



# COVID-19 Club Policy

Swimming and Running

Version 4 – 29<sup>th</sup> March 2021

## Introduction

This policy outlines the required safety and procedural expectations from our athletes and coaching team whilst conducting Track running sessions and swimming in respect of COVID – 19.

The purpose of this document is to give clear instruction and the most up to date information regarding the virus coupled with governmental, governing body and NHS England advice.

You can find the latest information here

<https://www.gov.uk/.../coronavirus-covid-19-uk-government-res...>

This document is supported by the club's own risk assessments which has been created in accordance and with the support of the facilities.

We would ask all members to take the time to review the guidance available and act accordingly.

If you have any concerns relating to any of the sessions please contact our Covid Officer Sue Henley.

This document and risk assessment will be updated as further guidance is published by the relevant authorities.

Thank you for your support and happy safe training.

On behalf of the committee



Dan Stevens

Club Chair



## General Guidance for Coaches and Members

In response to Covid 19 the following guidance applies to any club session:

Any member who has had covid-19 should ensure that they are physically well enough to restart training with the club. We strongly recommend that people take individual medical advice from their GP or sports medicine specialist prior to rejoining club sessions. Health screening should be considered.

- If you feel unwell please do not attend any club session, a list of symptoms can be found here <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
- If you are showing symptoms whilst training, you will be asked to leave the session
- If you are considered vulnerable by the government then please do not attend club sessions at this time
- Wash your hands upon entrance to all facilities, sanitiser will be provided
- Avoid touching your face
- Avoid touching surfaces that others may have been in contact with
- Wherever possible remain 2m apart if less consider mitigating actions
- Wear a mask at all times indoors.
- Wearing masks outside whilst exercising will reduce transmission and will not affect physiological performance.

## Club Specific Guidance – Club Members

### Club Guidance

#### General information

- All attendees must be members of the club
- Guests, spectators, or siblings are not permitted at any session at this time
- You must be booked on to the session through Clubpal, if you are unable to attend you must cancel your booking. You can only cancel up to 1 hour before the start of the session.
- Athletes who have not booked via Clubpal will not be able to join the session.
- By booking onto the club system you are agreeing for the club to pass attendance data and your phone number to the relevant authorities for the purpose of track and trace if required.
- If you do not agree to this procedure unfortunately you will not be able to train with the club at this time.
- Sessions will be run in line with BTF and Triathlon England Guidance
- Numbers will be limited to specific ratios in line with BTF guidance
- You are not required to wear a face mask during physical exercise but at other times it is at your own discretion







# **Corby Track Coached Running Sessions**

### Corby track information

- Members (from different households) are encouraged to drive independently to the track. Do not meet and congregate any more than 5 minutes before the start of the session. If you arrive early, please wait in your own vehicles.. We encourage you to wear a mask even outdoors prior to the start of activity.
- On arrival please utilise the large car park to avoid close contact with others – please keep 2m apart
- No groups to congregate outside the track entrance please, wait on the grass area opposite the main gates socially distanced
- Await instruction from the coach on entering the facility (we will be sharing the track with Corby Tri and need to ensure there is no crossing of athletes from either club)
- On entering the track please avoid touching any surfaces
- A medical kit with hand sanitizer will be situated in the left-hand corner of the track as you enter – please wash your hands
- No toilet facilities will be available at this time at the track
- Please always keep socially distanced
- Only use your own equipment and set out a dedicated personal space for any items you bring with you - do not share equipment
- Consider the aerosol effect whilst running and where possible run side by side more than 2m apart
- Numbers will be limited to a ratio of 1 coach to 8 athletes consisting of three groups initially up to a maximum of 4 on the track at any one time



## Club Specific Guidance – Coaches

### [Covid Guidance for Coaches BTF](#)

#### General information

- You must be booked on to the session through Clubpal if you are unable to attend you must unbook yourself (you will be automatically included into any track and trace data if you fail to unbook yourself)
- By booking onto the club coaching system you are agreeing for the club to pass attendance data and your phone number to the relevant authorities for the purpose of track and trace if required
- Any member not booked on to the system will not be allowed to train, no exceptions
- Please ensure that one of the coaches present uses the booking-in system on Clubpal to keep an accurate record of athletes in attendance. A Clubpal user guide for coaches has been provided to all coaches
- Ensure your medical kit is stocked with the relevant items as per the risk assessment
- Ensure members adhere to socially distancing wherever possible, if not please act immediately
- Consider the aerosol effect when planning and implementing your sessions
- No crossing of groups or mixing of athletes between the groups during the session
- Coaches must not mix within other training groups, and should stick to their group throughout the session
- You are not required to wear a face mask due to the nature and location of the activity assuming social distancing is in place but it is advisable.
- Guests, spectators, or siblings are not permitted at the track at this time

