**Guidance for Parents and Swimmers**

1. Personal Health Assessment
* Consider any health and quarantine requirements and whether you are safe to swim. This includes a return from holiday, a school related quarantine, and any family member having possible COVID-19 symptoms. If you are unsure then do not swim.
* If you are healthy to swim then proceed to following step 2.
* If not email president@saffronseals.org.uk and inform them of your health matters
* Ensure Seals have your up-to-date contact details and that someone is available to collect the swimmer should it be required during the training session

If you are unsure about the health guidance then please use the following for guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

1. Kit and Bag, etc
* Bring all kit you will need: kick-board, pullbouy, fins/flippers
* Fill a large water bottle
* Ensure everything is very clearly named
* Get changed so you are “swim ready”
* Bring clothes you can quickly change into
1. Prepare to Swim
* Perform stretches and exercises to warm up your muscles and increase your heart rate
* Go to the toilet – you can only go in emergency at the pool
1. Arrive at LBLC
* Aim to arrive 5-10 minutes before your training session (e.g. 5.50pm or 6.50pm)
* When the Parent Helper is visible approach the Centre entrance but phase it depending on your lane. We will enter swimmers in reverse lane order (i.e. lane 5 first and lane 1 last)
* Be temperature checked and answer the health questions asked by the Parent Helper
* Enter the centre and follow the one-way signs to the café area and apply hand gel provided by LBLC.
* When instructed by the coach enter the pool area and place your bags in the designated row of the seating area and take your swimming kit and water to your lane.
* Begin warming up in the pool with a gentle 200m freestyle swim
1. During Training
* Listen quietly and carefully to instructions from the coach. The coach cannot come within 1 metre of you and we need to keep the period between sets to a minimum amount of time
* Do not mess about or talk loudly with other swimmers so you can hear and understand the coach instructions
* If there is a problem with a kickboard or pullbouy the coach can provide an alternate. We cannot provide fins, goggles or any other equipment
* If you feel unwell during training with COVID-19 symptoms immediately inform the coach and follow the instructions of the coach and lifeguard
* If you have a cut or matter that is not COVID-19 related then inform the coach and follow the instructions of the coach and lifeguard
* Regularly submerge your kit for 30s in the water. Do not use or touch any kit that is not your own. If this does happen accidentally then submerge in the water for 30s.
* If there is an emergency requiring the centre to be evacuated following the guidance of LBLC staff and look to maintain a safe distance from other people wherever possible. Keep to your bubble wherever possible.
1. At the end of Training
* The coach will exit the pool by lane – starting with lane 5.
* Collect your kit and bag and follow the 1-way signs to the changing rooms
* Do not shower
* Following the guidance from the coach to the specified area of the changing rooms and change as quickly as possible.
* Follow the 1-way signs and exit the changing rooms and then the Centre
* Immediately begin to walk home or go to your parent car to be taken home
* Do not “Loiter” near the entrance or with anyone not in your lane bubble.

**Requirements of Parents**

1. Ensure a health assessment has been performed before every session
2. Ensure the swimmer arrives changed and with the necessary kit and water
3. Ensure all kit and water bottles are very clearly named
4. Ensure the swimmer arrives at the centre early / promptly. We cannot allow late entrance
5. Ensure someone is available to collect the swimmer should there be an issue during training
6. Ensure you are there early / promptly to collect the swimmer at the end of training
7. Remember all sessions finish after 50 minutes to allow for cleaning between sessions. Therefore, please be at the centre for 6.50pm or 7.50pm
8. Remember your commitment from the Survey to keep Seals informed of any COVID-19 related health matters and to not swim if there is any doubt about the health of the swimmer.

**Requirements of Swimmers**

1. Ensure a health assessment has been performed before every session
2. Ensure you arrive changed and with the necessary kit and water
3. Ensure all kit and water bottles are very clearly named
4. Ensure you arrive at the centre early / promptly. We cannot allow late entrance
5. Maintain a safe distance at all times from all other swimmers, coaches, helpers, LBLC staff unless you are in your lane bubble and swimming or due to injury or illness
6. To follow the guidance of LBLC in relation to 1-way directions, using hand gel
7. To follow the guidance of the coach and helper on when to enter the centre and pool and where to put your bag and kit
8. To use only the designated changing room and to change as quickly as possible and then leave the centre
9. To only use the toilet in an emergency
10. To listen and respond to the coaches instructions on training sets
11. To not enter the Seals Cupboard or any other areas of LBLC
12. To remember how to swim and have fun regaining your fitness and strokes