

**Swimmer Protocol**

* Swimmers to arrive at Pool sessions ‘Beach Ready’. This means to arrive in swimwear, underneath outerwear. Swim hats to be worn if swimmer is unable to put on themselves. (Coaches are unable to help with this)
* Swimmers are to present at facility wearing a face covering ahead of session, maintaining 2 metre distance and complete the Pre Training Health Check Questions.
* Swimmers are to continue to maintain distance of 2m and proceed to changing facilities / designated area – Following the One Way Systems in place at each facility.
* Face Coverings must be left on until they are at the back of their lane and then placed in their equipment bag (Using a small plastic bag to keep dry if necessary)
* Once the swimmer is in the water they should continue to maintain distance between themselves and other swimmers where possible. This is the same for land training sessions.
* As the swimmer exits the pool they need to put their face covering back on before proceeding to the changing / designated area.
* Face coverings must remain in place until the swimmer has exited the facility and returned to their car.
* All swimmers are to wear face coverings regardless of age. We appreciate this is sometimes difficult with swim caps but every effort must be made to comply with the Club’s procedures.