

SWIM TRAINING RULES AT WEST CRAVEN POOL DURING COVID-19

Info from the pool- A GUIDE TO DOS AND DON'TS

DO:

- Follow the one-way guided system around the centres
- Maintain social distancing at all times (where possible)
 1. Boys communal changing, 6 max plus 2 cubicles.
 2. Girls communal changing, 2 max plus 6 cubicles.
 3. Quick dry (max 5 mins and leave the changing area to allow for other squad)
- Use the hand sanitisers on arrival and throughout the centre regularly
- Arrive ready to train or participate in your activity
- Bring your own drink, as no water stations will be available
- Respect other users by keeping your distance (where possible)

DON'T:

- Share equipment with anyone else
- Hang about inside or outside the centres either before or after your activity
- Shower at the centres. We'd appreciate it if you could shower at home

Info from Skipton SC

- DO NOT TURN UP TO TRAINING IF YOU OR YOUR FAMILY ARE DISPLAYING SYMPTOMS OF COVID 19 OR HAVE BEEN IN CONTACT WITH ANYONE WHO HAS BEEN DISPLAYING SYMPTOMS OR WHO HAS TESTED POSITIVE FOR COVID-19 (PLEASE READ THE VENUE ASSESSMENT BEFORE EVERY SESSION)
- LANES 1 & 2 TO ENTER THE WATER AT THE DEEP END OF THE POOL NEAR THE ROPES
- LANES 3 & 4 TO ENTER THE WATER BY THE LEARNER POOL
- COACHES INSTRUCTION AT THE END OF THE LANES WILL BE QUICK AND CONCISE SO PLEASE LISTEN CAREFULLY
- IF YOU ARE UNWELL DURING THE SESSIONS WITH ANY COVID 19 SYMPTOM (AS STATED ON THE VENUE ASSESSMENT PREVIOUSLY SENT), THE COVID LIASION OFFICER IN THE CAFÉ AREA AT BARNOLDSWICK WILL ESCORT YOU TO DESIGNATED AREA WHERE YOU WILL WAIT. YOUR BAGS WILL BE COLLECTED AND YOUR PARENT/GUARDIAN CONTACTED.
- EXITS WILL BE STAGGERED, SO PLEASE A VERY QUICK CHANGE INTO DRY CLOTHES AT THE END OF YOUR SESSION, SO OTHERS CAN LEAVE THE POOL AND VACATE THE CENTRE.
- NO HANGING AROUND THE CHANGING AREAS, FACILITY ATTENDANTS WILL BE MONITORING ACTIVITY
- PARENTS/GUARDIANS ARE REMINDED THEY NOT PERMITTED INTO THE CAFÉ AREA AT BARNOLDSWICK