



Return to Triathlon Activities – Indoor Swimming Pools (Adult & Junior - Updated 15/08/2020)

Please note that we will be operating under guidelines issued by Welsh Triathlon and the Welsh Government.

COVID-19 Risk Assessments have been completed by Mark Evans and signed off by our COVID-19 officer Sam Perrott.

This document outlines the guidance for all Celtic Tri swimmers, coaches, volunteers and officials returning back to the swimming pool(s) from Tuesday 18th August 2020.

It is split into 4 main sections; General, Before Swimming, During Swimming and After Swimming.

We will require everyone attending indoor pool swimming to follow these guidelines.

1. Please do not attend the session if you or any members of household have signs or symptoms of COVID-19.
2. Please arrive ready to train. There will be no changing facility when entering the pool.
3. In order for the club to operate a “track and trace” system, you will be required to complete a booking ticket with EventBright. We will hold the information for 21 days and share it if required to do so as part of our commitment to Test, Trace and Protect Strategy as outlined by Welsh Government.
4. The swimming venue will operate a one-way system. Follow Celtic Leisure/Freedom Leisure guidelines when attending the session. There will be 2 coaches to meet you when you attend, whose numbers will be included in the current guidelines of max 30 people.
5. Please wash your hands before attending. Hand sanitiser will be available at the entrance and the exit of the venue.
6. All sessions will be pre-bookable (10-week block). All members must pay before attending session. This will be reviewed at the end of each block.
7. When you 'Check In' to the swimming venue you will be asked a series of health screening questions by the coach before being admitted into the pool, you will also be given hand sanitiser to use on your hands.
8. Once poolside, please move to your designated changing area and do not wait around other areas of the pool.



9. A reminder that there is to be no physical contact between swimmers from different households at any time and no moving between lanes once in the water.
10. Swimmers will be grouped by ability in the swimming pool and spaced out at 2m intervals. Depending on venue, your coach may split you into 2 groups per lane, one at the shallow end and one at the deep end. ***This will be the coach's decision.***
11. In the event of an injury or an incident, Centre staff / lifeguards will be called and administer first aid if required.
12. Following the conclusion of the training session, swimmers / coaches / members should be encouraged to leave the facility immediately to avoid gatherings in car parks / communal areas. Swimmers should use hand sanitisers as they exit and wash their hands as soon as practically feasible after training.
13. Should swimmers, coaches or volunteers develop COVID-19 symptoms in the days following training, it is imperative that they notify the club COVID-19 Officer as soon as possible. **See below for main contact details for club officials.**
More information on the Clubs Contact Tracing can be found on the club website
www.celtictri.co.uk/covid-19-latest/

Thank you for your patience and your cooperation. If you have any queries or concerns, please feel free to contact me or a member of the coaching/committee.

We look forward to welcoming you back.

Mark Evans (Chairperson)

Club contacts

Mark Evans – Chairperson Celtic Tri (chair@celtictri.co.uk)
Samantha Jane Perrott - Club COVID-19 officer. (07393 037602)
Steve Wilkinson - Lead Coach Adults, Neath Pool ()
Richard Clifford – Lead Coach Juniors, Neath Pool (07793059758)
Andy Elliott – Lead Coach, Pontardawe Pool ()
Andrea Griffiths - Welfare Officer (celtictriwelfare@gmail.com)



General

This document will cover all swimming venue locations used by the club

- We will re-open on Tuesday 18th August. The days & times we will be open are as follows:
 - Tuesday: 19:30-20:30 (Neath pool) – Seniors (1 lane) and Juniors (2 lanes)
 - Thursday: 18:30-19:30 (Ystradgynlais Pool) – Juniors Only
 - Friday: 19:15-20:15 (Pontardawe pool), Seniors Only
 - Sunday: 15:00 – 16:00 (Ystradgynlais Pool), Juniors Only
 - ~~○ Sunday: 14:00-15:00 (Morrison pool), TBC~~
 - ~~○ Tuesday & Thursdays 06:15-07:15 (Morrison pool), Seniors Only, TBC~~
- Only members who were regular attendees to swim sessions at Neath and Pontardawe will have first refusal of places – this will help us get an idea of numbers. We will keep this under constant review. If any places are not allocated, then they will be available to the rest of the club.
- A maximum of up to 24 swimmers will be allowed in the pool at any one time.
- All members must book via Eventbrite so we can maintain a track and trace system.
- All members must pay upfront for a 10-week swimming block (£30 adults, £20 juniors, Family to see Mark Edwards) via BACS to the club. Unfortunately, we will not be able to reimburse for any missed sessions.
- All members must complete the **COVID-19 Return to Play for Adults/Juniors** document before attending any club coached session.



