A picture containing food, drawing, knife

Description automatically generated

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

**RED, ORANGE, YELLOW, GREEN, BLUE INDIGO SQUADS ONLY**

**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, are self-isolating or you have been told to self-isolate by your school or NHS Wales Track, Trace, Protect Service or**
* **Travelled back from a country requiring you to quarantine in the last 14 days or**
* **Your area is in a Local Lockdown.**

**SHOULD THE ABOVE NOT APPLY PLEASE FOLLOW THE 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 10 minutes prior to the session.
3. Ensure you maintain 2m social distancing whilst entering the facility and keep your face covering on whilst inside the building.
4. Follow the markings through Reception, using the hand sanitiser provided and queue in front of the Covid Rep who will be in front of the Club Shop (in front of the lift)
5. You will be asked the following questions:
   1. Have you been asked to Self-isolate within the last 14 days.
   2. Do you have a high temperature
   3. Do you have a new or persistent cough
   4. Do you have a loss of taste or smell
   5. Do you have an underlying medical condition that may be a contributing factor to any of the above
   6. Do you or have you had any diarrhoea, vomiting or nausea within the last 48 hours
6. If you are in Lanes 1&2, 5&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.

If you are in Lanes 3&4, 7&8 - Proceed up the stair case and into the spectator area to remove your outer clothing, placing all belongings in your bag. (please only use the 1st and 2nd row of the spectator area, observing the marked spaces)

1. Move to poolside, placing your bag in a designated area - If you are held in the Changing area – ensure you are 2m apart from your fellow swimmers at all times. Please do not ‘bunch’ together.
2. Move to your designated lane and start the training session.
3. When the training session has finished exit the pool area with your face covering on and move to a changing cubicle.
4. Swimmers have a maximum of 15 minutes to change and leave the area. Ensure you are wearing your face covering when leaving your changing cubicle.
5. Swimmers must leave the facility immediately moving straight to the car park for pick up.

**PLEASE NOTE - It is essential that Parents are contactable throughout the session.**

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

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

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

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

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

**Revised 06/11/20**