Returning to the pool - what you can expect to see.

I know you have all been missing the water since the enforced closure due to Covid 19 and for many of you this will have been the longest time you have spent out of the water for a number of years.

We are really looking forward to seeing you all back but training sessions are going to be different than before we closed. The length of time you have been off will, I am sure, have seen many of you grow.

Unfortunately, as you have not been training in the water your stroke may have destabilized and disconnected, so now is the perfect time to iron out previous stroke faults and rebuild. The main thrust of sessions for the first six weeks will be to rebuild stroke and develop aerobic fitness at low intensity level.

The most important thing we have to consider is the safety of us all. I am aware that it has now been announced that under 11’s will no longer have to socially distance. However, in swimming and as we are in mixed age-group lanes it will be safer if we continue with social distancing measures. The only group we will not insist on socially distancing will be the Development group who are all under 11 and in one lane.

I have set out below the measures we are taking to ensure that we all stay safe and can once again partake in the sport we all love.

Before you leave Home

Come prepared

Beach Ready Costume on. There will be no access to the changing rooms on entry.

Ensure you have sufficient drink for the one-and-half hour session. There will be no access to First Aid Room to replenish drinks bottles during the session.

Ensure you bring your goggles, hat, pull buoys, kickboard, snorkels etc since you will not be able to borrow any equipment from another person. Also, the club will not be able to lend any equipment held at the pool.

Ensure all your equipment is clearly marked with your name.

When you arrive

Car Park

There is no restrictions in the car park and all spaces are open but everyone is reminded to maintain the Social Distancing Regulations .

**Entry to the pool**

* Only swimmers should enter the building. Parents or guardians should remain outside as there will be no access permitted to the Spectator Gallery.
* There is no requirement to scan in at reception. Swimmers should follow the corridor towards the spectator area then enter the pool at the gate. Remove shoes before going onto poolside. There will be 2m markers from the entry of the building to the poolside.
* At the gate there will be hand sanitizers. These MUST be used before signing in on the list at the table.
* One way system in operation on poolside (Plan attached).Swimmers will proceed along the spectator side of the pool towards the deep-end along which there will be 2m areas marked where each individual can leave their bag. Once your bag has been dropped off in the bag-area, proceed around the pool. (Plan attached).

**During Session**

* You will swim in a double lane width with a maximum of eight swimmers; a total of three lanes in the pool. You will be required to swim 5m apart at all times.
* Gathering at the end of the pool is not permitted. How and where to position yourselves will be explained during the first session.
* Touching another swimmer or overtaking will not be allowed
* Sessions in the first six weeks will be drill based and building up aerobic conditioning. Very low heart rate swims.
* There will be no diving.

Leaving the pool

* One way system in operation (Plan attached) red arrows to be followed. One lane at a time will leave the pool
* Dry off in your 2m area (where your bag has already been placed) and proceed to the exit by going around the pool and exit through your respective changing rooms. There are no showers or changing facilities available.
* Parents will collect children outside the building but are respectfully reminded not to congregate and maintain social distancing.
* A club member or a member of Celtic Staff will be on the door to ensure that swimmers are safely collected.

Arriving Home

* It is recommended that you wash your kickboard etc when you arrive home.
* Prepare for the next session