

Leyland Barracudas ASC (LBASC) Covid-19 Protocols

Updated: 30th December 2021

1. General

1.1 Introduction:

Covid-19 continues to have an impact on the ability for 'normal' operation of Leyland Barracudas swimming club. In England and other nations of the UK the environment continues to be fluid and subject to change at short notice. This update provides a summary of the protocols and processes that we are currently implementing, but will be frequently reviewed in response to changes in regulations and guidance from UK Government and/or Swim England

1.2 Roles and Responsibilities:

The nominated Covid-19 Lead for LBASC is Jon Ward (Club Chair), who has overall responsibility for definition of, and assuring compliance with, the club's Covid protocols and processes

2. Testing and Reporting

2.1 Symptoms and Positive Test Results:

No swimmer or parent/carer/other club member should attend any of the club's activities if displaying symptoms of Covid -19 (NB: The predominant symptoms for the Omicron variant appear to be similar to those of a typical cold) and should not return until a negative test result has been received.

Anyone testing positive should isolate in accordance with latest Government regulations

Anyone living with a person who has tested positive (eg a child swimmer who's parent has tested positive) is required to confirm a negative PCR test result before returning to training.

2.2 Reporting:

All incidences of positive test results (either LFT or PCR) should be reported to the club at the earliest opportunity using the 'Report It' link on the club website, or at end of this document.

When first advising the club, please use the latest possible isolation date. This can be amended subsequently (eg if a PCR returns a negative result, or if the isolation period is reduced following negative tests on prescribed days, in accordance with national regulations in force at the time)

It is important that all instances of positive tests are reported, irrespective of whether the swimmer is training at that time, so that Coaches can take into account potential fitness effects when the swimmer does return to training.

2.3 Illness whilst attending training or other event

If any swimmer, coach, other volunteer or spectator experiences the onset of any Covid-19 symptoms whilst attending a Club session, then they should leave the venue at the earliest opportunity and not return to the pool until they have received a negative test result.

Swimmers, coaches and volunteers must inform the Lead Coach.

If the Lead coach experiences symptoms, then another coach must be informed.

The Lead Coach should determine whether there is sufficient coaching cover for the session to continue.

Spectators who experience symptoms should inform the Lead Coach if they have a swimmer in the session, and either make alternative arrangements for that swimmer to be picked up at normal session end-time, or request that the swimmer leaves the session early to accompany the parent home.

3. Training Sessions

3.1 Swimmers:

All swimmers are encouraged to take regular lateral flow tests, especially after mixing with larger groups of families and friends etc. For example after Christmas and New Year celebrations.

Swimmers should not arrive too early for their allocated sessions, and should be mindful of the risk when mixing with their peers

Swimmers are required to wear face coverings at all times (unless exempt and advised to club) when inside one of the venues used by the club, whenever they are not actually on poolside. In changing rooms, face coverings may only be removed when showering or getting changed in individual cubicles.

NB: Face coverings are not mandatory for swimmers under 12 years of age but are strongly encouraged for this age group if the swimmer is comfortable to wear one.

3.2 Venues:

All LBASC members are expected to comply in full with the requirements of all venues in which the club trains and competes. If there is a difference between venue requirements and the Club's protocols, then the highest standard must be adopted

The use of group or communal changing rooms is discouraged, where there is an alternative in place.

3.3 Spectators:

Spectators are currently permitted for all training sessions, but this is subject to continuous review

The wearing of face coverings is required at all times when inside any of the facilities (unless exempt)

3.4 Structure of Sessions:

Swimmers are allocated to lanes at the start of each training session. Changes of lanes during a session are allowed (as directed by the Coach, not the swimmer) but it is recommended that these are kept to a minimum.

There are no restrictions on the number of swimmers in the pool as a result of Covid restrictions. (Requirement for sign-in for some sessions is due to other reasons).

Change of swimming order within a lane is allowed, but again these should be kept to a minimum, with the main aim being the avoidance of any 'bunching' of groups of swimmers

3.5 Coaches and Poolside Helpers:

Coaches and poolside helpers are required to remain mindful of the need to minimise the time of close proximity to each other and to swimmers

It is recommended that any coaching items (eg stopwatches) are not shared, or if this is necessary then they should be wiped with suitable hand-sanitiser between users. (NB Sanitiser should not be sprayed directly onto items such as stopwatches).

3.6 Equipment:

There are no restrictions on equipment that can be used.

Individual equipment should not be shared, but if this is necessary then it should be fully submerged in pool water first. Water bottles should never be shared.

If diving blocks, backstroke ledges etc are used, then these should be rinsed with pool water on a regular basis

4. Competitions & Galas (Team and Individual)

4.1 At Leyland Leisure Centre (where Leyland Barracudas is the Organiser):

A separate risk assessment will be undertaken by Leyland Barracudas for each individual event, that takes account of the risks due to the nature of the event, whether other clubs are attending, and the number of swimmers, poolside coaches and volunteers and spectators etc

If other clubs are attending, which means that the 'mix' of swimmers and parents will be greater than in club-only sessions, all swimmers/parents will be requested to complete a "Covid-19 and Risk Awareness Declaration" as per Swim England guidelines

Due to the limited capacity and difficulty in maintaining separation in the public areas, spectating may not be permitted. This will be dependent on an assessment of risk and both national and local numbers and trends of positive cases.

Decisions may need to be made and/or changed at short notice, depending on the prevailing circumstances

4.2 At other venues (where Leyland Barracudas is not the Organiser):

The club will expect to receive and communicate the risk assessment and/or protocols to be adopted by the event organiser in advance of the event.

All Leyland Barracudas swimmers, coaches, volunteers and spectators are required to comply with the protocols that are implemented by the organiser.

4.3 Transport (Bus):

If Leyland Barracudas arranges bus transport to and from the event, then all passengers are required to wear face coverings at all times whilst on the bus, and to follow any requests of the bus driver/operator. Wherever possible parents will be allowed to travel on the bus (usual priority of parents of youngest swimmers).

5. Meetings

5.1 Committee, Coaching and ad-hoc meetings (eg with parents):

Wherever possible, meetings of larger numbers of people (eg Executive Committee or Coaching Meetings) should continue to take place virtually, using Zoom or equivalent. If face-to-face meetings are required, they should only take place in locations which allow suitable distancing and ventilation. All attendees are required to wear face coverings.

Participants in smaller meetings, including ad-hoc discussions, should be mindful of the need to hold the meeting in a suitable location, especially if the duration of the meeting extends beyond 15 minutes

6. Contacts

[Report It](#)

For reporting all instances of symptoms, positive tests, updates etc
(Helen Ellis, Club Secretary & other committee members)

ask@lbasc.org.uk

For general questions & queries (Members of committee)

Chair@lbasc.org.uk

For questions/comments regarding these protocols
(Jon Ward)

Welfare@lbasc.org.uk

For any welfare concerns
(Wendy Buchanan/Rachel Doherty)