

Back to the Water Briefing



CITY of **GLASGOW**
SWIM TEAM

23 September 2020

Session Objectives

By the end of this session you will:

1. Be aware of COGST “Back to the Water: **guidelines**
2. Understand the **risks** involved in returning to training
3. Understand the **risk management** plans
4. Understand **your role** in adhering to the guidelines
5. Know what to do if you have questions or need further info



CITY of **GLASGOW**

SWIM TEAM

COGST Priorities

Health and wellbeing of all swimmers and volunteers

Minimise any potential for increasing the burden placed on the NHS

Follow Public Health Scotland, Scottish Government and Scottish Swimming guidelines

Provide meaningful training opportunities for all our swimmers

For more info:

www.publichealthscotland.scot

www.gov.scot

www.scottishswimming.com

Understanding the Risks

It is essential that all volunteers, swimmers and parents understand the risks associated with returning to training; and also the management strategies put in place to combat these risks.



Preparing to get Back to the Water



CITY of **GLASGOW**

SWIM TEAM



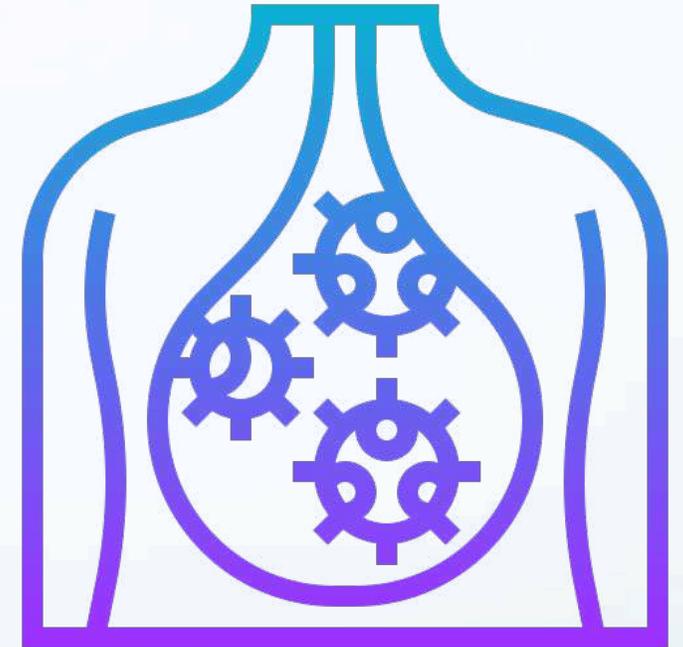
Back to the Water Documents

- ✓ **Risk Assessment**
 - **Generic**
 - **Covid Specific**
- ✓ **Health Screen Survey**
- ✓ **Self Declaration**
- ✓ **Briefing and video**



What is COVID-19?

- Coronavirus disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).
- The disease is highly contagious and spreads predominantly by **droplet transmission** but may also occur due to **direct contact** with an infected person or object.
- There is currently no effective cure or vaccine for the disease.
- Most of those infected (~80%) tend to have a mild disease which often includes symptoms of fever, cough, shortness of breath, headache, loss of taste or sense of smell.
- It is thought that the virus can be transmitted up to 2 days before symptoms occur making spread more difficult to prevent.



COVID-19



Will I get COVID-19 and if so how badly will I be affected?

- Anybody can catch or pass on COVID-19.
- Those who have a severe illness are more likely to be older and/or have underlying medical conditions
- Policies put in place by Scottish Government, Public Health Scotland and Scottish Swimming which have been adopted by COGST will help to reduce the risk of contracting and spreading the disease.

COVID-19

How does COVID-19 affect swimmers specifically?

