

Hackney Aquatics Club – Return to training plan

Session sign up process

Sessions will be capped at 36 swimmers in Kings Hall and 48 swimmers in Clissold, with squads being informed of their time slot well in advance. This is to ensure that strict social distancing can be adhered to throughout the session. The Covid liaisons will have a list of all the swimmers attending the session to ensure we do not exceed the maximum capacity. All members must read and sign our return to training code of conduct and risk assessment to be allowed to participate in the session, this can be found here:

<https://www.hackneyaquaticsclub.org/covid-policies>

We have been running land training sessions in Clissold park, which have allowed us to get to grips with social distancing as a club.

Arriving at the pool

Swimmers will be given a time slot to arrive at the pool. Swimmers will be expected to arrive on time to ensure a smooth transition into the facility. Parents / carers must drop their kids off outside the centre and cannot enter the building, this is to comply with social distancing.

Entering the facility

Swimmers will enter the facility in an orderly manner via the main entrance where they will be met by a member of centre staff. The staff members will then let the swimmers through the gates and round the one-way system. Here they will be met by a HAC covid Liaison volunteer who will make sure the swimmer is attending the right session before allowing them onto poolside. Swimmers will arrive with their swimming costumes on underneath their clothes as there will be no use of the changing rooms before entering the pool.

Keeping belongings

At the Centre there are set 'bag drop' areas where swimmers will keep their belongings. These bag drop areas are spaced 1m apart to ensure social distancing. When travelling around the poolside it is important that swimmers remain socially distanced and always follow the one-way system.

Lane structure

We will be using 8 single lanes of 6 swimmers in each lane at Clissold and 6 single lanes of 6 swimmers at Kings Hall. The swimmers will be training from separate ends of the pool to help with social distancing. Instead of the usual clockwise/anti-clockwise structure,

reminded of the importance of personal hygiene and washing their hands for a minimum of 20 seconds. After going to the toilet, the swimmers will then have to follow the one-way system back to the pool.

Exiting the pool

At the end of the session swimmers will leave the pool one lane at a time as instructed by the coach. Swimmers must walk round the poolside, following the one-way system until they reach their bagging area. Swimmers can then leave the poolside to go to the changing rooms. Swimmers must not use the showers. The swimmers can use the changing cubicles to get changed and there will be a member of centre staff policing the changing area. Swimmers are encouraged to get changed as quickly as possible with no socialising until they are outside the building. The quicker the swimmers change, the more time they will get in the pool.

Exiting the facility

Swimmers will exit the facility following the one-way system and leaving via the main entrance/exit, here they will be met by their parents or guardians. Swimmers must not hang around inside the facility and should leave as swiftly as possible.

Covid-19 Lead

As a club, we have assigned a Covid-19 lead. This is in alignment with Swim England's return to training guidelines. Our Covid-19 lead will be the point of contact for any concerns regarding coronavirus by the swimmers, parents, coaches, or leisure centre. Our Covid-19 lead is Stephen Roberts and you can contact him on:

team@hackneyaquaticsclub.org

Covid liaisons

In line with Swim England guidelines, each squad will have one or two Covid liaisons. These will be parents of swimmers in that squad who's job it is to watch the sessions and report back any possible issues to the Covid lead. Every session must have a Covid liaison present and they must not be a member of the coaching team.