A picture containing food, drawing, knife

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**COVID-19 PROTOCOL FOR SWANSEA AQUATICS SWIMMERS TRAINING AT PENLAN LEISURE CENTRE**

**IMPORTANT: Please do not present yourself for training or attend any facility if :**

* **You currently have any symptoms of COVID-19 or**
* **Have been in contact with a known Covid-19 case or**
* **Travelled back from a country requiring you to quarantine in the last 14 days.**
* **Your area is in Local Lockdown.**

**SHOULD THE ABOVE NOT APPLY PLEASE FOLLOW THE 12 STEPS BELOW:**

1. Swimmers should take a temperature test at home. If your temperature is **37.5** degrees or higher you must remain at home and not attend training or go to the facility
2. Swimmers should arrive at the venue ‘beach ready’ no earlier than 15 minutes prior to the session. Ensure you are practicing the **2m** social distancing at all times and are wearing a face covering
3. Queue respecting social distancing requirements in front of the Covid-19 officer, who will ask the following questions:
   1. Do you have a new or persistent cough
   2. Do you have a Shortness of breath, chest pain or tightness
   3. Are you suffering with any abnormal fatigue
   4. Are you suffering with any abnormal muscle or joint pain
   5. Do you have a loss of taste or smell
   6. Do you or have you had any Diarrhoea, vomiting or nausea within the last 48 hours
   7. Do you have an underlying medical condition that may be a contributing factor to any of the above
4. Remember to maintain 2m social distancing whilst entering the facility and keep your face covering on whilst inside the building
5. Enter the facility keeping to the right and use the hand sanitiser at reception as you walk in
6. Enter the male or female changing facility and proceed to a marked area in the changing room. Remove outer clothing placing all belongings in your bag
7. Move to poolside placing bag in designated area - If you are held in the Changing area – ensure you are 2m apart from your fellow swimmers or any public that may also be in the facility
8. Move to the pre designated poolside area for session briefing
9. Move to pre-designated lane and start the training session
10. When the training session has finished exit the pool area with your face covering on and move to a changing locker.
11. Swimmers have 15min to change and leave the area. Ensure you are wearing your face covering when leaving your changing cubicle.
12. Swimmers must leave the facility immediately moving straight to the car park for pick up.

**PLEASE NOTE; It is essential that Parents are are contactable throughout the session. Parents/Spectators should not to enter the facility unless asked to by the coach or Covid-19 officer.**

**Please confirm that you agree to adhere to the above procedure**

**SWIMMER NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SWIMMER SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARENT SIGNATURE (IF UNDER 18]: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Revised 22/9/20**