



**A GUIDE TO YOUR PRIVATE ENDLESS POOL SWIMMING SESSION AT  
SOUTH WEST SWIM CENTRE  
PLEASE READ THROUGH THE WRITTEN GUIDE TO YOUR SESSION  
BELOW AND WATCH THE [VIDEO GUIDE](#)**

This Document and our video at <https://youtu.be/xqU6Jn9Bitk> will guide you through where to go and what to do when arriving for your session, and our session itself. These rules may sound a little harsh and the document very long, but please don't be put off. Your session will still be amazing but at this moment in time we must strictly abide by the rules and guidelines to keep everybody safe, well and happy and therefore need to try and cover everything in one place.

Please pay attention to any text in **red**, as these are important bits.

It is important to remember that this is a very steep learning curve for South West Swim. We acknowledge there may be some teething issues and our documents, advice and procedures may change, even when we are on the poolside. If you have any feedback then please do let me know so we can examine this.

**Please ensure you watch the video and  
read the guidance below in full**

### Important things to remember

- To avoid any errors please view the video as it will run through all of the below visually BUT ALSO READ THIS DOCUMENT ALL THE WAY THROUGH.
- This document forms part of our session agreement with you and is part of our risk assessment. Please abide by it during your time with us.
- During the booking process you will be asked some covid-19 related questions. You may also be sent a COVID form (TBC for this session type). Please fill these details in as it's important for our insurance and track and trace. If this information is not given to us you will be unable to swim in your session and no refund will or reschedule will be due.
- If any situation changes in your health before your session then you MUST let us know ASAP. Mail [Jason@southwestswim.co.uk](mailto:Jason@southwestswim.co.uk) information is always treated in confidence and not shared unless track and trace is needed by ourselves or the centre.
- **If you feel ill or unwell for any reason DO NOT COME TO YOUR SESSION AND LET ME KNOW AT [Jason@Southwestswim.co.uk](mailto:Jason@Southwestswim.co.uk).**

### Before you leave home

- Set your alarm! Don't be late as it may jeopardise your ability to swim in the session.
- Make sure you have your goggles and hat, ensure your swimwear is dry as you will need to wear this under your clothing as you will be arriving 'beach ready' (beach and sunshine not provided, sorry). We are unable to lend goggles and hats (and costumes).
- You will NOT need to bring any training aids at all. Any training aids being used in the session will be provided by south west swim. These are cleaned and disinfected after each use ready for the next swimmer.
- If you are having a full video analysis session please bring 2-3 extra towels or a change robe / dryrobe as you will be sat poolside whilst we analyse your swim. We usually lend a dry robe but sadly we are unable to do this at the moment due to COVID. We are unable to lend any towels etc at the moment either.
- **Fill your water bottle.** We are unable to fill bottles or offer drinks refreshes due to COVID procedures.
- **Put your swimming costume on!** You need to arrive at our pool house beach ready (i.e. have your swim togs on under your clothing).
- **Use your bathroom facilities! We currently have NO TOILET facilities you are able to use at South West Swim. Please go before you leave home. We understand this may be an issue for those travelling a distance so please bear this in mind when you book your session.**
- **If you feel ill or unwell for any reason DO NOT COME TO YOUR SESSION AND LET ME KNOW AT [Jason@Southwestswim.co.uk](mailto:Jason@Southwestswim.co.uk). We can treat this as a early cancellation if COVID symptoms are present, however you will not be able to rebook your session for 21 days and you must seek a COVID-19 Test**

- **Come by yourself! We do not allow any visitors or spectators to your session, neither do we wish for visitors / spectators to be waiting for you in the car. Please only bring yourself, if you need to be driven please ensure the driver is aware they must not stay or park. We can direct you to a costa around 1 mile away if needed.**

