



Club Session Operations: under COVID-19
Return to the Water Guidelines for Members
(Based upon Fife Sports & Leisure Trust Document Reference:
CA-HS-10-NOP15)

Purpose

The purpose of this procedure is to set out the parameters in which to operate Club sessions at Carnegie LC as a direct consequence of the COVID-19 pandemic.

General Arrangements for clubs:

- Clubs will have a Covid officer at each session to ensure best practice is followed. This is an operational role, making sure that members abide by the new guidance and follow procedures as well as taking register for test and protect and being there should anyone need guidance or support during a session.
- Pool capacity is based upon each lane holding a maximum of 6 participants (ie 36 for water polo)
- Capacity of the wet change is 39
- Participants are required to enter the centre through the main doors
- All members of the club must follow one-way system
- Participants must not arrive at the centre more than 15 minutes before the session start time
- Only one parent/ guardian to escort athlete if required.
- Social distancing practices will be in place including one-way routes and face coverings in common areas (not required poolside).
- Limited changing, locker, and shower facilities will be available at the centre.
- Limited spectating will be available however FS< request as few as possible remain in the centre during the sessions.
- It is recommended participants arrive 'Beach Ready' – ie trunks/swimsuit worn under outer clothes.
- After the session, everyone must make their way immediately to the changing area, change & leave the facility as quickly as is reasonably practicable. Participants will be expected to shower at home.
- No congregation or social activity after the session.
- Toilet facilities will be available but limited.
- Vanity areas and hairdryers will not be available.

Club Procedures:

- Minimum of 2 coaches plus covid officer poolside. Coaches will operate on opposite sides of the pool and also across shallow end for Mini polo
- Minipolo squad should meet at the shallow end, all others to meet at the deep end under the balcony.
- Minipolo players (U12s) will operate across the pool at the shallow end. Foam boom may to be required depending upon numbers. Social distancing can be reduced for U12s.
- Players will recommence training in their current squads (details below).
- Squad times have been adjusted but will still overlap to make best use of the pool space and also minimises the number of members transiting through the changing village at any one time.
- Balls etc to be rinsed in pool water before and after use.
- No water polo caps are to be available for sharing due to difficulty of eliminating risk of transmission. However to ensure personal protection from injury, each goalkeeper will be loaned a cap for their own personal use. These will be retained by the GK.

Club training (iaw Scottish Swimming RTW guidance):

- Initial focus of training will be on fun, fitness, conditioning and technical skills.
- Dev/Junior/Senior squads will train within their current groups alternating between deep and shallow ends.
- Swimming fitness will be either widths or lengths depending upon numbers. Players encouraged to maintain distancing including for rests.
- Static fitness (leg drills) will be physically distanced primarily at the deep end.
- Passing drills will be in small groups and may incorporate rebounders to reduce player to player contact.
- Shooting drills will be introduced once a period of conditioning has been completed to minimise the risk of injury. Players to retain and use the same ball as far as practical.
- Minipolo (U12s) may have closer contact under latest guidelines.
- Physical distance to be maintained when shooting at goalkeepers.

Squads and revised session times:

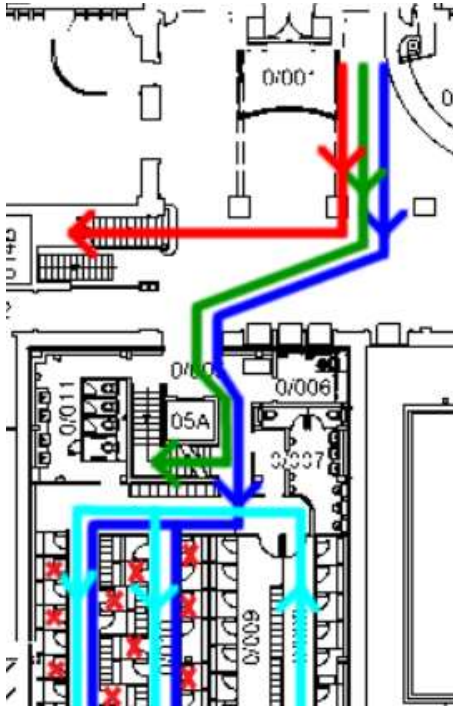
Mini Polo	Sunday 3pm-4pm Tuesday 6.30pm-7.30pm
Development	Sunday 3pm-4pm Tuesday 6.30pm-8pm
Junior	Sunday 4pm-5pm Tuesday 7.30pm-9pm
Senior	Sunday 4pm-5pm Tuesday 8pm-9.30pm

One way systems for members attending Club Sessions.

Before Club Sessions Start

Members to remain outside the centre until 5 minutes before the session start time.
On entry use hand sanitiser then follow marked routes *see diagram below* to the wet change (dark blue route).

Participants to wear face coverings until in the pool area and maintain social distancing.



Within the wet change area, use hand sanitiser if not already done in main foyer or personal provision then use the one-way system. *see diagram below*

