

Returning to the pool

Guidance for **Users**

Covid-19: Returning to the pool

To see the most recent updates, [click here](#).

Guidance for Users

Introduction

This document has been developed in co-operation with industry partners. It aims to support pool users in returning to swimming facilities following the period of closure, due to Covid-19, and provides guidance on reducing the risk of Covid-19 transmission within the swimming pool environment.

It will highlight the continued requirements for safe social distancing and enhanced hygiene regimes, along with guidance on how this will impact on the different experience the pool user will have. The guide will include details on booking your swim, what to do before leaving home, on arrival at the pool and in the water itself.

Pools can reopen indoors from 12 April. Indoors people can go swimming individually or with other members of their household/support bubble. Formally organised club and Learn to Swim sessions can also resume for Under 18s from 12 April indoors.

People who have turned 18 on or since 1 September 2020 are classed as under 18 for the rest of this academic year for the purposes of the government's restrictions.

Outdoors people can go for a swim in a group of up to 6 or two households. People from different households should maintain social distancing at all times.

There are no restrictions for disabled people.

You are allowed to travel to take part in sport/physical activity but the government asks people to keep journeys to a minimum.

Changing rooms are allowed to be open, but again the government encourages their use to be kept to a minimum so check the arrangements at your local pool.

Other sections will provide guidance for pool operators and practical advice relating to the control of Covid-19 in swimming facilities and during various activities. Links to best practice and other industry standard guidance will be provided where appropriate.

As with all environments, there is still a level of risk of Covid-19 transmission in aquatic settings that requires control measures to be implemented, based on your Covid-19 Risk Assessment.

If you have any questions relating to the guidance, please contact guidance@swimming.org.

Pool user guidance

Booking and timetable

- Check the facility website/social media channels or contact the facility directly for timetable, user guidance and booking instructions.

Before leaving home and on your return

- Do not come to the facility if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing, or anosmia e.g. loss of taste or smell).
- To reduce time spent in changing areas, please consider the following guidance:
 - Arrive ready to swim (private changing should still be available for those that require it). Once you have finished your swim, leave the venue as soon as you can.
 - Shower at home, pre and post swimming (showers may be available at the facility but by arriving wearing your swimwear under your clothing and showering at home pre and post swimming you will help minimise time spent in the changing rooms and help maintain the water quality).
- Check the operator's instructions on arrival time, parking, travel arrangements and plan your journey accordingly.
- Take hand sanitiser with you.
- Take any equipment/aids with you (floats, kick boards etc.) ensuring it is clean and identifiable as yours before you arrive.
- Ensure you have any booking confirmation required as part of the facility guidance.

At the facility

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

In the pool

- Follow the operator's directions for entry and exit to the pool.

Respect

- People of different standards and abilities will use the pool. Please respect their right to enjoy their swim.
- Do not make physical contact with other participants.

Speed and overtaking

- Choose your lane using the fast, medium and slow signs and by watching those already swimming. Before pushing off at each turn, check to see if anyone faster is approaching.

Direction

- Please follow the directional signs and move across to the appropriate side of the lane for each length.

Space

- Always attempt to maintain appropriate social distance between yourself and another swimmer.

Strokes

- If you change to a slower stroke as part of your session, think about moving lanes.

Equipment

- Follow the operator's guidance on use of any equipment.

Resting

- Whether stopping for a rest or catching your breath after completing your swim, please be mindful that others using the lane will want to keep on swimming without stopping; so keep yourself to the edge of the lane allowing others to turn at the wall, turning head away and allowing others to maintain social distancing measures.
- Stay hydrated by bringing your own 'pre-filled' water bottle on to poolside during your swim.

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Aqua Aims Swim School

Swim Buddies Swim School

Updates

Version five to six

Page 2:

Introduction updated

Version four to five

Page 2:

Introduction updated

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