#### **Arrival at South West Swim Centre (please view the video guide too)**

- **REMEMBER: Maintain social distancing at ALL time**
- Face masks are optional but would be recommended and help us a great deal with safety tick boxes. Coach will be wearing one when he comes to collect you AND during any filming of your swimming so don't be alarmed.
- Arrive at South West Swim Centre 5 minutes before the session start time. Please do not be late as it may mean you will be unable to swim.
- The destination for your sat nav is 49 Callington Road, Swindon, SN25 2BE. Please note this is a residential address.
- On arrival please pull onto the driveway if it is available and free, our driveway is the left hand side of the double drive. If the driveway is not free street parking is available, please park on the road respectfully and not block our neighbours in any way. Please be respectful of our neighbours and not be too loud, especially if your session is early morning or evening.
- Please wait in your car until 5 minutes before your session and then make your way to the side gate of the property, again this is on the left hand side.
- **Please do not ring the doorbell, knock on the door or try to open the gate. We have CCTV so will be able to see you arrive and will be with you as soon as we can. The gate will be locked until Coach unlocks it when collecting you, if for any reason it is open please wait as stated so we can follow our sign in and check procedures.**
- Coach Jason will come to meet you at the gate around 5 minutes before your session time. He will ask you if there have been changes to your health and take your temperature with a contactless thermometer
- If you have a high temperature we will not be able to let you swim. **IF YOU FEEL UNWELL PLEASE DO NOT ATTEND YOUR SESSION.**
- If all is well, the coach will then walk you through to our pool house.

#### **The pool house social distancing layout and your swim**

- On entering the pool house you will find a swimmer side, and a coaches side marked out with tape. Please enter through the left hand door and remain on the swimmers side at all times whilst you are dryside.
- Please use the hand sanitiser in the station next to the door.
- Coach will remain in the coaches area at all times when both coach and swimmer are poolside, This will only change if there is an emergency situation or the coach directs you to move into another area (for example if they need to get an item of kit etc).

- Coach and swimmer will have a chat about their swim history and session aims and then the coach will advise the swimmer to get changed in the changing area
- **PLEASE REMEMBER WE HAVE NO TOILET FACILITIES FOR USE BY OUR SWIMMERS, PLEASE BARE THAT IN MIND BEFORE YOU GET TO THE POOL HOUSE. WE ARE SORRY ABOUT THIS**
- Our changing area has been stripped out and is very basic, Please use the hooks provided for your clothing.
- The changing area has a chair in it. This is yours for the session and if having a video analysis session you can grab this to put it in our viewing area. This enables us to clean only one item of furniture after you leave.
- Please take a rinse in our rinse shower, please note this is just for swimmer rinse and we do not allow soap or shampoo to be used in this shower before or after your swim.
- Make your way to the pool and on direction from the coach you can get into the pool at the far end of the pool.
- Once you are in the pool Coach Jason will be able to walk freely on poolside through both swimmer and coach area.
- Your session will then commence
- If you are being filmed, the coach will be wearing a facemask as we will then be operating under 1m+ guidelines.
- 1-2-1 sessions only - if we film you for reference and observation we will show this video on our big screen whilst you are still in the pool. You can sit on the far side of the pool for this process.
- Mini Video Analysis only - Once you have swum you exit the pool and get changed into your clothes. When ready please grab your chair and place it in the viewing area. Coach will then show you through your video on the big screen in a socially distanced way.
- Full Video Analysis - As you will be getting back in the pool you can grab your swimmer chair and sit in the viewing area. Please bring a towel or two / three or a change robe as you will be sat in your costume at this point for your analysis. After your analysis part we will get you back into the pool to guide you through your stroke corrections. As per our 1-2-1 process as needed. YOu will be given your footage on a USB card which we will sanitise after handling
- Retail products are available to purchase. Please do not touch the products on the racks. If needed we can show you demo items of the product and advise you on the best products for you and your swimming. We have stocks in storage for any purchases made.
- After your session is over please leave through the left hand door and make your way out to your car.

We understand the above is very formal and very (very) boring. But our main concern is keeping you and your family safe, ourselves safe but at the same time still having an AMAZING session, with lots of productive work to take your swimming to the next level and a bit of fun among the restrictions.

I look forward to seeing you in our Endless Pool Soon.

Many Thanks

Jason Tait

Head Coach

[www.southwestswim.co.uk](http://www.southwestswim.co.uk)

Published 30th July 2020

Updated 30th July 2020