



Guidance for parents and Swimmers on return to swim training

May 2021

Introduction

Welcome back to swimming training. As you know training will start back officially June 7th 2021. Many of you will have attended the pre-season sessions, but for those of you who have not, these guidelines should tell you everything you need to know. Trojan Swimming Club (SC) have a Covid Committee that is in place since June 2020. This committee have updated the guidelines to keep you and your swimmer safe as we return to water.

All members of the committee have been trained as Covid 19 officers by Swim Ireland. Trojan SC is committed to ensuring that the swimmer and coaches take the care necessary to reduce the risk of contracting Covid-19 when the swimmer return to the pool. This document guides you and your swimmer through the process. Please ensure you and your swimmer read and agree this document before your attending a swim session.

We ask that you explain the principles of social distancing to your swimmer and the need to use the hand sanitisers provided on entry and exit from the pool. This will all feel very unusual until the process is tried out and tested. We the Trojan Covid 19 Committee are aware that things will change very quickly and know that we may need to alter systems and processes according to need, and will do this and alert you to this via the squad reps. You will be aware of the ongoing outbreak of COVID-19/Coronavirus. Swim Ireland (SI) and Trojan SC are adhering to guidance from the HPSC in containing the virus and ensuring a safe environment for all athletes and staff.

As one of our safety measures, we are seeking to identify any potential cases at the earliest opportunity in order to minimise contacts and spread. This also complies with our general illness recommendation, which is to avoid contacts in the club when unwell with a potentially infectious illness. SI request that the members must return a detailed health check for each swimmer before the return to the water. This will be sent to you by Whatsapp and will be collected using SurveyMonkey. There will be an *overall* check, completed at the weekend before sessions resume, and *per-session* checks that must be completed before every session.

There are 4 different pools in use, each applying the Covid-19 guidelines slightly differently. Please read and familiarise yourself with all four guidance documents covering processes of all four pools.

Preparation before each swim session

1. Each parent must sign a health check the day of the swimmers swim. **If this is not completed the swimmer cannot attend the session.** If your swimmer becomes unwell between when you sign the Health Check, please do not bring your swimmer to training just Private Message the squad rep.
2. Each parent who is a POB must complete a Health check before the session.
3. Each coach training the session must complete a health check prior to each and every day they coach.
4. If your swimmer is unwell you **must inform the coach/POB/Covid officer** if you suspect your swimmer has Covid 19 Individuals are NOT TO ATTEND any session if any cold or flu symptoms are being experienced, or if any of the COVID-19 symptoms are present. If an individual is experiencing symptoms, then the HSE protocols need to be followed.
5. The guidance for each facility will be different and will change.
6. Be sure you have your water bottle labelled and your Perspex box labelled to store your clothes.

Travel to the pool

1. Car-pooling or lift sharing to the training sessions is not recommended by Swim Ireland.
2. Once at the facility, parents should be able to return to the pool within five to ten minutes to collect their child if they become unwell during the session.

Entry to the building

1. Your swimmer will enter the pool by the doors as detailed in the guidance for that facility.
2. Upon entering the building, athletes should use the hand sanitiser provided. In some facilities a machine to take the swimmer /adult/coaches temperature may be in use.
3. Your swimmer will be met at the front door by the POB on duty who will log the swimmer in and direct the swimmer to the pool side.
4. Athletes should arrive for the session with their swimsuit on under their clothes. From a pool hygiene perspective, where facilities do not permit the use of their showers, athletes should

shower immediately prior to departing for training.

5. There will be a bathroom open but please ask your child to go to the bathroom before they leave the house.
6. The swimmer will place their belongings in a Perspex box on the spot allocated to them.
7. Your swimmer should only bring what they need, fins, no snorkel – just a towel, water bottle, dry robe and hand paddles. (a snorkel is aerosolising so should not be used during this time).
8. No sharing of equipment is allowed at this time.
9. Athletes should arrive at a predetermined time. For example, if the session is starting at 18:00, athletes will need to arrive at the facility for 17:45, Any athlete who arrives late, compromising safe transit to pool and/or safe entry into water **SHOULD NOT BE PERMITTED TO ATTEND THE SESSION**. The POB will phone the swimmers parent and ask them to collect their swimmer.

