



Return to Pool Guidance and Procedures

This document sets out the process for swimmers/coaches/volunteers to make a safe return to swimming at this very unusual time.

A return to the pool should be gradual and progressive focussing on training activity (including drills and skills) rather than competitive training or competitions.

Phase 1

- At the Dolphin Centre.
- Reduced hours available for **Top/A1/A2 Squads only** – swimmers are expected to attend all hours on offer at Head Coach request.
- Start date Sunday 2nd August.
- Maximum 24 swimmers in the Main Pool - three lanes of eight swimmers.
- Session length is one hour followed by 30 minutes gap for sanitising by the Dolphin Centre staff before the next session.
- Spectators/Parents are **not** allowed on poolside.

Health and Safety

Anyone who is displaying any signs of COVID is not permitted to use the facility. Symptoms include:

- A high temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

Registers will be taken, health questions asked and temperature checked before entering the pool hall.

As well as the squad coach, a Covid-19 Liaison Officer will be present on poolside for the duration of the session.

Anyone who feels unwell during the training session will be required to leave the pool, isolated from others and parents contacted.

On Arrival at the Facility

- All swimmers should **come to site swim ready**.
- Swimmers should **shower prior to coming to site**. Pre-pool hygiene is vitally important in terms of providing water to swim in that is of an excellent standard and within industry guidelines.
- All customers will follow a **one-way system** with **entry only permitted through the main entrance** (there will be at least one member of the Dolphin Centre team based at the main doors at all times to control entry into the centre).
- Swimmers **should not turn up early for their swim**. If they do, expect to wait outside until the session time commences.
- Upon entering the building, all customers will be asked to **hand sanitise**.

- When entering the building, customers will need to follow the **blue signage**, should maintain social distancing and head towards the white fire exit doors leading onto poolside.

Poolside

- All swimmers are to get changed on poolside and leave their items on the markers that are clearly displayed around the pool. These have been set out to meet social distancing guidelines.
- There will be a **one-way system** for poolside entry and a **one-way system** for poolside exit. **Pool entry will be at the shallow end** of the main pool and the **pool exit will be at the deep end** of the main pool.
- DASC sessions will operate as **double width lanes**. Swimmers must follow the directional arrows. **No overtaking is permitted**. Swimmers should also **refrain from stopping to chat** at the end of each lane. Coaches will advise lane order and rules to swim safely and in accordance with social distance guidelines.
- There will be **rest stations** in situ at the deep end of the main pool. If necessary any swimmer needing to rest must get out of the pool and sit at the rest station. When doing so they must observe the pool exit signs, obey social distancing and follow the one way system around the pool.
- Equipment should be clearly labeled and must **not** be shared.
- Drinks bottles should be filled at home and brought to poolside clearly labeled and must **not** be shared.
- If it becomes essential to use the toilets, swimmers must leave the pool using the one way system on poolside and in the changing village, and must thoroughly wash hands/sanitise before returning to the pool.
- Recommendation to clean all equipment after each training session - submerged in the pool if possible on exit and then thoroughly cleaned at home.

Exiting Poolside

- Using the one way system swimmers will leave the pool, **a lane at a time, at the deep end when told to do so** returning to their items on poolside.
- To facilitate a quick exit and to minimise the time spent in the changing village swimmers are requested to dry off after their swim and dress over their costume to leave the building.
- A limited amount of showers will be available but should only be used if essential for a maximum of 2 cycles (2 pushes of the shower button). **Full**

body and hair washing is not permitted at this time. The purpose of this shower is to quickly rinse the chlorine from your body post swim.

- **Vanity areas** (hairdryers and mirrored area) **are not in use.**
- Swimmers who use the changing village will be allocated a **cubicle** once their session has ended, but to **enable social distancing to be adhered to in the changing village**, use will be staggered by one lane at a time (cubicles must **not** be used by more than one person at a time).
- After getting changed, swimmers will then **exit the centre** by following the directional arrows towards the exit which will be the **sub aqua fire escape** that leads out at the back of the building near the new DL1 development. Parents must collect swimmers from this point and are advised to maintain social distancing.
- Where sessions are back to back, the **next session swimmers will not be allowed on poolside until the area is completely clear** and the Dolphin Centre team have carried out a **full sanitisation.**

This information will be updated as and when required. Should you have any questions or concerns please email enquiries@darlingtonasc.co.uk

We look forward to welcoming swimmers back on poolside.
Dan Oliver
DASC Chair



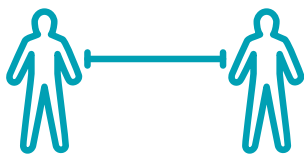
Respect other users.



Follow the operator's guidance.



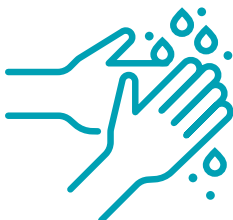
Spend as little time as possible in changing rooms.



Maintain appropriate social distance.



Do not share equipment.



Use hand sanitiser/wash stations wherever made available.