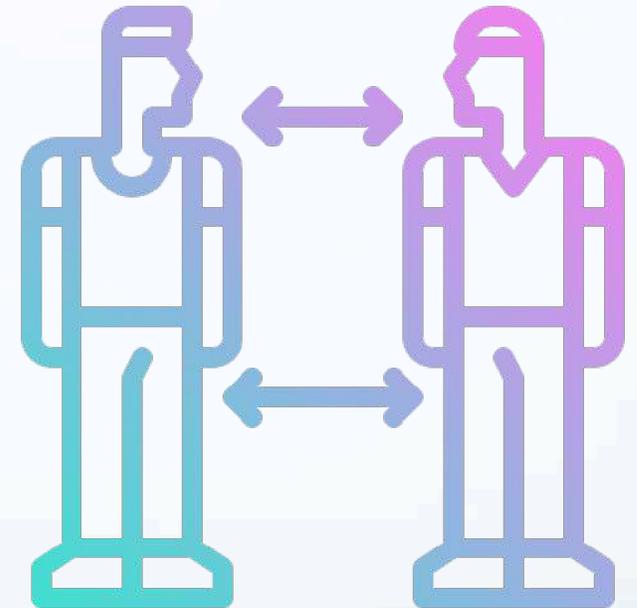
- It is not yet fully established how COVID-19 affects swimmers specifically but studies have shown that a number of people who contract COVID-19 exhibit heart muscle involvement as part of their illness.
- The risks of myocarditis are thought to increase if an athlete continues to exercise with COVID-19 or return to training too soon after illness.
- If you develop COVID-19 symptoms you must stop swimming and follow appropriate medical advice.



CITY of **GLASGOW**
SWIM TEAM

Physical Distancing

- Physical distancing requires **2 metres** to be maintained between individuals (except where everyone is under 12).
- Appropriate physical distancing must be maintained **at all times** when travelling to/ from training, and while in the training environment (except when you are with people from your house).
- Athletes must also adhere to the Health Protection Scotland (HPS) guidelines on physical distancing when away from the training environment



COVID-19 Team

Covid Officer

Name TBC

Appoint and lead the Liaison Officers, support liaison officers as necessary

Oversee Covid-19 Risk Assessment and procedures, review regularly

Link with Pool venues and Club Committee

Ensure processes and information in place, update where necessary

Work with committee to ensure effective communication to all members

Liaison Officers

Ensure self declarations and health forms are completed and stored securely

Ensure athlete paperwork has been completed before venue entry

Ensure session registers are taken and recorded

Observe sessions to ensure procedures and guidance is followed

Liaise with Pool staff and support the coaching team

Note and improve any non-compliance matters. Pass information on to Covid Officer

All COVID officers will be easily identifiable wearing a hi-viz vest. A full list will be published shortly. If anyone has any questions for now please email: covid19officer@swimglasgow.co.uk

Back to the Water Schedule



CITY of **GLASGOW**
SWIM TEAM

- Do not arrive earlier than 15 minutes before the scheduled start time
- Most sessions will be at Tollcross – restarting on 29th September
- Some squads will also train at Maryhill pool on a Wednesday – from 7th October
- We also have one timeslot at Gorbals on a Friday evening – from 2nd October
- Weekday mornings at Tollcross will start at 05:15 (entry to building from 05:00)
- Saturday morning at Tollcross runs from 08:30-10:30 (entry 08:15)
- Weekday afternoons/evenings run between 15:00-20:00
- Please arrive no earlier than 15 minutes before the scheduled start time
- There are no sessions on a Sunday for the time being

We have a new training schedule which has already been sent out to all members.

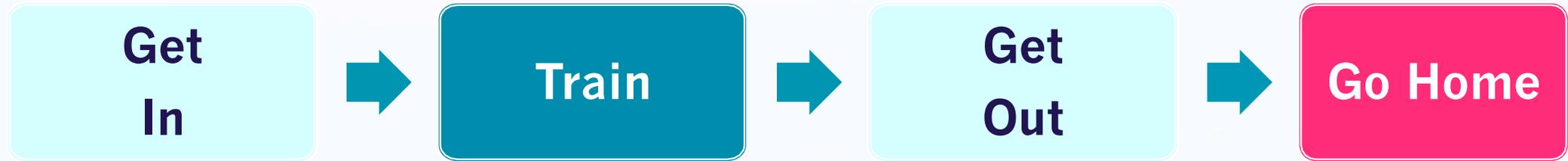
Please note that this schedule is based on the resources available right now across the city and is only a starting point.

It is subject to change and as venues open up and restrictions ease in the future we will obviously be aiming to add to it.

Whilst there is some drop in time/sessions for most swimmers we should bear in mind and be grateful that the time and space we will have is much better than most clubs.

