

Felixstowe Waves Swimming Club

Emergency Covid-19 Rules for Members

Before Training

Do:

- Wash hands or ideally shower before leaving your house.
- Have your swim wear on under your clothes when arriving at the pool.
- Social distance at all times.
- Bring only the equipment you need, **kick board, pull buoy, fins, water bottle, goggles & hat.** Please ensure you have your name on EVERYTHING!
- Bring clearly named drinks bottle to last the sessions, there will be no refills or sharing allowed.
- Use hand sanitiser provided when you arrive at the pool.
- Sign in with the club officials.
- Follow designated walkways to the pool and be mindful not to touch surfaces unnecessarily.

Don'ts:

- Do not go to training if you feel unwell/have any cold or flu symptoms (or you have been unwell in the last 14 days):
 - A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
 - A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
 - A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Note - Most people with coronavirus have at least 1 of these symptoms.

- Do not share lifts with your friends to training (unless you live in the same house).
- If you are late, you will not be allowed in the pool.
- No help with goggles or hats from coaches or other swimmers so get practicing "Self-hat application".

At Training

Do:

- Keep all your clothing and equipment in your personal area poolside.
- Stand at least 1m away from any team member when in the pool or poolside.
- Know where your "Home Spot" in the pool is.
- Listen carefully to your coach's instructions.
- Ask your coach if there is anything you do not understand.
- Speak to your coach if you feel unwell.

Don'ts:

- Do not high-five, hug, shake hands or get within 1m of your teammates.
- Do not, even though it may be tempting try to catch the swimmer in front of you when swimming.
- Even though this will be hard you must avoid coughing, sneezing or spitting into the pool or anywhere in the Leisure Centre.

After Training

Do:

- Go directly to your kit bag and not the showers.
- Dry off and get dressed, you will need to leave your training gear on and must not use the showers.
- Take all your equipment home.
- Follow instructions from the club officials when leaving the Leisure Centre at the designated exit.
- Go straight to your car when leaving.
- Shower as soon as you get home and wash all clothing.

Don'ts:

- Do not leave any equipment behind, it must all go home with you.
- Do not hang around after the session or gather in groups.
- Do not share equipment, food or drinks with others.