

**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 :**

* **Are self-isolating due to testing positive to COVID-19**
* **You have been advised to self-isolate by NHS Wales Track, Trace, Protect Service**
* **You currently have any symptoms of COVID-19**
* **Travelled back from a country requiring you to quarantine**

**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 **no earlier** than 10 minutes prior to the session. Entering the facility through the Main Entrance.
3. Ensure you are social distancing at all times and are wearing a face covering if you are over the age of 11 Years (Under 11’s is optional)
4. On arrival you must report to the parent volunteer where you will be asked the below questions :.
	1. Do you have a high temperature
	2. Do you have a new or persistent cough
	3. Do you have a loss of taste or smell
	4. Have you been asked to self-isolate within the last 7 days
	5. Have you recently returned from a country abroad that requires you to quarantine.

Should you answer yes to any of the above you will be asked to leave and return to your car or home. Please only attend the sessions if you are fit and well.

1. Follow the arrows through the corridors and into the changing areas. Parents can accompany their child/children to this point.
2. Swimmers move to their pre-designated lane and start the training session once the shutters have opened.
3. At the end of the session, parents can return to collect their children from the changing rooms.
4. Swimmers have 15 minutes to change and leave the facility.

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**PLEASE NOTE - It is essential that Parents are contactable throughout the session. The Spectator area is open for a limited number of spectators – masks must be worn.**

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