

Code of Conduct – Stretford ASC Covid Secure Procedures

This document should be read by all members of the club prior to returning to training.

For members under the age of 18, parents/guardians must ensure that participants understand the new processes and procedures.

This must be signed (by parent/guardian if the member is under 18) and returned to the club before the member can return to training.

General

I agree to follow all the rules of the club, and understand that a failure to do so will result in being asked to leave training immediately

- I will not come to training if I or anyone in my household has, or suspects they may have Covid-19. Symptoms include a high temperature, new persistent cough or a loss or change to your sense of smell or taste. Also, if I have been in recent contact with someone who has tested positive/has symptoms of Covid-19 then I will similarly stay at home.
- If I am diagnosed with Covid-19 I must immediately notify the club along with the last date I attended training
- I shall maintain social distancing at all times, including outside the Leisure Centre, and on the way to training (no sharing lifts)
- I will respect fellow club members and members of the public. I will be mindful that others may have particular reasons to avoid transmission of Covid-19

Entry and Exit of the Building

- I will follow any instructions put in place by Trafford Leisure e.g. one way systems
- I will enter the pool hall via the fire exit at the rear of the building, and leave as directed (through the fire exit or walking quickly through changing rooms)
- I will not stand about in the centre or by doors
- I will use the hand sanitiser provided as I enter the building

Before Training

- I will arrive ready to train i.e. with my costume beneath my clothes
- I will not use the showers and will minimise time in the changing rooms (if used)
- If changing on poolside I will do so quickly and maintain social distance from others
- I will warm up before leaving home and not on poolside
- I will go to the toilet before leaving home and will not use the toilets at the Leisure Centre except in emergency.
- I will put my hat and goggles on without delay and enter the pool as instructed by the coaches. [There must be no congregating on poolside at any time]

During Training

- I will follow all the coach's instructions, and the club social distancing protocols
- I will swim in the lane I am allocated by the coaches
- I will not stop swimming during a length except if instructed to do so. I will not overtake other swimmers
- I will not share equipment or water bottles. Water bottles will be brought already filled. I will not bring additional equipment to any sessions

After Training

- I will not use the showers and will minimise time in the changing rooms (if used)
- If changing on poolside I will do so quickly and maintain social distance from others
- I will warm down and stretch at home and not on poolside
- I will take my equipment home and clean it thoroughly with anti-bacterial spray/wipes after every session