

Training Rules -

Don't Swim if...

- You are in isolation after a Test and Trace notification
- Had a positive test within 10 days and are isolating
- Demonstrating any symptoms and have not received a negative PCR test

Pre-Swimming:

- Book training online
- COVID-19 symptom free confirmation provided
- Name drink bottles and equipment

Arrival:

- Wear a mask if you are able to do so
- Arrive showered and "beach ready" for swimming
- "Beach ready" is the removal of a towel robe, shorts and T-Shirt or similar at the poolside
- Follow pool operators process
- Go straight to poolside
- Lanes are in speed order, 1-6 or similar. Coach will confirm
- Leave bags and change at poolside
- Place named drink bottles and/or equipment only at the end of the lane

Encouraged to Avoid:

The Club encourages all members to avoid or minimise the following, where possible:

- Stopping at the end of the lanes during swimming (get out the pool!)
- Using the showers after swimming (shower at home)
- Car sharing outside your household

Note: Changing rooms are an area of high risk transmission. Minimise risk by limiting time and shower use

Post-Swim:

- Collect bag and follow operators process to exit poolside
- Dry down quickly and dress in beach ready clothing
- Do not shower unless necessary
- Exit the building following pool operators process wearing a mask if you are able to do so