



DINGWALL AMATEUR SWIMMING CLUB

Return to Training FAQs

To those who have completed our survey, thank you. We are keen to get our programmes up and running again in a way that works as well as possible for our members. We have listed below some common questions that are being asked and the information we can provide on them currently.

Scottish Swimming have now released their Return to Water Guidance which can be found [here](#). The Government have also now given the green light for indoor swimming pools to open from 31st August. We are working hard to implement our plans to return to training in line with this guidance and the parameters put in place by our facility providers.

Please bear with us while we work hard to put together our programme again and plan to get our swimmers back in the water as soon and as safe as possible.

1. My swimmer has lost a lot of fitness during lockdown. Will training sessions be adapted accordingly to build their fitness again?

- Short answer – yes. The Coaching Team are fully aware that although swimmers may have been keeping fit in other ways during lockdown, their swimming fitness may take a while to return after such a significant break. Taking this into consideration our plan is to implement a gradual increase in training to ensure they improve their feel for the water. We will also ensure that sessions are suitable and gradually increased across the initial return to training, taking into account current guidance and swimmer feedback. This plan will be communicated to all swimmers prior to sessions starting back.

2. Will swimmers be required to wear a face covering/face mask when entering the Leisure Centre?

- Alongside our facility provider, we will be asking members (swimmers, parents, and coaches) to wear a face cover/face mask when entering the facility. Face masks are not required when in the pool hall. Coaching staff will wear a face mask when talking to swimmers on poolside however once swimmers enter the water it is the individual choice of each coach as to whether they wear a face mask. **Swimmers who are exempt from wearing a face mask/face covering should inform the Head Coach immediately.**

3. What will happen if a swimmer, coach or a member of their family begins to have symptoms of COVID-19?

- If any of our members believe they are showing symptoms of COVID-19 or any of their household are showing symptoms, they will be asked **not** to attend training for 14 days and will be encouraged to self-isolate in line with Government guidance. This includes any family members. This will be the case across all Squads and all training sessions. Where a case of COVID-19 is recorded within the Club, the name of the swimmer or their family member will not be shared with other members directly, however members will be advised that a case has occurred, whilst keeping personal information anonymous as far as possible. We will also inform the local Test and Protect team.

4. Will we be required to complete a medical questionnaire before returning to training?

- We have developed a Return to Training Health Screening Questionnaire and Self Declaration which all swimmers, coaches and volunteers will be required to complete before they return to training. These documents must be read and signed by all swimmers (and parents of swimmers aged under 16) before attending your first session.

5. Will swimmers be able to use the toilet during sessions?

- It is likely that we will ask swimmers to use the toilet facilities before and after their sessions if needed, to minimise the need to enter the changing areas during session times. We will however be allowing swimmers to access the toilets during sessions should they need to, but this will be on a 'one-in-one-out' policy. Swimmers are to return to their lane and await a signal from the coach to re-enter the water.

6. Will there be a one-way system in place at Dingwall Leisure Centre?

- Yes. There will be signs directing swimmers from the entrance/reception, straight to the changing facilities. Once in the changing rooms, swimmers will get changed and will enter poolside at the gate closest to the shallow end (near the male toilets). When swimmers exit the pool (including to go to the toilet) they will exit the pool hall through the gates closest to the female toilets. At the end of a training session swimmers will get dressed and leave the changing rooms via the fire exit at the end of the changing village. Swimmers will enter the pool at the shallow end of the pool and will exit the pool at the deep end of the pool.

7. How will social distancing be implemented in the changing rooms?

- This is something that we know a lot of our members are concerned about once sessions return. There will be a Club COVID Officer in the changing rooms to help enforce social distancing. In line with Scottish Government and Scottish Swimming guidance there is **no** requirement for swimmers aged 11 and Under to socially distance however swimmers aged 12 and above will be required to socially distance from one another. It will be the joint responsibility of the COVID Officers, coaches, parents and swimmers to strictly follow social distancing guidelines. Risk assessments have been put in place in collaboration with our facility providers to make sure that there is minimal risk to our members in their facilities. This will be reviewed on a regular basis and amendments made as guidance permits.

8. What additional facilities will pools provide (e.g. hand sanitiser, cleaning of changing rooms, etc.)

- This is something that we are liaising with our facility provider on. Obviously, we will want the facilities that we hire to be adhering to strict cleaning protocols in line with COVID-19 regulations and we will be working hard with them to make sure these needs are met. The cleaning of the changing rooms is the responsibility of Dingwall Leisure Centre however the Club will communicate any concerns or queries to our facility provider. Specific protocols will be communicated in due course. At Dingwall Leisure Centre there will be dedicated hand sanitising stations throughout the facility, and swimmers, parents and coaches will be required to sanitise on arrival. The Club will also provide hand sanitiser for swimmers to use before they enter the pool hall and on return from the toilet. Swimmers will also be asked to sanitise before they leave the changing village.

9. Will there be any spectating available in the viewing gallery during the training session?

- In line with current Government and Facility Operator Guidelines there will be **no spectating** available in the upstairs viewing gallery. Parents will be asked to wait in the car park during the session. In conjunction with our Changing Room Policy parents of children under the age of 10 are expected to remain during their child's session.

10. Will swimmers be required to shower after training?

- Swimmers will be encouraged to leave training immediately after getting dressed. Showers will not be permitted during our initial return however this will be reviewed regularly and updated accordingly.

11. How should my swimmers arrive at training?

- Swimmers will be required to arrive at training with their kit already on. It is recommended that swimmers wear light, easy to take off/put on clothing. Swimmers will arrive 'beach ready' with their towel, cap and goggles under their arm. Once they enter the changing rooms, they will place their belongings into a locker and follow the one-way system. There are cleaning stations within the changing rooms for swimmers to use to wipe down locker/cubicle handles (if they so wish). As with all of our guidance, this will be reviewed and updated accordingly.

12. Will there be a walk round video posted to the Club's social media pages and website?

- Yes, a short video detailing all of the protocols in place at Dingwall Leisure Centre can be found [here](#).

13. How will my swimmer know what lane that they will be in?

- The pool will be divided into two lanes. Lane 1 will be the lane furthest away from the changing rooms. Lane 2 will be the lane closest to the changing rooms. Swimmers will be notified via email before they come back to training as to what lane they will be in.

14. What forms/paperwork must be completed before my child/children can return to training?

- Before your child can return to training you must complete the following documents, which can be found on our website, but will also be emailed to members:
 - ⊗ *Health Screening Questionnaire*
 - ⊗ *Self-Declaration Form*
 - ⊗ *Standing Order Confirmation*
 - ⊗ *Swimmers must also read and respond to the email sent out by the Head Coach*

Hopefully, this information will start to help answer some of your concerns and queries about returning to training at Dingwall ASC. This is a live document and will be updated when Government guidance, Scottish Swimming guidance and High Life Highland Guidance permits. Please check back regularly. All updates to this document will be highlighted and will be emailed to members.

In the meantime, we hope you are all keeping safe and well.