#### Corby track information

- If unlocking the stadium, please ensure you wear gloves provided or ensure hand sanitation
- Members have been asked to meet on the grass area socially distanced and await your instruction to enter (this applies particularly when we are sharing the use of the track with Corby tri and must make every effort to stop crossing of the clubs members)
- Please ensure your medical kit and hand sanitiser are located in the correct area as detailed in the risk assessment
- No toilet facilities will be available
- When carrying out your session please ensure that any close contact is minimised
- Ensure any exercise does not require the touching of existing surfaces such as the outer track fencing
- Where possible consider the aerosol effect and encourage athletes to run side by side

#### Other Relevant information

### [Covid Guidance for First Responders](#)



Please refer to the published Risk Assessment: WVTRI-2020-covid-19-guidance-Risk-Assessment-Track-Running-at-CAC





An underwater photograph of a swimming pool lane. A lane line with alternating black and white floats runs diagonally across the frame. Below the surface, black lane markers are visible on the pool floor. The water is clear and blue.

# **Corby & Market Harborough Coached Swim Sessions**



## Club Specific Swim Guidance – Club Members

### [Return to Play](#)

#### General information

- All attendees must be members of the club
- Guests, spectators, or siblings are not permitted at any session at this time
- You must be booked on to the session through Clubpal, if you are unable to attend you must unbook yourself (you will be automatically included into any track and trace data if you fail to unbook yourself)
- By booking onto the club system you are agreeing for the club to pass attendance data and your phone number to the relevant authorities for the purpose of track and trace if required
- If you do not agree to this procedure unfortunately you will not be able train with the club at this time.
- Sessions will be run in line with BTF and Triathlon England Guidance
- You are required to wear a mask indoors until you are ready to enter the pool.
- Numbers will be limited to specific ratios in line with BTF guidance
- You are not required to wear a face mask during physical exercise but at other times it is at your own discretion and advisable

## Corby Swimming Pool

#### General information

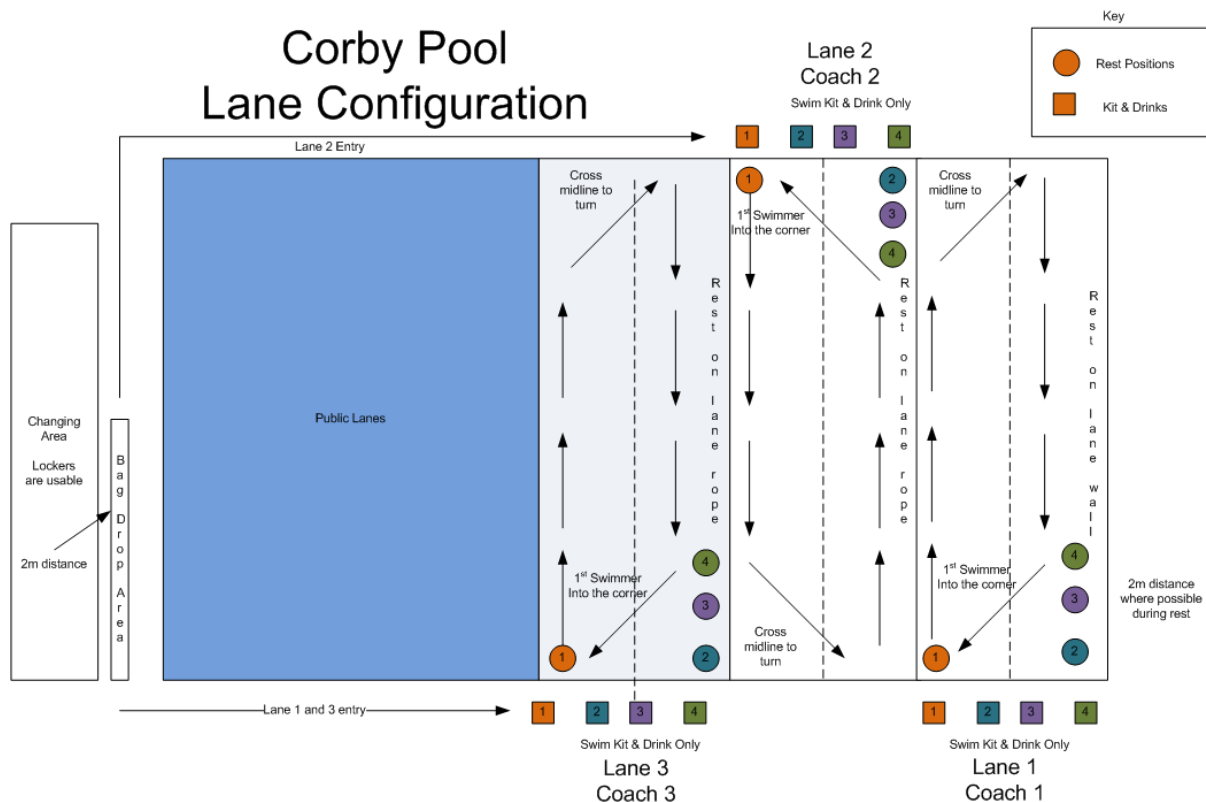
You will need to purchase a band (£2) to enter through the turnstiles (if you are a member of the facility you do not need another band). This is required for the Leisure Centre's 'Test & Trace' system. If you do not already have one, please try and obtain one in advance of the first club swim session, date to be advised. Alternatively, allow enough time to obtain one before your first private swim session.

