



A GUIDE TO YOUR SQUAD SWIMMING SESSION AT SWINDON HEALTH HYDRO, MILTON ROAD. PLEASE READ THROUGH THE WRITTEN GUIDE TO YOUR SESSION BELOW AND WATCH THE [VIDEO GUIDE](#)

This Document and our video at https://youtu.be/jur_cyeWHNU 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 centre's rules to keep everybody safe, well and happy (swimmers, coach and facility staff) 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, and in fact all other clubs and even GLL's centre staff. 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. If you have any complaints about others (or other clubs) then please email me directly so I can deal with it.

Please do not challenge the individuals or clubs directly. We are all in this together to make everything run smoothly now and in the coming months and it really is a constant work in progress.

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

THE RETURN TO POOL JOURNEY

Our initial return to pool sessions will be technique focused, whilst gradually building our fitness levels and speed back into our swimming repertoire as the weeks go on. We are using this approach to minimise risk of injury and to redevelop that 'feel' for the water. We do not want to push ourselves beyond our current physical (and mental) limits. If we are locked down multiple times due to COVID we will assess the period of technique focussed work based on how long we were out of the pool.

THINGS YOU WILL NEED FOR YOUR SQUAD SESSION

If you need to purchase kit it is available from us via the booking system or our website. Please ensure you collect this kit from us in the days prior to your session, contact me to arrange a collection time at Jason@southwestswim.co.uk . Most items are currently in stock. [See our facebook post for info here](#)

(UPDATE DEC 2020) Due to COVID-19 we are currently unable to loan any items of kit to you. We can loan tempo trainers and our headset (coaches discretion as needed) and these would have been sanitised before use. **We only have a certain amount of these to go round and would recommend swimmers purchase their own, please talk to us if needed.**

Before each session I will endeavour to list all the kit you will require for the session in your Pre-Session Email. Our recommended kit list is below, and has not changed.

1. Goggles.
2. Swim Hat (optional if you don't have long hair).
3. Pull Buoy or Finis Axis Buoy.
4. Paddles - Ideally Finis Agility Paddles and. Or Finis Freestyler Paddles.
5. Fins (aka Flippers).
6. Finis Tempo Trainer Pro.
7. Centre Snorkel (optional).
8. Mesh Kit Bag to keep it all in.
9. A **FULL** water bottle. Please note there are no fresh drinking water machines on site due to covid restrictions.
10. Oh, and your swimming costume, please don't forget this bit

Kit Cleaning - The recommendations from Swim England and other governing bodies for cleaning your swim kit (paddles, buoys, Fins etc) is to disinfect them with a household cleaner spray after their use or before their use (at home of course). Spray onto the items and leave to dry and then place back in your kit bag. Centre snorkels can easily be cleaned with a quick run through the dishwasher. We rely on our swimmers to perform this action as part of their booking and swimming with us.

DON'T spray your goggles or hat with cleaning products as this may damage them and you (you don't want dettol or similar in your eyes do you?)

Some products may discolour or damage the kit or you. We cannot be responsible if this occurs so please be careful.

