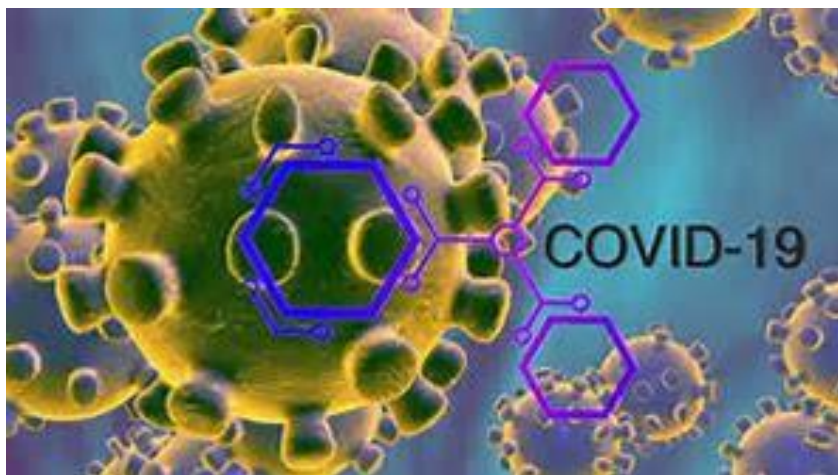




**Cleethorpes and District Swimming Club
Bubbles Swim School**

A COVID SECURE CLUB

COVID-19 Exit Strategy



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1. Introduction

The contents of Cleethorpes and District Swimming club (CADS) exit strategy has been developed to give guidance to the club to enable the reopening of swimming, to allow judgements to be made on how to protect every user and visitor at all the swimming pools we currently use. Including any alternative pool that may be used while any restrictions are still in place at other pools.

Every guideline with in this document has developed by using the latest Government, Swim England, Academy school and Council facility guidelines available at the time of production. This guidance will be under constant review by committees members, coaches, teachers and volunteers and will be revised as new guidance or updates become available.

All risks associated with reopening will be assessed as far as reasonably practicable and follow the Hierarchy of risk control laid down by the HSE, The Government, Swim England, Academy schools and Council facilities.

We will

- identify what work activity or situations might cause transmission of the virus;
- think about who could be at risk;
- decide how likely it is that someone could be exposed;
- act to remove the activity or situation, or if this isn't possible, control the risk.

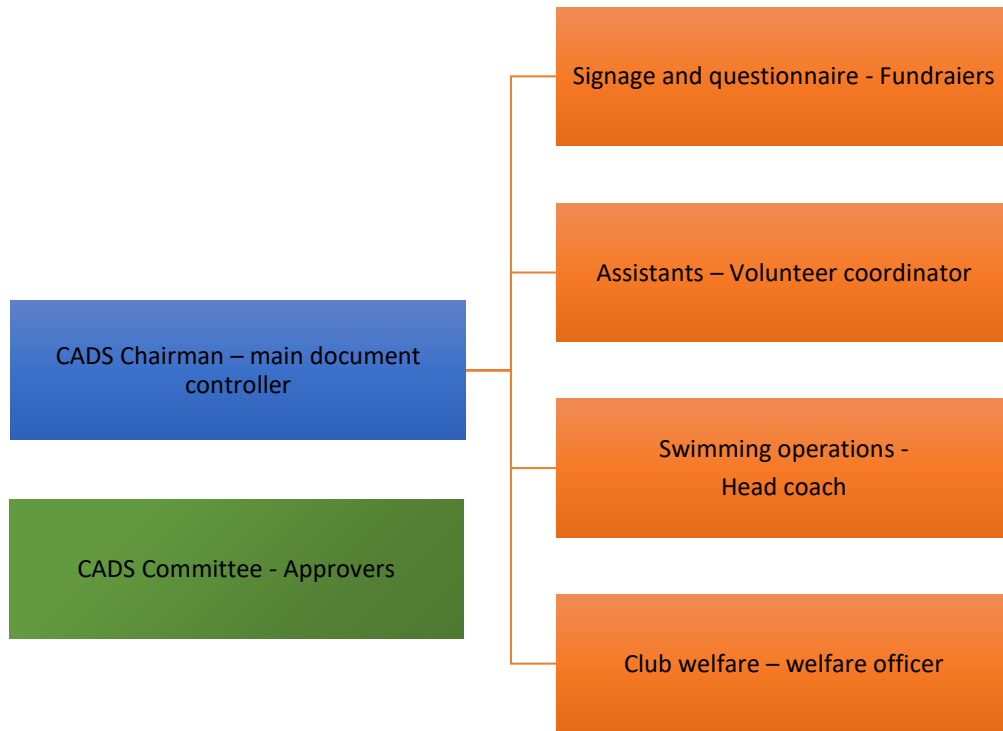
This guidance document has been agreed and approved by the whole committee with the backing from the Head coach of CADS.