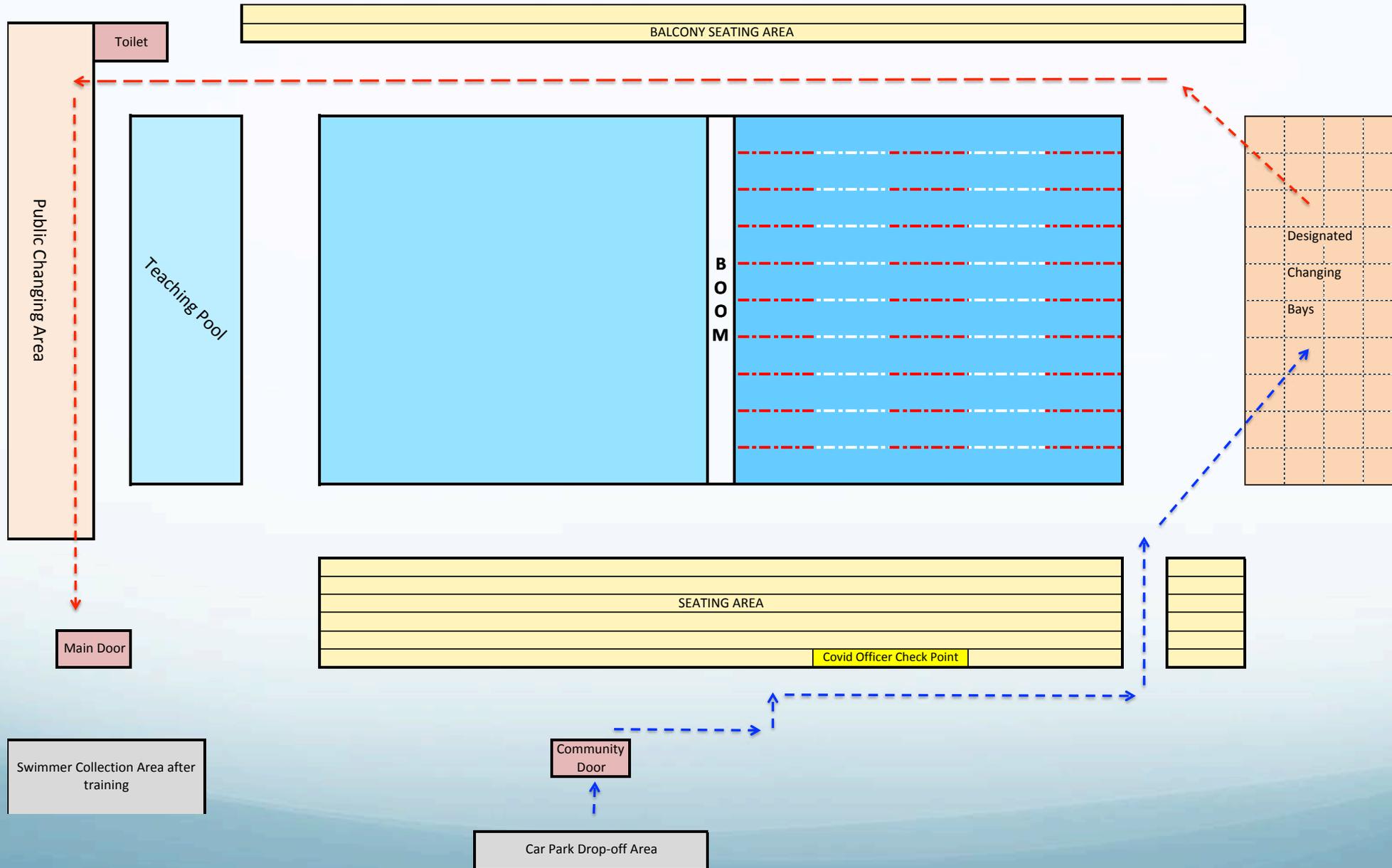
Physical Distancing in the Pool

Personal Organisation



- Pre-pool and post-pool exercises to be completed at home whenever possible
- Arrive “beach ready” whenever possible and go straight to an empty designated changing bay
- Change quickly then meet your coach at your designated lane
- No showering before or after sessions
- Change quickly then leave the building