THINGS YOU SHOULD DO

Important things to remember

- (UPDATE DEC 2020) Pool time is like gold dust, please view the video as it will run through all of the below visually BUT ALSO READ THIS DOCUMENT ALL THE WAY THROUGH IN CASE THERE ARE ANY ADDITIONAL UPDATES SINCE THIS VIDEO WAS FILMED
- (UPDATE DEC 2020) At ALL times you must remain socially distanced to 2m and not gether in more than a group of 6
- (UPDATE DEC 2020) **FACE MASKS** should be worn when queuing for your session and whilst in the centre when walking through and to the pool. Masks can be removed once you have placed your kit on a changing spot. Face masks must again be worn after your swim session is finished when walking off of the poolside to the changing areas and exiting the centre. (in short, face masks must be worn at all times except when actually swimming).
- (UPDATE DEC 2020) Travelling to the pool. The governments tiered rules state that you should not be travelling to a pool with somebody else unless they are in your family bubble.
- (UPDATE DEC 2020) Travelling to the pool if you are in a different tier area. The government guidelines have stated that you are not able to travel for sport if you live in a tier 3 area. **Please do not attend the session if this is the case.** Further clarification on tier 3 areas is being sought by our governing bodies.
- (UPDATE DEC 2020) When poolside please DO NOT move to your lanes until your coach has advised you to do so. We will filter lanes into the pool one by one, allowing swimmers to get into the water ready to start their session once all swimmers are in. Although this may take a minute or two longer please be patient and understanding that we are trying to filter you in and abide by the new rules.
- (UPDATE DEC 2020) In view of the above PLEASE HAVE TOILET BREAKS BEFORE LEAVING HOME, or at the very least as you move through the inbound changing room (but please try to avoid this too). We need to be ready to get in the pool and minimise all poolside traffic.
- On Tuesday mornings and Wednesday Evenings we are sharing the pool with another masters club. Please be respectful of them and their coaches
- At other times we will be following another club session and / or another club will be following us. The club could consist of children of all ages so please behave appropriately (I know I should not need to say that but I have to write it into our guide)
- Please follow the direction of any GLL staff member respectfully
- (UPDATE DEC 2020) You will be sent a COVID form. If you are a new swimmer and/or have not filled this out before please do so at least 1 day ahead of your

session. You will be unable to swim in your session if we don't have an entry on record for you.

- If any situation changes in your answers on this form then you **MUST** let us know ASAP. Mail Jason@southwestswim.co.uk information is always treated in confidence and not shared unless track and trace is needed by ourselves or the centre.

Before you leave home

- Set your alarm! Don't be late as it may jeopardise your ability to swim in the session.
- Make sure your kit is ready and sanitised (as per above)
- Fill your water bottle. There are no fresh drinking water fountains available at the link centre at the moment due to COVID procedures.
- **Put your swimming costume on!** You need to arrive at the pool beach ready (i.e. have your swim togs on under your clothing). There are no inbound changing facilities at the centre as they prefer you not to use these at the moment. (just pretend you're going to the lakes).
- **If you feel ill or unwell for any reason DO NOT COME TO YOUR SESSION AND LET ME KNOW AT Jason@Southwestswim.co.uk. This will still be treated as a late cancel / no show but it's important you let us know of any illness with COVID symptoms.**

Arrival at Milton Road (please view the video guide too)

- **REMEMBER: Maintain social distancing at ALL times**
- **(UPDATE OCT 2020) Please do not gather in groups of more than 6 whilst waiting outside the venue**
- **(UPDATE DEC 2020) FACE MASKS** should be worn when queuing for your session outside and whilst in the centre when walking through and to the pool. Masks can be removed once you have placed your kit on a changing spot. Face masks must again be worn after your swim session is finished when walking off of the poolside to the changing areas and exiting the centre. (in short, face masks must be worn at all times except when actually swimming).
- If the centre doors are not open please wait as quietly as possible. I understand residents have complained about a particular swimming club (not us) making noise early in the morning.



- (UPDATE DEC 2020) Arrive at Milton Road Health Hydro 10 minutes before the session start time. Please do not be late as it may mean you will be unable to swim.
- (UPDATE DEC 2020) Remember it is winter now, we have no options available to wait inside so ensure you dress in warm clothing, as if you were heading for a winter swim at the lake :)
- (UPDATE OCT 2020) Please take into account that you will need to park in the residential areas or in the main swindon centre car parks. Please be courteous and keep noise levels down (especially early in the morning)
- (UPDATE DEC 2020) Please wait initially outside the building, remember to socially distance yourself from each other and wear your face masks. Please queue down the side of the building to allow staff and other health hydro users to get in and out of the centre as needed.
- (UPDATE DEC 2020) As soon as GLL open the main black doors you may make your way to the waiting / holding area as directed by GLL staff (see video). If the coach has not arrived you do not have to wait for them, make your way through to the waiting / holding area. But please stay in this area to wait for your coach. Please leave your face masks on at this point and remember to socially distance.
- Coach will take the register. Please advise if there has been any changes to your health. If you wish to speak to the coach privately about this at the time please grab their attention. However bear in mind our statement above - **If you feel unwell please do not come to the session!**
- From the waiting area we will start heading poolside 5 MINUTES BEFORE the session start time. DO NOT GO POOLSIDE WITHOUT THE COACH BEING PRESENT, as this invalidates our insurance.
- Again I must stress PLEASE DO NOT BE LATE. If the black doors are locked you will likely not be able to enter the centre or swim. Coaches will be unable to come and get you once we have started the journey to the pool through the building. **We have to be very strict on this.**
- **Ensure you have all your kit with you as once we have moved into the one way system there is no going back to pick anything up from your car.**