Ensure you use the club's booking system correctly; this is more important than ever. Please only ever swim in the lane you are booked in to.

- Chlorine levels have been considerably increased in the pool. If you have asthma you should bring your inhaler to the pools. Please wear well-fitting goggles. Shower when you get home as you could experience skin irritation.
- Social distancing is in place at all times, both in and out of the water
- Please do not arrive early for sessions as the meetings areas are not open at this time
- On arrival to Corby pool for the first time you will required to purchase a band to enter this will be assigned to you and will also allow you to use lockers in the future (if you are already a member use your existing membership band)
- Turnstiles are open 10 minutes before the start of the session.
- Arrive beach ready. (swimwear already on beneath tracksuit or similar)



- **Monday Sessions** you will use the main changing rooms : currently there is not a one way system in operation.
- Once you have used a changing room, turn the “used” sign to dirty so that cleaning can take place.
- **Wednesday Sessions** you will use the Health Suite changing rooms : a one way system is in operation due to the Corby Tri session before us.
- Shower in the poolside showers before entering the pool. Toilets can be used.
- Locker use is discouraged. Leave belongings poolside.
- Enter the pool in your designated lane and start the warm up swim.
- We have 3 single lanes for our use. BTF allow up to 5 swimmers only per lane.
- The session briefing will be given after the warm up.
- Maintain 2m distance between swimmers. Overtaking should only take place at lane ends so keep aware of other swimmers.
- If you need to stop for a rest keep your head turned away from the pool. Please get out of the pool if you need to rest for more than a minute.
- Equipment use will be minimised. Drinks to be left in the rest areas so you will need to leave the pool to have a drink.
- At end of intervals do not crowd the lane ends: keep 2m!
- After your swim, leave the pool promptly: showers and hairdryers are not in use. Get dry and leave: marking your cubicle as needing cleaning.
- Please shower when you get home.



# Market Harborough Swimming Pool

## General information

You will need an 'Everyone Active' card to enter through the turnstiles (if you are a member of the facility you do not need another card). This is required for the Leisure Centre's 'Test & Trace' system. If you do not already have one, please try and obtain one in advance of the first swim session on 2<sup>nd</sup> September. Alternatively, allow enough time to obtain one before your first swim session.

