

DUNBAR DOLPHINS – COVID-19 OPERATING POLICY AND PROCEDURES

In order for the club to be able to operate within the restrictions necessary to protect members, coaches, volunteers and their families from the risks of COVID-19, the following restrictions must be adhered to:

GUIDANCE FOR MEMBERS

- Members should not come to the leisure centre if they are showing any symptoms of COVID-19 (temperature, cough, difficulty breathing, or anosmia e.g. loss of taste or smell). Refer to NHS Inform for more information.
- People who are symptomatic should self-isolate for 10 days and household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a swimming club session.
- Members must only attend their designated swimming session and must not arrive at the pool earlier than their allotted time.
- Members must use hand sanitizer upon entering the leisure centre and should adhere to the necessary hygiene measures.
- Parents/carers are not permitted to enter the leisure centre. All members must be dropped off and collected from outside the main entrance of the centre.
- Changing areas will not be used, during the duration of COVID-19 restrictions being in place. To facilitate this, members should:
 - shower, before and after their swim session at home;
 - arrive ready to swim, with swimwear under their clothing;
 - remain within their designated changing area until asked to move to the poolside;
 - dry and change promptly, at the end of their swim session and leave the centre as soon as they can.
- Members must remain a minimum of two metres away from coaches, volunteers and lifeguards, at all times.
- Members in Group 2 must wear a face covering to enter and exit the pool building.

GUIDANCE FOR VOLUNTEERS

- Volunteers should not come to a swim session if they are showing any symptoms of COVID-19 and should follow the guidance given above.
- Volunteers must adhere to social distancing measures at all times, by remaining a minimum of two metres away from members and other volunteers.
- All volunteers must use hand sanitizer upon entering the leisure centre and at regular intervals during their time on poolside and adhere to the necessary hygiene measures.

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USE OF FACILITIES

During the period when COVID-19 restrictions will be in place, the use of the swimming pool and its facilities will differ from usual. The following usage policy must be adhered to:

- Swimmers must only swim in their designated lane and must not change or move between lanes at any times.
- Swimmers must enter and leave the water at the shallow end wall and avoid, if at all possible, using steps, handrails or ladders.
- Swimmers should make every effort to have used bathroom facilities at home, before arriving for their swim session.
- Swimmers will not have access to showering or changing facilities, whilst at the leisure centre.

COVID-19 ALERT PROCESS

- A register will be taken by a club volunteer, at the beginning of each swim session, for track and trace purposes.
- If a member attends a swim session with symptoms similar to COVID-19, they will be asked to sit out, away from all others, under the supervision of a volunteer. The volunteer will have access to the necessary PPE.
- Parents/carers will be contacted immediately. The member will then be required to go home and follow the Scottish Government's self-isolation and test and protect guidance.
- In the event that a member tests positive for COVID-19, it is their duty to inform the club immediately, by emailing cpo@dunbardolphins.org.
- All those who have attended a swim session with a member who has tested positive will be informed of this by the club's COVID Officer and must then follow the Scottish Government's self-isolation and test and protect guidance.