Making our way through the building to the pool (please view the video guide too)

- **REMEMBER: Maintain social distancing at ALL times**
- (UPDATE OCT 2020) NHS track and trace QR codes are located in the GLL centre if required. We also have our own South West Swim QR codes for emergencies. However please endeavour to use the operators (GLL / Better) codes. YOU do not have to use the NHS Track and trace app but venues legally have to display this information.
- Make your way through to the meeting / holding point.
- **If you are cycling you can leave your bike in a room enroute to the meeting point. GLL will advise where this is.**
- You may use the toilet facilities if you wish, these are in the holding area
- Your group will follow the Milton Road one way system through the building, walking through the corridors to the central meeting / holding point. **DO NOT** back track down this system



- Remove your footwear in the meeting / holding area. Do not walk poolside with footwear on.
- (UPDATE DEC 2020) The coach will endeavour to advise of your lane before we move from the holding area
- 5 minutes before the session start time your Coach will lead you poolside
- (UPDATE DEC 2020) Please move poolside in your lane Groups, if these have been advised as per the above step
- There are no changing rooms available on the way into the pool, arrive beach ready.
- Follow your coaches direction on poolside on where to put your bags etc
- Please take care poolside, it can be slippery.

Poolside (please view the video guide too)

- **REMEMBER: Maintain social distancing at ALL times**
- As you exit the changing area walk clockwise around the pool to the seating areas.
- (UPDATE DEC 2020) As of January there may be other clubs using the pool when we arrive and other coaches poolside. Please be respectful and mindful of them and do not stop to chat to them (if you know them). We will direct swimmers to their changing areas depending on the club before us.
- Place your bags in one of the seating alcoves. Remember to keep 2m distance apart. You should be able to get 3-4 people per alcoves starting at the deep end if we are on the far side of the pool, or the shallow end if we are on the nearside (follow direction from your coach)
- Strip down to your swim togs in this area next to your bag. This is where we all have our fingers crossed you remembered to wear your costume before leaving the house!
- (UPDATE DEC 2020) Wait by your bag in this area until the club in front of us is out of the water. Move to your lane under your coaches instruction, not before.
- (UPDATE DEC 2020) Only move to your lane when your coach calls your name and lane number. You can remove your mask and head to your lane. **Do not move to your lane before the coach has instructed you to do so.**
- We will allocate swimmers into lanes. **PLEASE ONLY SWIM IN THE LANE YOU HAVE BEEN ALLOCATED AND DO NOT SWAP LANES. WE WILL BE OPERATING A 6 SWIMMERS PER LANE MAX POLICY, some sessions may have less swimmers than others.** Your coach may tweak the lane setup as needed during the session.
- (UPDATE DEC 2020) Get into your lanes and move to the side wall or lane rope keeping 2 metres apart down the pool and socially distanced away from other swimmers. **Please do not hang around on the poolside before the session as it will not be possible for you to remain socially distanced. Get in the pool and move along to a spot.**
- We will be looking at how we can effectively social distance in the sessions on resting and this section will be updated and / or explained to you before the sessions.
- We will allocate swimmers into lanes. **PLEASE ONLY SWIM IN THE LANE YOU HAVE BEEN ALLOCATED AND DO NOT SWAP LANES, INITIALLY WE WILL BE OPERATING A 4-6 SWIMMERS PER LANE MAX POLICY (depending on pool and session).** Your coach may tweak the lane setup as needed during the session and numbers per lane may increase after the first few sessions or the first week .
- We will be looking at how we can effectively social distance in the sessions on resting and this section will be updated and / or explained to you before the sessions.
- For reference the lane width is a perfect 2.25m, so social distancing should not be an issue.