Travel to the Pool

1. The changing rooms may not open for some time your swimmer will be allocated a designated 'Athlete Spot'. These Spots will be marked (e.g. with a gym mat or with tape) and be a distance apart which complies with current social distancing requirements. In such situations, athletes will be notified of their Athlete Spot in advance of the session. In the event that the changing rooms are open then changing rooms must be used quickly and the swimmer exits
2. It is vital that your swimmer listens to the coach's instructions before the session,
3. A designated lane will be allocated to your swimmer, the coach will decide which lane each swimmer is in and this will remain their position until otherwise told. This may be communicated to the swimmer in advance of the session by what's app detailing the session type, and the lane allocation with where the swimmer is in the lane 1st, 2nd, 3rd, 4th and starting lane position.
4. The POB will carry out the POB documentation online and submit it only when the session is over. In Blackrock the WiFi may not allow the survey monkey to be submitted until the parent is outside the building.

Exit from the Water & Changeover of Groups

1. Once the session is completed, athletes should exit the water
2. If the use of changing rooms is not permitted, once at their Athlete Spot, athletes should towel dry themselves and dry their swimsuit with a towel as best they can, and then dress themselves (while still wearing their damp swimsuit). In such circumstances, once dressed, athletes will need to wipe down their Athlete Spot (with provided disinfectant equipment) for the next group. I am not sure if this will be required.
3. The above practice will need to be completed in a specific amount of allotted time in order to ensure that the athletes have left the changing room or the pool deck (and the building) before the next group enter the building. Crossover between groups should be limited as much as possible.
4. Any and all kit/equipment must be taken home with the athlete. There is to be no storing of personal training kit/equipment at the facility.

Travel from the Pool- Travel & Parental Expectations Post-Sessions

1. Swimmers will leave the pool deck by following the directions and movement flow provided by the facility. Again, this might be a separate route to how the athletes entered the pool deck.
2. Athletes should use the hand sanitiser before they exit the building.
3. Parents should wait for their swimmer in the carpark or in the case of younger swimmer wait at the back door for the swimmer to exit and ensure they can safely get to their car.
4. Athletes should not congregate outside the pool for any reason.
5. In facilities where the use of showers is not permitted, athletes should shower once they arrive home

References

Swim Ireland Toolkit

<https://www.swimireland.ie/files/documents/Appointing-the-Lead-COVID-19-Officer.pdf>

Return to the water Framework <https://www.swimireland.ie/files/documents/Club-Swimming-Return-to-Water-Framework.pdf>

Return to Water FAQ <https://www.swimireland.ie/files/documents/Return-to-Water-FAQ-Document-II.pdf>

Return to water \ member letter <https://www.swimireland.ie/files/documents/Swim-Ireland-Return-to-Water-Roadmap-member-letter-May-2020.pdf>

Swim Ireland Club resources <https://www.swimireland.ie/membership/club-resources>

APPENDIX A

COVID-19 Self Report Health Screening (Athletes & Staff)

You will be aware of the ongoing outbreak of COVID-19/Coronavirus. Swim Ireland

and Trojan SC are adhering to guidance from the HPSC in containing the virus and ensuring a safe environment for all athletes and staff.

As one of our safety measures, we are seeking to identify any potential cases at the earliest opportunity in order to minimise contacts and spread. This also complies with our general illness recommendation, which is to avoid contacts in the club when unwell with a potentially infectious illness.

We are asking that you complete and submit the *Return to Practice* screening questionnaire a minimum of 48 hours prior to return to your first training session. This will be available electronically and will be sent to you via your reps group and will use Survey Monkey .

We will also require that you complete a health screening tool **prior to each session** that you intend to participate in.

Failure to complete the screening tool will exclude you from the session for the safety of all swimmers and staff.

Members who have a concern regarding personal higher risk, or a family member / household contact with higher risk, should discuss the situation with their GP (or an appropriate medical professional) before making a decision on whether to return to activity or not.

General Data Protection Regulations Notice <https://gdpr-info.eu/>

Your personal data is being collected on these forms in order to help prevent the spread of COVID-19 within Trojan swim club and its facilities. Your personal data is being processed in accordance with Article 9(2)(i) of the General Data Protection Regulation, and Section 53 of the Data Protection Act 2018. The information you provide on this form will not be used for any other purpose, and will be strictly confidential. Trojan Swim Club and Swim Ireland are Joint Data Controllers for the information on this form. Your information will be stored securely and deleted after 4 weeks if not required. This form will be accessible only by the designated COVID Officers in our Club- each squad rep is a Covid Officer and by designated employees of Swim Ireland. Your personal data will be retained for 4 weeks to enable contact tracing should the need arise.

If you have any queries in relation to this, please contact the Trojan Club Secretary secretary@trojanswimmingclub.ie