

CMSS COVID GUIDANCE

<https://www.swimming.org/swimengland/pool-return-guidance-documents/>

CMSS Guidelines & Instructions

First things First: Please make sure your contact details are up-to-date in case we need to get in touch with you urgently and for Track&Trace. Email Mark with any change in details on clubsecretary@icloud.com

General Instructions

-Please note that returning to swimming is not compulsory. The club's priority is to follow guidelines in order to make our return as safe as possible, and we suggest you only return to CMSS when you feel that you/your children are ready to do so.

- you must have sent the code of conducts and SE declaration form to Mark (email address above) before swimming resumes on 14 September 2020. You only need to send the forms once. **NO SWIMMER WILL BE ALLOWED TO SWIM WITHOUT THESE FORMS**

- We must have at least 1 COVID-Liaison sign-up for each session or the session cannot take place. These are parent volunteers whom we desperately need during Covid times. A document will be sent out with the Covid Liaison's duties. Please have a read through this and let us know you are available to help.

- every swimmer must have gone through the Swim England screening instructions, as well as showered and gone to the toilet prior to leaving your house

-We recommend that face coverings are worn to and from training

-Access routes will be defined between the parking area and the entrance to the pool

- No parents will be allowed on poolside, or in the reception area outside the change rooms. Where possible, please allow your children to walk to the pool building on their own, dressed for swimming with caps and goggles on, and keeping to social distancing. After training, swimmers are encouraged to leave training without using the changerooms, and to take a shower at home. We suggest a tracksuit, gown or 'Dry Robe' for travelling home in the car, or a plastic bag to keep your seats dry!

-all swimmers are required to bring their own equipment to the pool and cannot share this with others. Equipment should be clearly labelled. We, as coaches, will not be providing spare goggles etc, and cannot help with any cap/goggle issues. Please practice with your kids (especially younger ones) so that they are capable of this on their own before swimming resumes, and make sure that any new goggles fit correctly before training starts. We will not use the diving blocks until it is advised to do so, and subject to a risk assessment.

-Additional signage and queue markings will be provided to promote social distancing.

- Swimmers will be expected to wash their hands before entering the pool (if facilities are available) and use the hand sanitiser provided.
- Shoes are to be removed before entering the pool and then to be stored in your bags during training
- Late swimmers may not be allowed entry
- The Covid-19 Lead and/or the Covid-19 Liaison has the right to refuse entry to training to any member they believe may have symptoms of Covid-19 or is returning to training too early after having Covid-19.
- Swimmers are to follow instructions from the Covid Liaison as to where to put their bags
- Once swimmers are in their swimsuits, they will then follow the Coaches instructions with regards to lane allocation and where to put their mesh bags, as well as social distancing during training
- Lane allocation will be permanent until restrictions are lifted, and each child will have a 'bubble lane' to reduce risk of transmission
- Cross training between squads will not be allowed
- Changing room use is DISCOURAGED at this point in time. Toilets can be used in emergencies, and they will be cleaned regularly.
- we will have a 5-minute changeover time between squads, to allow current swimmers to gather their belongings and leave the pool area, cleaning where necessary, and allow the next group to enter the pool area.
- Parents to drop swimmers no earlier than 5 mins before stated session time and pick up no later than 5 mins after stated session time end.
- Parents to remain within 5min of the pool in case of any issues arising during training, for a swift pick up.
- We will have a one-way system in place for swimmers. Entry via the spectator area and exit via the changing rooms. Parents may not wait in the foyer area, but can wait at the outdoor tables, especially for younger children.
- If you are coming back from a country/UK town requiring 2 weeks quarantine, please abide by the government rules and let Mark/Kim know as soon as possible
- Swimmers, coaches and volunteers must not attend training if you have any Covid-19 symptoms or know you have been in contact with others that have symptoms. They should follow government guidance as should those shielding or in any vulnerable category.
- Club Members to contact their Coach, COVID Liaison Officer, or any Committee Member IMMEDIATELY if any member of their family is confirmed as infected with COVID-19.
- We have had no news from the Walnuts yet, and will send another email with details for the Leisure centre as soon as we can. (Due to our usual low numbers on a Wednesday, this training schedule shouldn't be too affected).

-Our swimming timetable has changed, due to Bromley High School pool availability and policies. Hopefully, this will only be temporary, but in the meantime, this is our new schedule:

| | MONDAYS | THURSDAYS |
|--------------------|---|-------------|
| JUNIOR SQUAD | 7.30-8.15pm on alternate Mondays, starting on 14 September 2020 | 5.30-6.30pm |
| INTERMEDIATE SQUAD | 7.30-8.15pm on alternate Mondays starting on 21 September 2020 | 6.30-7.30pm |
| SENIOR SQUAD | 8.15-9.00pm every Monday | 7.30-9.00pm |

As you can see, we have had to adjust our Monday hours, and in order to make this as fair as possible, we will have the Junior and Intermediate squads alternate each Monday, starting with Junior Squad on 14 September 2020. Senior squad will swim twice a week. As usual, your attendance is your choice, and we have no required attendance. However, if you feel like you will not be returning to swimming, please do let me know as we have a very long waiting list of swimmers desperate for a place.

Term dates:

Monday 14 September 2020 – Thursday 17 December 2020

Half term Monday 19 October 2020 – Friday 30 October 2020

Our website is undergoing a refurb at this point, so apologies for not being available just yet. If you are returning to swimming, and have cancelled your standing order, please do reinstate it. A reminder of the bank details, and fees are £35 per month:

Chislehurst Millennium Swim Squads

Sort Code 30-91-35

Account number 02374547

CMSS would like to assure you the health and safety of your family is of paramount importance to us. We assure you that we are following all governing and national body advice for safe a safe return to training. **PLEASE** return all your forms to Mark on clubsecretary@icloud.com by Wednesday 2 September. We are so looking forward to seeing your kids back in the water, and can't wait to get back to training!

Kind regards

Kim & coaches, and Committee Members