Revision details

Revision number	Revision Date	Name of person making the revision	Revision page and section

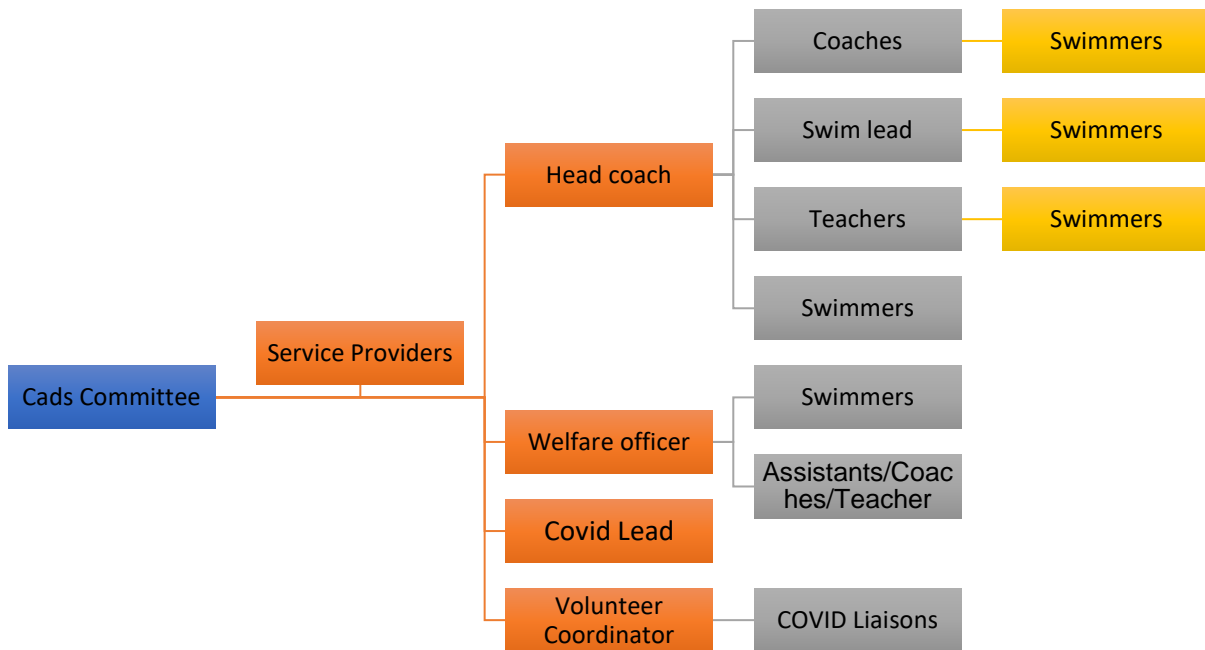
COVID-19 Document builders

Organization Chart



COVID-19 – Managing the Risk

Organization Chart



2. Basics about COVID – 19 (Corona Virus) and prevention measures

COVID-19 affects the lungs and airways of those infected and is primarily spread through respiratory droplets, which means to become infected, people generally must be within six feet of someone who is contagious and come into contact with these droplets. It may be possible that a person can get COVID-19 by touching a surface or object

Symptoms of COVID-19 appear usually within two to 14 days after exposure and include fever, cough, runny nose and difficulty breathing. Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

Prevention measures

Do

- Stay at least 2 metres (3 steps) away from anyone you do not live with when outside your home
- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- If you can, wear something that covers your nose and mouth when it's hard to stay away from people, such as in shops or on public transport

Don't

- Do not touch your eyes, nose or mouth if your hands are not clean

3. Pool providers

Once restriction begin to be lift there will no doubt be a staged reopening of swimming and their facilities. This may mean that some pools reopen earlier such as Council led facilities may reopen sooner that Academy led pools and vice versa.

There are a number of swimming facilities that the club doesn't use when in full operation and should be considered if any of our regular pools are not available. This will to allow as many sessions to be made available until other facilities reopen.

Alternative facilities to be considered that are not currently used or used occasionally –

Pool facility	Contact name	Contact number	Contact email
Havelock			
Grimsby Leisure Centre			
Cleethorpes Leisure Centre			
Ancholme Leisure Centre			
Immingham Swimming Pool			
Signhills academy			

Obviously, our aim is to get every swimmer back into the routine of swimming as soon as possible but this will need to be done safely and to prevent any unnecessary contact or reduction of social distancing measures.

