

Training Rules - Newbold

Pre-Swimming:

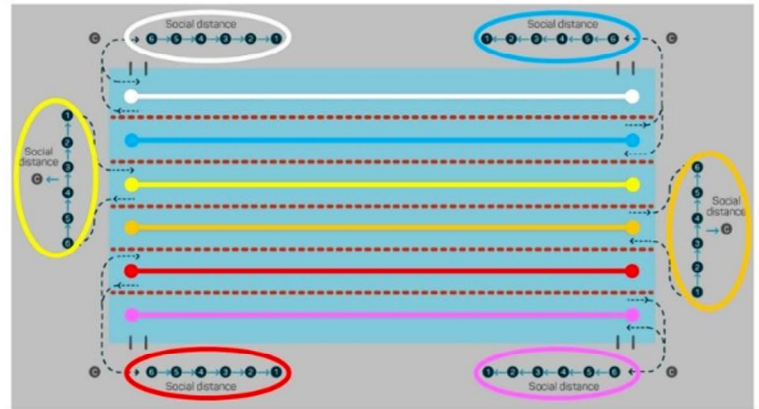
- Book training online by lane colour
- Book only colour-coded "bubble" lane
- COVID-19 symptom free confirmation required
- Only bring swim equipment if told at the booking
- Name drink bottles

Do Not:

- Do not use toilet, lockers or cubicles where possible
- Do not stop during swimming
- Do not bring swim equipment unless told to at booking
- Do not shower after swimming
- Do not car share outside your household / support bubble

Arrival:

- Maintain 2m social distancing at ALL times
- Arrive showered and "beach ready" for swimming
- "Beach ready" is the removal of a towel robe, shorts, T-Shirt and flip-flops or similar
- Follow pool operators process/one way systems
- Go straight to poolside and meet at the lane "bubble" meeting point
- Lanes will be colour coded; go to colour code location
- Lanes speed will be spear headed so slower lanes have access to exit steps
- Leave bags and change at "bubble" meeting point
- Place named drink bottles only at the end of the lane
- No swim equipment needed unless informed at booking



- Lane 1 = (Fastest) Yellow
- Lane 2 = Orange
- Lane 3 = Blue
- Lane 4 = Red
- Lane 5 = White
- Lane 6 = (Slowest) Pink

Swimming:

- Coach will brief each lane "bubbles"
- Coach will instruct everyone to their start/stop points
- 6 people per lane – starting at point closest to changing area
- Start/stop swimming as instructed by the coach
- Emergency stop due to social distancing issues – 5 sec long blast on the whistle
- Maintain social distancing at all times

Post-Swim:

- Collect bag from lane "bubble" collection point
- Dry down quickly and dress in beach ready clothing
- Exit the building following pool operators process/one way systems
- Do not shower after swimming