Dear fellow ET members

As you can imagine we are delighted to be getting back into the pools this week but things will appear a bit different with each pool having slightly different protocols.

Below are the details we currently have for the respective pools but some things are standard for them all.

**Generic Information**

**Booking sessions**

It is essential for us to have full and accurate details of who the participants are at any session. Only those who are booked can come along and places can only be reallocated by the ET COVID Officer (Ciara Webb) or one of the Return to Sport Officers (Adam Szymoszowski or Gavin Calder). PLEASE DO NOT ARRANGE PRIVATE SWAPS AS ANYONE OTHER THAN THE PERSON ALLOCATED TO THE PLACE WILL NOT BE ALLOWED TO PARTICIPATE.

**Test and Protect App.**

The club is asking all members to download the Scottish Government’s Test and Protect App. on their phones. This can be found by typing ‘Protect Scotland’ on to the device.

**COVID Symptoms**

If you, or anyone in your household, are displaying any of the symptoms of COVID you must self-isolate and should not attempt to come to any ET session.

If you feel ill during the session you must remove yourself from that session immediately alerting the coach from a safe distance and vacating the premises as soon as possible.

The coach, who is also the COVID Officer will then inform the premises who will alert the NHS tracing team.

**Transport**

All athletes should preferably travel individually (or in household groups) by car, foot or bicycle. Members should not be sharing transport with others outwith their own household or extended bubble as this goes against the current guidance on social distancing for adults.

<https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/#overview>

**Changing Rooms**

There is no access to changing rooms at the centres and members must come ‘beach ready’ to swim. Some sort of tracksuit or other easily removable item should be worn on top for decency. Changing time must be kept to a minimum and will take place in full view on poolside.

A bag for outside clothing must be brought and this will be left on poolside or as instructed by coaches/swimming pool staff.

**Showers**

There are no shower facilities available for ET sessions. Some allowances are being made for young morning swimmers going straight from the Edinburgh Leisure venues to school. Even they will not be allowed to use any products.

**Session Times**

We have been given an entry and exit time for our sessions. We will not be allowed on poolside prior to the start time and must be out at our finishing time. All sessions will finish sharply.

**Swim Toys**

For the first two weeks of the ‘new normal’ we will not be using swim equipment other than goggles whilst we get used to the arrangements. Thereafter only personal equipment can be used and this must be dipped in the water prior to use and afterwards.

**Warm Up**

In reality where the sessions are 45 minutes in duration this includes entry and exit so (certainly in the first instance) we will be swimming for just short of 40 minutes. To maximise the time we have in the pool we are advising that a land-based warm up prior to entering the facilities would be a good idea.

**Standard session start for all pool sessions**

In all sessions the following should happen. Swimmers enter the water at 2 metre distance as instructed by the coach. Lanes will be allocated by the coach according to perceived ability- if we get this wrong in the early days please stick with us (we will have a debrief after week 1 to look at any necessary tweaks).

**Swimmers should begin with 100 easy freestyle followed by 50 easy of another stroke and continue with this as a pattern until instructed to stop by the session coach.**

**Physical Distance and Face Masks**

2 metres distancing to be observed whenever possible both in and out of the water (no drafting practice in the pool at the moment).

Face masks to be worn at all times when not in the water. Coaches may remove if they can guarantee that they are 2 metres away from the nearest adult whilst coaching.

**Toilets**

Please see video for the Commie. At Leith and Dalkeith the toilets are available but masks should be worn. The centres are keen to minimise use.

**Specific pool guidance: Royal Commonwealth Pool**

Attached to this document is a Bitesize Guide to the way that the Commonwealth Pool has changed in layout and practice post-COVID. Please read this carefully.

It is essential to watch the following video kindly filmed by Laurel from Warrender BC.

[https://vimeo.com/455037574/af0491f3f5](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fvimeo.com%2F455037574%2Faf0491f3f5&data=01%7C01%7CAngelaMcCowan%40edinburghleisure.co.uk%7Cc67e4439d3794c21bbbf08d8533699ad%7Cc23b47f5d2de4d8e9eb6e51e8d53e9af%7C0&sdata=W9uWyQh0QZD2pO19q6bqp5w28ZTfWTMj0ZHizACjxOE%3D&reserved=0)

**Entry to the pool**

The duty coach will fob all swimmers in at their allotted time. This is to avoid touch points and queuing so please keep this in mind. The second group in the 45 minute slots should not attempt to come to poolside until the coach comes up to the front door but please try not to congregate in a big group there.

**Changing Pens and sanitising**

Please see film- decontaminate on leaving.

**Car Parking**

There is a new system of validation allowing free parking only for swimmers. Please see Bitesize attachment.

**Leith Victoria**

Guidance will be given by Edinburgh Leisure staff on arrival. Please follow all generic guidance above.

Car parking is limited so please park on the street and walk in if possible.

There is a one way system in place.

Sessions will start from both ends- use the generic warm up as above.

**Dalkeith**

Again come ‘beach ready’. The one way system means that swimmers should enter via the main door and then via the group changing to the right of the reception desk. Do not use the normal changing room route.

6 male and 6 female swimmers can congregate in the changing room to quickly become swim ready and then move into the area around the sauna. This will be policed by the duty coach.

Entry to the pool is by the shallow end and bags should be left there. Nothing should be left in the changing room.

Toilets are available in the changing rooms.

Exit is via the normal changing rooms and then out of the fire exit beyond the vending machine.

The duty coach will direct as appropriate

This week’s coaching rota

Thursday 5-6:30 pm RCP Mike B

Friday 6-7:30 am Leith Vic Adam S

Friday 8-9:30 pm RCP Sadly cancelled this week

Saturday 8-9 am Dalkeith Gavin C

Sunday 9-10 am RCP Gavin C

Gavin Calder (Head Coach)

Ciara Webb (VP and COVID Lead)