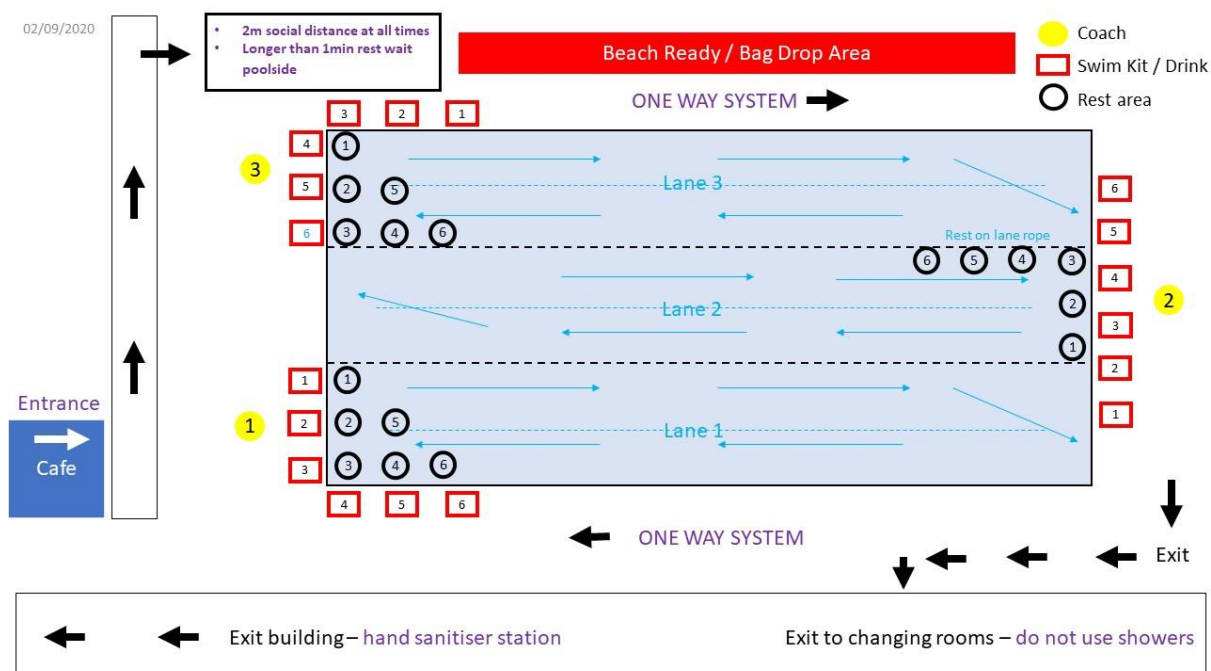
Ensure you use the club's booking system correctly; this is more important than ever. Please only ever swim in the lane you are booked in to.

- Chlorine levels have been considerably increased in the pool. If you have asthma you should bring your inhaler to the pools. Please wear well-fitting goggles. Shower when you get home as you could experience skin irritation.
- Social distancing is in place at all times, both in and out of the water
- Please do not arrive early for sessions as the meetings areas are not open at this time
- Arrive 'beach ready' no more than 5 minutes before the session. Please shower at home before your swim
- Scan through the turnstiles, and follow arrows to the café. You are able to undress in this area if there is space and you can properly socially distance
- Go through double doors to spectator area and follow arrows left
- Walk poolside, always in a clockwise direction
- There is a bag drop area along the wall. Please allow 2m spacing between bags. Take your necessary swim kit/drink with you
- Continue to walk clockwise around the pool
- The pool is divided into three double width lanes. Lanes 1 and 3 are at the training pool end (shallow end). Lane 2 is the other end in the centre. Please wait by the window if in the Lane 2, socially distancing and allowing space for swimmers to walk to Lanes 1 and 3
- A drawing will be published prior to the first swim, showing the position of where the swimmers are to rest in between sets, and where to place your kit/drink
- We are starting off with the following lane configuration. Week 1: 6 swimmers to each lane. Week 2: potentially 8 swimmers to Lanes 1 & 3, 6 swimmers to Lane 2. This will be monitored and can be increased if we are able to successfully demonstrate social distancing
- ALWAYS follow the coach's instructions
- When finished, exit the pool and walk clockwise to the bag drop area then proceed clockwise to the changing rooms. Please do not use the showers
- Exit via the old entry/exit automatic doors and use hand sanitiser
- Leave through turnstiles
- Please do not crowd the foyer or meet in groups





- Any questions or queries, please contact the coaching team or a committee member



(NOTE: Leisure Centre booked 1 hour swim sessions are now 50 minutes instead of the usual 55 minutes to allow the Leisure Centre time to clean and prepare for the next session. We have been told that as there are no sessions after ours, we should be able to swim up to 9pm but please be aware if the sessions appear to be cut short, it is due to new procedures being implemented by the Leisure Centre due to COVID-19 guidance).



