



Letchworth Amateur Swimming Club – COVID-19 Guidance

Early in June 2020, Swim England published its comprehensive [Return to Pools Guidance](#) ahead of the Government easing the current lockdown measures. These are being updated regularly as guidance changes and the club's committee has been working hard to see how we can implement these guidelines.

As you can see, there are a number of changes to the way we can deliver swimming; however, as lockdown eases and guidelines change we very much hope it will not be long before the club is once again providing full swimming sessions.

UNDERSTANDING THE CHANGES

Please take the time to read this LASC guidance and familiarise yourself with the changes that you and your swimmer(s) are likely to experience on returning to swimming with the club. Please go through this guidance with your swimmer(s) so they know what to expect and what they will need to do when they return to swimming sessions with the club.

We understand that this has been a challenging time for everyone, so would like to make it clear that a return to swimming is not compulsory and no one would be at risk of losing membership should you decide to delay your return.

We will try and make the process as transparent as we can and help to allay any fears you may have. If you have any particular concerns, please do not hesitate to contact us to discuss further.

Please ensure that all your contact details for the club on LoveAdmin are up to date as there may be times when we will need to contact you urgently, especially as sessions may have to be changed at short notice.

If you have not already done so, please subscribe to our Facebook group as updates will be posted on here as well as via LoveAdmin email. [Facebook - Letchworth Amateur Swimming Club](#) then request to join the private group.

EQUIPMENT / HATS / GOGGLES

We will provide any flotation equipment required each session and this will be cleaned in accordance with Swim England guidance. Swimmers must not share their equipment with anyone else during the session. Swimmers need to bring their

own swimming hat and goggles and be able to put these on by themselves (you may want to practice this at home). Parents will be able to assist their children prior to entering the Leisure Centre, however Teachers will not be able to either lend goggles and hats to swimmers or help them with their hats and goggles during the session.

BEFORE COMING TO SWIMMING:

If you or your swimmer(s) are displaying recognised COVID-19 symptoms or have been advised to quarantine, please do not train and follow the club's protocol for reporting. Your swimmer and family must be symptom free in order for your swimmer to swim.

Shower/change into swim costumes/trunks and go to the toilet at home, as there will be no changing facilities available on entrance and arrive at the pool 'beach ready' in a tracksuit or other suitable clothing with easy to use footwear. Swimming hat and goggles need to be worn and put on in advance of the entering the leisure centre.

Toilets are available in the wet changing rooms, but we would ask that if possible you do not use them.

ARRIVING AT THE CENTRE

All Swimmers and Parents/Guardians (1 Parent/Guardian per 'Swimming Lesson Family') must wait outside the Leisure Centre Building Entrance no more than 5 minutes before their classes are due to start, until you are called to come in. If you arrive early, then please wait in the car. Do not hang around outside the leisure centre.

When waiting outside of the leisure centre, please observe 2m distance between groups. Upon entering the centre sanitise your hands using the stations available. Please advise a member of the leisure centre staff if this is empty.

Swimmers and Parents/Guardians will enter poolside through the Reception/Pool Access door and direct their swimmers to their Teacher/Class assembly area, this will be clearly marked.

Teachers will register the arrival of swimmers in their class (there will be no registration table).

Parents must exit via the Teaching Pool fire exit. Only Parents/Guardians of U8 Swimmers and Swimmers with additional needs will be allowed to wait in the Café area. These Parents/Guardians must follow the one-way system and re-enter through the main entrance to access the café waiting area. All other parents must wait in the car park. Please ensure any additional needs are annotated on the swimmers registration form.

Parents must be contactable at all times by phone for the duration of their swimmers session and must remain in the Leisure Centre carpark.

DURING SWIMMING SESSION

We recommend avoiding using the toilet facilities if possible during the session, but if used, then follow hand washing protocols and use hand-sanitiser where possible and do not touch your mouth or nose.

Always follow the instructions of the teachers or volunteers – whether in the water or on poolside. **DO NOT ENTER THE WATER** until advised by your teacher.

If you feel unwell during the session, please speak to a teacher or volunteer and follow their instruction.

AFTER THE SWIMMING SESSION

Please collect your swimmer promptly, you will be allowed back through to poolside 5 minutes before the end of the lesson.

Lessons will end 5 minutes earlier than usual to accommodate a 'change-over period'.

All Swimmers, Parents/Guardians must exit through the changing rooms where swimmers can change if necessary. Please note that the showers will not be available and there is only very limited changing room space available so we recommend that your swimmer towel dries and puts on clothes, tracksuit or other suitable clothing over their costumes/trunks and are taken directly home.

Swimmers, Parents/Guardians must then exit the changing rooms and follow the Leisure centre one-way system to Exit the building.

It is very important that you do not linger poolside and when moving through the Leisure Centre, do not stop and chat.

When leaving the Leisure Centre go straight to your car and do not hang around outside the Centre.

POOL LAYOUT

