

# Merton Pisces Swimming Club



## Pre-training Covid-19 health screen

### Swimmers guidance

#### At the facility

- Please follow the club's guidance on pre swim arrival, duration of swim and post swim arrangements.
- Use hand sanitiser/wash stations wherever made available.
- Whilst in the building and the pool, follow the club's guidance on social distancing, direction of travel and other risk control measures that are put in place.
- Spend as little time as possible in the changing rooms, whilst following the club's guidance on maintaining safe levels of distance.

#### In the pool.

- Please respect everyone and stay 2 meters apart. Do not make physical contact with other people.
- Please follow the directional signs and move across to the appropriate side of the lane for each length.
- When you hear 3 blows of the whistle stop swimming and tread water and listen to the instruction given to you by Harry. When told, continue with your swimming.
- Always attempt to maintain appropriate social distance between yourself and another swimmer.
- Please stay in your lane and do not overtake whilst swimming.
- When getting out at the designated exit position, get straight out and move away so swimmers following are clear to exit.
- If you feel ill for any reason leave via your exit point and go directly to your coach or pool side helper for assistance.
- Stay hydrated by bringing your own 'pre-filled' water bottle on to poolside during your swim. Whilst hydrating please keep out the way of other swimmers.

Question	Yes / No	More information	
Have you had confirmed Covid-19 infection or any symptoms (listed below) in keeping with Covid-19 in the last five months? <ul style="list-style-type: none"> <li>• Fever</li> <li>• New, persistent, dry cough</li> <li>• Shortness of breath</li> <li>• Loss of taste or smell</li> <li>• Diarrhoea or vomiting</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> No	If 'Yes', please provide details:	Will need a medical consultation to confirm they are able to exercise.
Have you had a known exposure to anyone with confirmed or suspected Covid-19 in the last two weeks? (e.g. close contact, household member)	<input type="checkbox"/> Yes <input type="checkbox"/> No	If 'Yes', please provide details:	Not allowed to train until they have self-isolated for 7 days.
Do you have any underlying medical conditions? (Examples include: chronic respiratory conditions including asthma; chronic heart, kidney, liver or neurological conditions; diabetes mellitus; a spleen or immune system condition; currently taking medicines that affect your immune system such as steroid tablets)	<input type="checkbox"/> Yes <input type="checkbox"/> No	If 'Yes', please provide details:	Will need a medical consultation to confirm they are able to exercise and they are aware of the risk.
Do you live with or will you knowingly come into close contact someone who is currently 'shielding' or otherwise medically vulnerable if you return to the training environment?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If 'Yes', please provide details:	They should not be allowed to train due to the risk posed to the shielding person.
Do you fully understand the information presented in the Covid-19 Return to Training briefing and accept the risks associated with returning to the training environment in relation to the Covid-19 pandemic?	<input type="checkbox"/> Yes <input type="checkbox"/> No		If no the information should be explained again and if they still are not aware then they should be advised not to train.
<b>Able to train:</b>		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Medical advice required:</b>		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Medical advice received (attach copy):</b>		<input type="checkbox"/> Yes <input type="checkbox"/> No	

Signed:		Date:	
Under 18 parent's signature is required:		Date:	
Signed by Covid-19 Officer:		Date:	

Planned routing for swimmers. Please enter and exit where specified. Please stay 2 meters apart and do not touch anyone else. This is how the sessions will be held. After leaving the changing room you will line up around the pool keeping your distance from other swimmers.

When told you can enter the water, but you will have to stay 2 meters away from other swimmers at all times.

As you can see there are only 3 lanes. Each lane is made up of 2 lanes so that social distancing can be achieved. You **can not** use the steps and can only leave the pool by the exit points.

