**Kingston Synchronised Swimming Club**

**Return to Training - COVID-19 Policy**

Kingston Synchronised Swimming Club (“**KSSC**”) is committed to creating an environment in which all swimmers, coaches and poolside volunteers can participate safely. In order to lessen the risk of COVID-19 transmission during training sessions, the following policy has been put in place. Its measures have been implemented by KSSC and by our pool provider to reflect government guidelines, and they protect our ability to continue training as a club. We therefore ask that all KSSC swimmers, parents, coaches and volunteers read this policy carefully, and ensure that they are willing to abide by it fully before they or their child return to training. This policy may be updated to reflect changing government guidelines; we will send out email notifications when each new version is released.

**Returning to training**

1. Every swimmer (or parent of a swimmer under the age of 18), coach and poolside volunteer (collectively “**Session Participants**”) is expected have either (i) attended the ‘return to training’ briefing via Zoom (which took place on 8 September 2020); or, (ii) if you were are unable to attend the briefing, separately spoken to your/your child’s coach or to Collette Crow.
2. No Session Participant will be required to attend training if they are not comfortable with doing so, and Session Participants may choose to return to training at any point.
3. All Session Participants are required to complete the following before their first session back on poolside:
   1. an online health questionnaire; and
   2. an online ‘return to training’ form.

These forms were provided by email before the first session back (17 April 2021). Copies can be requested from a coach or a member of the COVID taskforce.

1. From 23 October 2021 onwards, Session Participants will no longer be required to fill out a weekly ‘mini health check’ form. Instead, Session Participants (or their parents for swimmers under the age of eighteen) will be expected to consider the following questions before attending the swim session:
   1. Has the Session Participant had a positive PCR or lateral flow test result for COVID-19, or experienced any symptoms (such as fever, new persistent dry cough, shortness of breath, loss of taste or smell, diarrhoea or vomiting, muscle aches not related to sport/training) in keeping with COVID-19 in the last 2 weeks?
   2. Has the Session Participant been in contact with anyone with confirmed or suspected COVID-19 in the last two weeks?
2. If the answer to either of the above questions is ‘yes’, or if you are otherwise unsure whether you or your child should attend training, please speak to a coach or a member of the COVID taskforce in advance of the session.
3. A Session Participant with a positive COVID test result will not be permitted to attend swimming until their isolation period has ended. Session Participants with a household member who has confirmed COVID-19 will similarly not be able to attend swimming until their household member’s isolation period has ended and the Session Participant has received a negative lateral flow test result.
4. Session Participants with COVID-19 symptoms will be asked for a negative PCR test result before being allowed to attend the session.
5. Session Participants who have been in contact with any non-household member who has subsequently had a positive COVID-19 test may be able to attend the session, depending on their age, vaccination status, and length of time since contact. Please speak to a coach or member of the COVID taskforce to confirm whether your particular circumstances permit you/your child to attend training. The Session Participant may be asked to take a lateral flow test within 24 hours of attending the training session.
6. In addition to the above, Session Participants who are of secondary school age or above are requested to take a lateral flow test in the 48 hours before their session. KSSC will not require proof of a negative result, but ask that Session Participants complete these tests voluntarily as a precautionary measure to keep other KSSC members safe.
7. If you or your child does develop COVID-like symptoms after attending training, please inform a member of our COVID taskforce as soon as possible. Do not return to training until you have received a negative PCR test result, or until you have finished your isolation period (if you receive a positive COVID-19 test result). A track and trace system will be in place, and Session Participants will be notified should they be required to self-isolate.

**Pre-session (Malden Centre)**

1. From 23 October 2021 swimmers will have access to the changing rooms, which can be used before and after their session. Swimmers must be on poolside and ready to swim by their allocated start time.
2. All Session Participants aged 11 or over should arrive wearing a mask, which must remain in place until the Session Participant is on poolside. It is recommended that all Session Participants bring hand gel to the session.

**During the session (Malden Centre)**

1. Swimmers must enter the pool via their designated entry area as explained by their coach.
2. A one-way system will be put in place for each swim area. Swimmers must adhere to the one-way system, with no overtaking permitted during warm-up.
3. Swimmers should only rest in the designated rest spot identified by their coach. Only one swimmer can rest in a designated rest area at any one time.
4. Swimmers must bring their own kit, and may not share kit with other swimmers. Coaches are not permitted to provide spare kit if a swimmer has forgotten or breaks an item of clothing. It is therefore particularly important that each swimmer checks that they have packed all equipment they may need for the session, including swim costume, towel, hat, goggles, nose clip, and water bottle. Please clearly label all water bottles so they can be easily identified by swimmers.
5. The toilets are only to be used when absolutely necessary.
6. If a swimmer starts to cough, they must exit the pool and sit in the designated rest area.
7. Coaches and poolside volunteers must ensure that if they are verbally communicating with their team, no swimmer is in their projection zone.
8. Coaches and poolside volunteers are not permitted to physically correct swimmers by e.g. holding feet.
9. Any information sheets used by coaches and poolside volunteers should be laminated and cleaned after each use. They should not be handed to swimmers.

**Post-session (Malden Centre)**

1. Swimmers must exit the pool at the side highlighted to them by their coach.
2. All Session Participants should exit the Malden Centre via the main entrance. Parents should wait outside the main entrance to collect swimmers after the session.

**General Guidance**

We would like to remind all our members that they should be handwashing with soap for at least 20 seconds at regular intervals. If you do cough or sneeze, please use a tissue and remember to throw your tissue away. Hand sanitiser will be available at the sessions.

**Key contacts**

If you have any questions or concerns about this policy please feel free to contact a member of our COVID taskforce:

Collette Crow ([collettecrow@msn.com](mailto:collettecrow@msn.com))

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