

**COVID-19 PROTOCOL FOR SWANSEA AQUATICS SWIMMERS TRAINING AT WALES NATIONAL POOL**

**ORANGE SQUAD**

**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. Enter the facility using the Fire Exit on the lower driveway to the building and use the hand sanitiser at the desk as you walk in.
4. Ensure you maintain 2m social distancing whilst entering the facility and keep your face covering on whilst inside the building.
5. Follow the markings through the fire door, using the hand sanitiser provided and queue in front of the Covid Rep who will be just inside the door.
6. 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
7. Enter the Changing Cubicles and remove outer clothing. Lockers are available – please use the number locker that coincides with your cubicle number
8. Move to pre-designated lane and start the training session
9. When the training session has finished exit the pool and move to your designate area / changing cubicle.
10. Swimmers have 15 minutes to leave the area. Ensure you are wearing your face covering when leaving poolside.
11. 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.**

**Reviewed 26/04/21**