## Club Specific Swim Guidance – Coaches

### Swim Guidance

#### General information

- You must be booked on to the session through the coaches booking system if you are unable to attend you must unbook yourself (you will be automatically included into any track and trace data if you fail to unbook yourself)
- By booking onto the club coaching system you are agreeing for the club to pass attendance data and your phone number to the relevant authorities for the purpose of track and trace if required
- Any member not booked on to the system will not be allowed to train, no exceptions
- Please ensure that one of the coaches present uses the booking-in system on Clubpal to keep an accurate record of athletes in attendance. A Clubpal user guide for coaches has been provided to all coaches
- Ensure members adhere to socially distancing wherever possible, if not please act immediately
- Ensure there is no crossing of athletes between lanes
- Coaches must not mix within other training groups, and should stick to their group throughout the session. You are advised to wear a mask whilst coaching indoors: this might be mandatory according to pool protocols.
- Guests, spectators, or siblings are not permitted

#### Swim Guidance

- Please consider the fitness of your athletes as this will be the first time for many back in the pool
- Please ensure you have read the swim guidance and are fully aware of the scenarios outlined below
- When carrying out your session please ensure that any close contact is minimised

#### Scenario One

In a double lane, one coach can coach from a fixed position poolside with a maximum of 10 participants per double lane. British Triathlon coaches can coach up to two lanes of 10 participants per level 2+ coach should they feel comfortable. All sessions must have the appropriate lifeguards present, in most cases these will be provided by the pool operator.

Scenario one image demonstrates double width lanes with a maximum of 10 participants per lane, with a level 2+ coach overseeing two lanes.

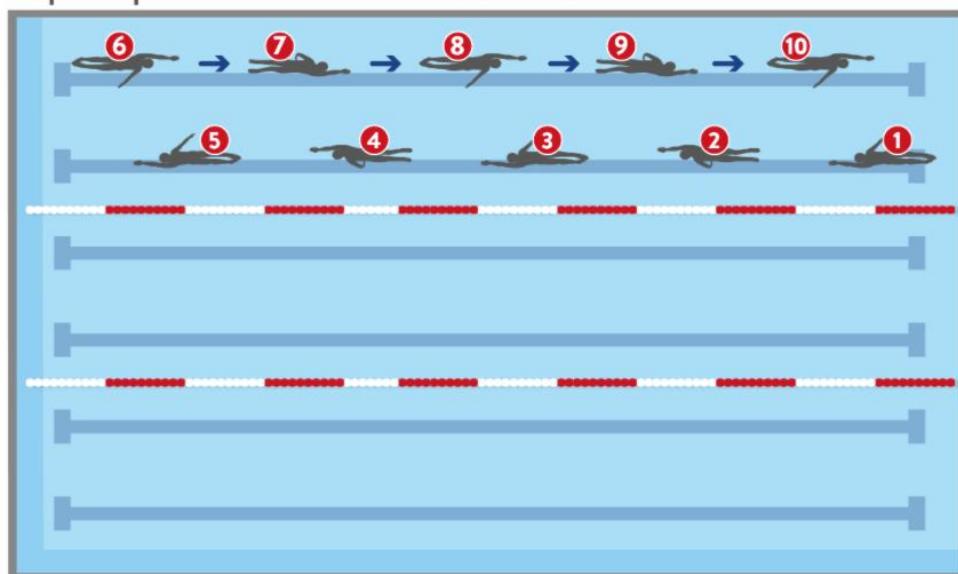
Alternatives to scenario one above might include:

1 x Level 3 = 2 double lanes of 10

1 x Level 2+ + 1 x Level 1 = 3 double lanes of 10 (full pool)



10 participants in a double width lane x 2 lanes



  
**COACH**  
QUALIFIED AT  
LEVEL 2 OR ABOVE  
Poolside in  
a fixed position

### Scenario Two

Scenarios for your club session may also include:

