

## CSSC - Key Information relating to COVID 19 Return to Water

### Information for parents/swimmers

1. Swimmers should not attend any session if cold or flu symptoms are being experienced and should follow HSE guidance.
2. Fill out the Self Report Screening questionnaire by 7pm the day before **each** swim session. Swimmers who have not completed this will not be permitted to swim.
3. Arrive on time, late entry will not be possible as cleaning of the changing area will be in progress once swimmers are in the pool.
4. Only swimmers can enter the sports centre. Parents should remain close to the facility and/or be contactable for the duration of session.
5. Swimmers will be checked in at the front door by the parent on duty. Again, if the Self Report Screening questionnaire has not been completed the swimmer will not be permitted to enter the centre.
6. Swimmers should hand sanitise on entry.
7. Swimmers 13 and over should wear face masks on entry and exit to facility.
8. Follow signs and one-way system to the viewing area/benches which is now the arrival changing area (**not the changing rooms**).
9. Arrive ready to swim with swim gear underneath clothing.
10. Place clothes in bags and bring bags to benches at the side of the pool. This is to keep the changing area free so that cleaning can commence once swimmers are in the pool.
11. Move in a counter clockwise direction only around the pool deck area.
12. Do not congregate in the pool area but use the floor markings to maintain social distance.
13. Enter the pool one at a time as directed.
14. Swimmers will have assigned lanes with the same group/pod in each lane for each session.
15. There will be assigned start/end points in lanes.
16. At the end of the session swimmers should collect their bags and make their way to the changing rooms, moving in a counter clockwise direction around the pool deck.
17. Swimmers should change quickly and leave the centre as soon as possible.
18. No showers are permitted at the end of the session.
19. No parents on premises apart from POD (Parent on Duty).
20. Shared equipment such as kickboards will be sanitised between sessions.
21. Any personal equipment used by swimmers should be sanitised at home.
22. Water bottles to be clearly labelled with swimmer's name and left at the side of the pool.
23. No congregation inside facility before/after training.
24. Avoid car sharing.
25. Limited toilet use, please use toilets prior to arriving at facility.
26. Important that drop offs and pick ups are punctual to avoid groups congregating at the facility.