- (UPDATE DEC 2020) We will start our session, please aim to maintain around a 5-7m distance before pushing off from the wall. DO NOT DRAFT OR TOUCH OTHER SWIMMERS
- If you are caught by another swimmer then please let the swimmer behind pass at the end of the length. In these instances try to face towards the wall as the swimmer passes and then leave a suitable distance between you and the other swimmer pushing off.
- (UPDATE DEC 2020) Do not congregate at the wall end after a block. A new method and suggestion for rest periods which we will work with is; Touch the wall to finish, grab any kit where needed and then walk up the pool to allow others to finish their length. Each swimmer should do this in turn and when the last swimmer passes the first you can then walk back to the wall to start your next swim. This will also allow sufficient rest. I understand this may not work in lanes with big differences in ability.
- The only toilet facility poolside is via the changing rooms. If you need to use this facility then be aware of other swimmers, staff and coaches on poolside. You may need to walk clockwise around the pool, which means walking all the way around the pool area to get to the toilet.
- At the end of the session please gather your kit in its bag and exit the pool without any delay (I know a lot of you love a good chat at the end of the session but this can't happen at the moment). There may be other clubs, or public swimmers coming in on the hour and we need to maintain a constant flow so our exit of the water is paramount to this working and not upsetting anybody.
- Once you are out of the pool and by your kit please wear your face mask again.
- We will exit the pool from the shallow end and walk around the pool side (this may change depending on multi club agreement).
- Again, please maintain your social distancing when getting out of the pool.

Exiting the pool

- **REMEMBER: Maintain social distancing at ALL times**
- Once our session is over please head straight to your bag spot (remember the one way clockwise system around the pool) and dry off and get changed into your clothing.
- (UPDATE DEC 2020) As adults we are allowed to use the exit changing rooms and showers on **FRIDAY MORNINGS**, but please use these quickly. We negotiated this as we know some of you may be heading to work straight after our sessions.
- The changing rooms are the usual Male and Female set up and have limited spaces and cubicles so please be mindful of this. If you can change at home then please do so so it will allow others who need to get changed at the centre for work to do so quickly.
- (UPDATE DEC 2020) For **SUNDAY SQUAD** please dry off and dress poolside and leave without using the changing facilities as the building closes after our session and this limits interaction between swimmers for the new tiered rules.

- Exit the changing rooms through the designated exit door
- Walk up the stairs and follow the one way system out of the centre. Remember social distancing and to wear your face mask.
- The balcony area is out of bounds to all at the moment, please do not attempt to access.
- Exit through the doors at the front of the building. Please give way to anybody coming into the centre and follow direction from the GLL staff if needed
- If you cycled, don't forget your bike. You may go and collect this from its location and then walk against the one way system. Please be mindful of others as they may be walking towards you. If this is the case please wait and give way to them.
- Enjoy the rest of your day, try to avoid the munchies :)

Please ensure you follow the above South West Swim guidelines and GLL rules. It will make the lives of myself and the staff much easier and help us work with them to bring you the swims you love. As Mentioned, the procedures and guidelines may change from this document as it is very much a work in progress by us all.

Remember you are representing South West Swim when on site, but also representing all of the swindon clubs as a collective. The hard work and joint collaboration that we have put in between us all to get these sessions running is very likely to be unprecedented. Eight clubs have been meeting and working together alongside GLL with the aim to secure useful and suitable pool time to get all of our swimmers back into the water.

Your help to get all of us back on the road is highly appreciated.

Many Thanks

Jason Tait

Head Coach

www.southwestswim.co.uk

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