimmer COVID-19 infection due to failure to maintain social distancing poolside. |
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| R4 | Swimmer COVID-19 infection due to failure to maintain social distancing in the water. |
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| R5 | Coach/lifeguard/liaison COVID-19 infection from surfaces or equipment whilst poolside. |
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| R6 | Coach/lifeguard/liaison COVID-19 infection due to failure to maintain social distancing whilst poolside. |
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R7 Accident in the car park during pick-up and drop-off.

R8 COVID-19 infection introduced by visiting family member.

R9 Swimmer, coach or liaison COVID-19 infection during land training session.

R10 Swimmer, coach or liaison COVID-19 infection during transition between land training and pool due to contact with surfaces or fail to maintain social distancing.

R11 Injury sustained during training due to over-exertion.

R12 COVID-19 transmission whilst delivering first-aid.

Mitigations

This section describes the actions that we will take to minimise the likelihood and impact of the identified risk. Each mitigation is described, along with the risks that it addresses.

1. Preparation, pickup and drop-off

	Description	Addresses Risk(s)
M1.1	Briefings on new procedures (including drop-off and pick-up) will be provided for all swimmers and guardians via Zoom before they attend their first training session. Everyone must confirm that they have read and understood the guidance provided.	All

M1.2	Before the start of each session, a pre-meeting led by the COVID-19 liaison will remind the coaches and lifeguards of the safety processes in place.	All
M1.3	At the end of each session, the COVID-19 liaison will lead a wrap-up session to review and improve the processes in place.	All
M1.4	A register is taken for each arriving swimmer, and they are specifically asked whether they are presenting with COVID-19 symptoms. The register will be taken by a trained COVID-19 liaison.	R1-R6, R9, R10, R12
M1.5	COVID-19 Liaisons will be present in the car park during drop-off and pick-up to ensure that the swimmers are collected safely.	R7, R8
M1.6	Family members collecting swimmers should stay in their vehicle and indicate to the COVID-19 lead who it is that they are collecting.	R8
M1.7	First Aid kits will be checked to ensure that they include gloves and masks for use when administering first aid.	R12
M1.8	Swimmers will arrive ready-to-swim, with clothing over the top (suitable for Land training if necessary). When leaving their session, they will towel-dry, put on a dressing gown and exit the pool directly into the car park to await collection. During changeover times, arriving swimmers will not enter the pool until the leaving swimmers have exited and the cleaning procedures have taken place.	R2, R3

2. Monitoring and awareness

Description	Addresses Risk(s)
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M2.1	COVID-19 Liaisons and lifeguards will be present at all sessions and ensure that social distancing is maintained at all times.	R3, R4, R6, R9, R10
M2.2	COVID-19 Liaisons will ensure that no equipment or other objects are handled by anyone other than the owner.	R2, R5, R9
M2.3	Posters are displayed poolside reminding people to observe social distancing and practice good hygiene.	R2 – 6, R9, R10

3. Poolside

	Description	Addresse s Risk(s)
M3.1	Coaches will not touch any equipment used by swimmers, including water bottles, phones, hats and noseclips (especially noseclips!).	R2, R5, R9, R10
M3.2	No close work (e.g. lifts) will be attempted during training.	R4
M3.3	Swimming coaches will be reminded of the risks of over-exerting members who are just returning to training after a long break.	R11
M3.4	Swimmers will store their equipment in at socially-distanced points in the area around the pool, indicated with cones.	R2, R3
M3.5	Water bottles must be kept with the swimmers' equipment and not placed poolside	R2
M3.6	At each changeover point the cones indicating where swimmers should store their equipment will be cleaned.	R2, R5

M3.7	All swimmers, coaches, lifeguards and COVID-19 Liaisons will disinfect their hands when they arrive, leave, and between sessions. The COVID-19 Liaison will ensure that adequate supplies of hand sanitizer are available.	R2 - R6, R9, R10
M3.8	During swimming, only one swimmer will be allowed to use the toilets at any one time, and that toilet will be the disabled toilet next to the club pool.	R2, R3
M3.10	Entry/exit to the pool will be through the point closest to the swimmer's equipment only.	R2
M3.11	No spectators will be allowed in the pool area (which includes spectator areas). This is to maximise swimmer numbers and also to minimise the risk of infection.	R8
M3.12	All swimmers should bring their own filled water bottles and not use toilet facilities to refill them during their session.	R2
M3.13	Swimmers will be instructed not to hang onto any lane dividers that may be used.	R4

4. Land Training

	Description	Addresse s Risk(s)
M4.1	Land training coaches will be instructed to only perform work that can be performed in a socially-distant manner, and reminded of the risks of over-exerting members who are just returning to training after a long break.	R10, R11
M4.2	During land training, only one swimmer will be allowed to use the toilets at any one time.	R9

M4.3	Swimmers will store their equipment at socially-distanced points in the area around the land training area, marked with cones. These cones will be disinfected after the session.	R9
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M4.4	After the land training session is complete, the coaches and COVID-19 liaison will coordinate an orderly transition from the land training area to the Club Pool, which will be accessed through reception and the corridors by the elevator directly to the club pool. Doors may need to be propped open to avoid unnecessary contact with surfaces.	R9, R10
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References

[Swim England Return to Swimming Guidance for Clubs.](#)

[Swim England Artistic Swimming Risk Assessment](#)

[COVID-19 Lead Role Description](#)