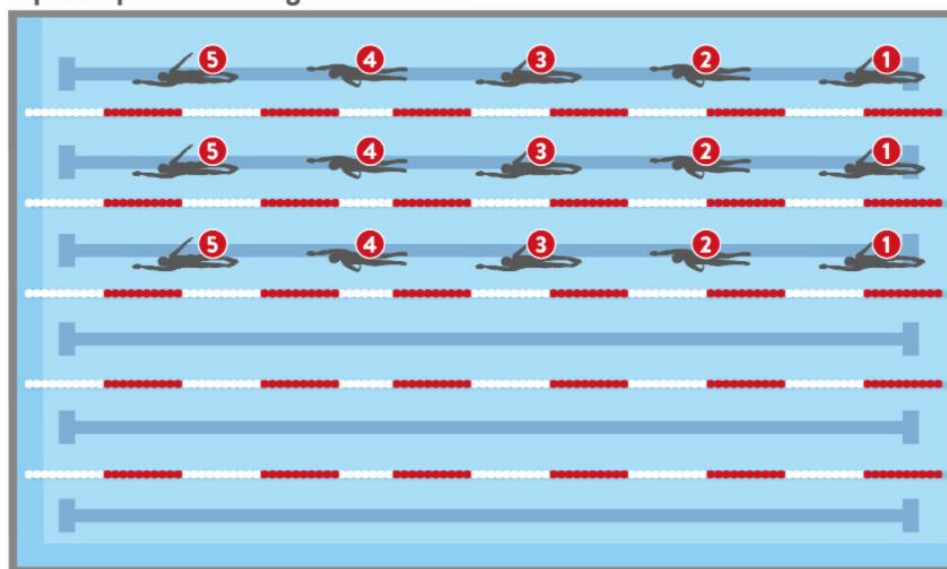
2 x Level 2+ = 3 lanes each, full pool of single lanes, 5 people in each lane, 6 lanes in total

1 x Level 2+ + 3 x Level 1 = full pool of single lanes 5 people in each lane, 6 lanes in total

A level 2+ coach must always plan and oversee the session and be present on poolside throughout.

You must adhere to the pool operator's guidance, the number of swimmers per lane may have to be lowered to remain within the ratios outlined above.

5 participants in a single width lane



  
**COACH**  
QUALIFIED AT  
LEVEL 2 OR ABOVE  
Poolside in  
a fixed position





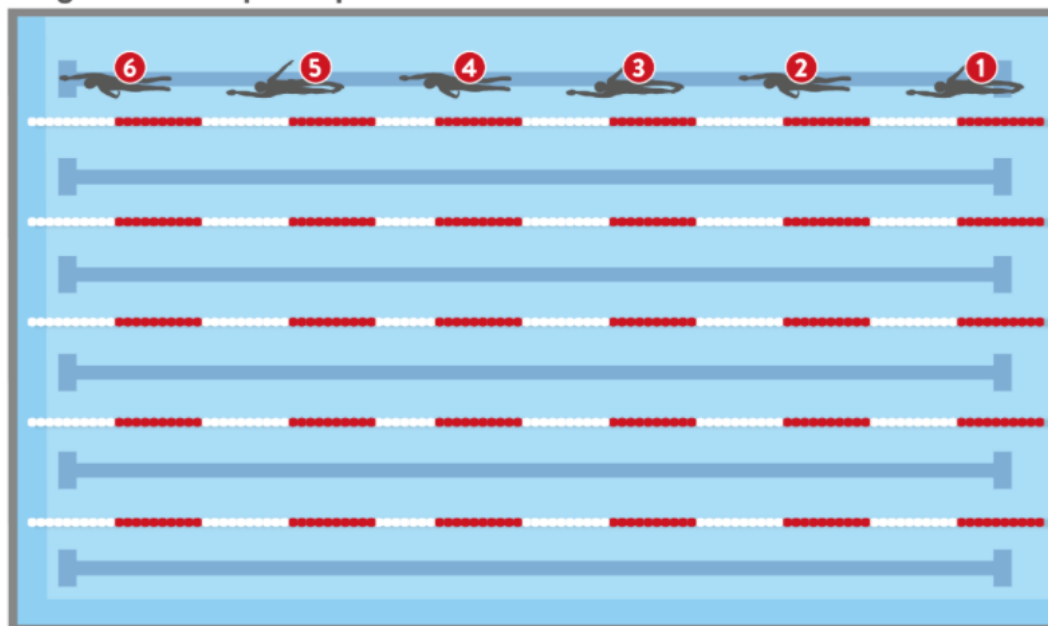
### Scenario Three

Non-coached activity may also take place. This should follow the pool operator's guidance and may look like the images below. Please consider social distancing throughout.

In non-coached activity club members agree the format.

You may wish to consider a combination of these examples to suit your workforce, pool space and the pool operator guidance.

Single lanes – 6 participants in each lane



Double lanes – 10 participants in each lane