Before Swimming

- Arrival/entry – remember to maintain 2 metre distance at all time. There will be guidelines provided by the Celtic Leisure and Freedom Leisure for everyone to cooperate with.
- Celtic Leisure and Freedom Leisure have introduced a one-way system and separate entry/exit which is clearly marked. There are also sanitising stations throughout the building. Please sanitise your hands upon entering the venue.
- Registration will be online via Eventbrite, and must be paid in full (10-week block payments) before being admitted to sessions
- All members must complete the **COVID-19 Return to Play for Adults/Juniors** document before attending any club coached session.
- People who are high or at moderate risk (clinically extremely vulnerable or clinically vulnerable) need to have sought medical advice from their GP before they return to swimming.
- Punctual for session registration, all swimmers are advised to attend 5 minutes before session start, arriving late could delay your access to the pool.
- No use of lockers.
- Swimmers are to change into their kit at home, arrive at the pool in a tracksuit or other suitable clothing. Walk through venue to pool, sanitiser available at entrance. Prepare at pool side, leaving belongings at designated areas poolside Consideration of 2 metre social distancing, due to the changing rooms in use by public/other club at beginning of session/being cleaned by centre staff
- Swimmers/Coaches to visit toilet before session. Access to toilet during session will be controlled to one in one out. Juniors to use poolside toilets.
- Social distancing and hygiene protocols to be followed at all times when entering, changing and waiting for session to begin.

During Swimming

- Sharing equipment is prohibited, all swimmers to use own kickboard/pull buoy
- There will be no water refilling facilities at the pool so bring one or two full water bottles with you to each session.
- All belongings left on poolside or within changings rooms after sessions will be discarded, action determined by facility operator.
- No sharing of water bottles, no food brought into training session.
- The coach will indicate where your group is within the pool and when & how swimmers are to enter the pool.
- Swimmers are required to maintain continuous movement in pool to uphold distancing rules. **
- Coaches will watch their group of swimmers and be aware of passing other coaches, maintaining social distancing distance at all times. Coaches to have clearly defined areas to stand and walk, avoiding physical and close contact with swimmers.
- Should you need to use the toilet, swimmers are to inform coach so we can maintain a limit on changing room numbers and ensure hygiene measures are used.
- There is no spectating poolside or in the gallery
- If swimmers need to stop, they need to not pause in the swimming lane but to climb out of the pool or move into the corner of the swim lane. **
- Remember to maintain a 2-metre distance at all times.

** Coach to dynamically asses this during the session.



After Swimming

- Coaches with direct swimmers to the one-way system in place, swimmers to leave pool wearing wet costume, include break between lane entry and exit to maintain social distancing.
- Juniors will dry off poolside and get dressed over a wet costume. Coaches will escort juniors outside to meet with parents/carers
- Swimmers will be asked to sanitise their hands before exiting.
- No supervision provided in changing room. Pool operator guidelines to be followed.
- Adult Swimmers/Coaches may use the showers (if available) and changing rooms after sessions, following social distancing measures of 2 metres. Prolonged time in changing rooms needs avoiding.
- Everyone to leave respectively following Celtic Leisure and Freedom Leisure guidelines.

Contact Tracing Procedures (31st July 2020)

Celtic Tri will be following Welsh Government and the Welsh Sports Association Contact Tracing Guidance, see below for more information:

Contact Tracing - How it works

- Any person who suspects they may have Covid - 19 (or has symptoms) should self-isolate along with other members of their household
- They should apply for a test. This can be done online or by telephoning NHS 111
- If the test is positive, they will be contacted by the TTPS
- The TTPS will get details of contacts the infected person has had since two-days prior to the first symptoms - Our COVID-19 officer has this information from session registers
- The TTPS will contact people that have been in contact with the infected person.
- Celtic Tri will not contact any coaches, officials, members, parents or guardians, it is the job of the TTPS to do this (unless they instruct us to, which is unlikely)
- We have no control over members, parents/guardians or anyone else that has contracted COVID-19 from speaking about it on social media. Please remember that if you talk about it you could be breaching GDPR and that person's personal information. This is CONFIDENTIAL – DON'T GOSSIP!