Pool websites

<https://www.johnwhitgift.org.uk/>

https://www.lincinspire.com/enterprise/Grimsby_Leisure_Centre

<https://www.havelockacademy.co.uk/#>

<https://signhillsacademy.co.uk/>

4. Areas for consideration

The items below are general brainstorming ideas that need to be taken into consideration of which a Risk assessment will need to be produced to manage the hierarchy of safety controls.

CADS

- Pools May have their own guidelines
 - Planning for the reopening
 - Re-openings
 - Soap in toilets for hand washing (maybe Whitgift will be more on the ball with this anyway)
- Sessions
 - Health condition of swimmers
 - Instructions given by coach to swimmers
 - Numbers of swimmer in lanes
 - Squad training numbers
 - Numbers in changing rooms
 - Parents pool side or not
 - Social Distancing
 - Social distancing of coaches and swimmers.
 - Social distancing of parents spectating.
- Coaches
 - Health restrictions
- Fixtures
 - Fixture Secretary
 - Fixture calendar
 - What fixtures are available and what restrictions will be in place.
- Risk Assessments

BUBBLES

- Pools – May have their own guidelines
 - Soap in toilets for hand washing (maybe Whitgift will be more on the ball with this anyway)
- lessons
 - Health conditions of swimmers
 - Instructions given by coach to swimmers
 - Numbers of swimmer in lanes
 - Lesson sizes
 - Numbers in changing rooms
 - Parents poolside or not
 - Social Distancing
 - Duration
 - Social distancing teachers and swimmers.
 - Social distancing of parents spectating.
- Teachers
 - Health restrictions
- Risk Assessments
- Swim School Lead

5. Training/Lessons

6. Operating procedures

The clubs operating procedures will need to be followed to ensure The Club is COVID SECURE and safe for all that use the club or visit.

The procedures drawn up have been done so using the current government, Swim England, Local Authority schools and Academy school guidelines, each procedure will be suitable and sufficient to allow swimmers, coaches, teachers and volunteers to return to swimming in a safe manner and as far as is reasonably practicable.

The following procedures are followed and adhered to –

- Risk assessment – site specific to each service provider by location
- Method statement/operating procedure – site specific to each service provider by location
- Swimmers - COVID SECURE code of conduct
- Parent/Carers - COVID SECURE code of conduct
- Coach and Volunteers - COVID SECURE code of conduct

In addition, the following will be used further enhance the COVID SECURE operating procedures

- Teacher and Coach Covid Medical Assessment Covering Letter
- Teacher and Coach Risk Assessment for Coronavirus (COVID-19) Response
- Swimmer Covid Medical Assessment Covering Letter
- Swimmer Risk Assessment for Coronavirus (COVID-19) Response
- Operational signage
- Request for volunteers to assist the operations
- Volunteer questionnaire
- Volunteer register
- Volunteer timetable

Staying COVID-19 Secure in 2020

We confirm we have complied with the government's guidance on managing the risk of COVID-19

● FIVE STEPS TO SAFER WORKING TOGETHER ●

- ✓ We have carried out a **COVID-19 risk assessment** and shared the results with the people who work here
- ✓ We have **cleaning, handwashing and hygiene procedures** in line with guidance
- ✓ We have taken all reasonable steps to **help people work from home**
- ✓ We have taken all reasonable steps to **maintain a 2m distance** in the workplace
- ✓ Where people cannot be 2m apart, we have done everything practical to **manage transmission risk**

Employer _____ Date _____

Who to contact: _____ Your Health and Safety Representative
(or the Health and Safety Executive at www.hse.gov.uk or 0300 003 1647)

Resource areas

Governing body

<https://www.swimming.org/swimengland/coronavirus-advice/>

NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/#prevention>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government

<https://www.gov.uk/coronavirus>

HSE

www.hse.gov.uk/news/coronavirus.htm

<https://www.hse.gov.uk/news/assets/docs/working-safely-guide.pdf>

https://www.hse.gov.uk/news/assets/docs/talking-with-your-workers.pdf?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus&utm_term=working-safely-4&utm_content=construction-14-may-20

First Aid

www.hse.gov.uk/news/first-aid-certificate-coronavirus.htm

RIDDOR

www.hse.gov.uk/news/riddor-reporting-coronavirus.htm

Health Surveillance

www.hse.gov.uk/news/health-surveillance-coronavirus.htm

Examination (work equipment)

www.hse.gov.uk/news/work-equipment-coronavirus.htm

PPE

www.hse.gov.uk/news/face-mask-ppe-rpe-coronavirus.htm

Pool websites

<https://www.johnwhitgift.org.uk/>

https://www.lincsinspire.com/enterprise/Grimsby_Leisure_Centre

<https://www.havelockacademy.co.uk/#>

<https://signhillsacademy.co.uk/>