Venue Navigation



Swimmer – daily training process

- 1** Do not leave home if displaying any signs/symptoms of COVID-19 and report to COGST Covid Officer
- 2 Complete any pre-pool exercises at home
- 3 Go to the toilet and wash hands before leaving home
- 4 Travel to training (independently, or as per current guidelines)
- 5 Arrive at the pool at the designated time (approx 10-15 minutes before session)
- 6 Wear face covering and use hand sanitiser on entering the building
- 7 Report to Covid Liaison for a health check (this will be in a designated area to be confirmed in due course for each venue)
- 8 Follow the signage and one way system to your allocated changing bay
- 9 Undress, remove face covering, and pack all clothes neatly in your bag
- 10 Pick up your equipment and head to your designated training lane
- 11 Conduct the training session in accordance with instructions from your coach
- 12 Adhere strictly to training lane guidance and physical distancing
- 13 Return to your bag, dry and change quickly and pick up all your possessions
- 14 Leave venue promptly via designated exit route
- 15 Complete any post-pool exercises at home

Water Bottles and Training Equipment

- Bring a water bottle with you – these must be full, **named** and easily identified – you will not be able to fill them at the pool
- Bring your own training equipment with you and take it home each day – all items must be **named** and easily identified and preferably in a mesh kit bag
- Check with your coach which specific items of equipment you need and leave at home any the coach does not require you to bring
- You will not be allowed to borrow or lend any equipment
- Clean and sanitise all your equipment at home every day before you return with it
- Do not leave or store any training equipment at the pool

Swimmer Illness at Training Venue

If a swimmer becomes unwell with Covid symptoms during a training session:

- They will be removed from the session as quickly and as safely as possible
- Isolated if unable to leave immediately
- If first aid is required appropriate PPE will be used
- If under 18 - The Covid Liaison will inform the parent/guardian immediately
- Anyone supporting the individual must wear a face mask
- The swimmer should return home and contact NHS Scotland for the next steps as appropriate
- A designated Covid Liaison will stay for the duration of each training session in case a swimmer requires support

For reference the symptoms for COVID-19 are currently:

A new continuous cough

A high temperature or fever

Loss of taste or smell

For a full list of symptoms and for more information:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Process for returning to training after having Covid-19

- Swimmers should refrain from ALL training for a period of 15 days following the start of Covid-19 symptoms
- Athletes should be >7 days symptom free before re-commencing training
- Seek medical advice if appropriate before returning to training
- Starting to train earlier than the above recommendations risks developing complications of Covid-19 and therefore should be avoided
- Return to training should only commence once Health Screening has been revisited

Cleaning and Hygiene - Environment

- Thorough environmental hygiene strategies have been put in place in the pool, in keeping with Public Health Scotland guidelines
- This will include:
 - Deep clean prior to resumption of training
 - Cleaning of all high traffic and contact surfaces before and after each training session



Cleaning and Hygiene - Environment

- In combination with social distancing, personal hygiene remains the best defence against Covid-19
- **Handwashing** to comprise:
 - Thorough hand washing with soap and water for 20-30sec
 - Wash hands before leaving/returning home
- **Hand gel** provided on entry to venue
- Use approved hand gel frequently when contacting a surface and not having access to hand washing
 - Carry your own personal hand gel for all sessions
- **Avoid** touching your face with your hands

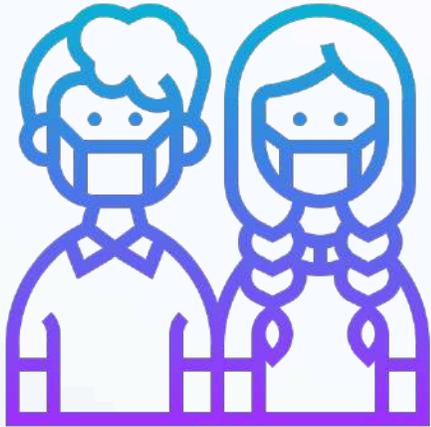


Cleaning and Hygiene - Equipment

- Personal equipment must be cleaned with anti-viral wipes or solution before and after use
- Personal equipment must not be stored at the venue.
- Sharing of equipment is not permitted. Swimmers must only use their own equipment.



Personal Protective Equipment (PPE)



- Swimmers must wear a face covering on entering the building and until the point they have changed for the session and again when changing before leaving the pool hall and exiting the building
- Coaches must wear a face covering at all times except in the pool hall when is necessary and a safe distance can be maintained
- A face covering can be a disposable face mask or a specific material covering
- Staff that are required to work within 2m of others must wear appropriate PPE for the task

Staffing and Medical Provision

Staffing:

- Staff numbers will be kept to the minimum that will fulfil our priorities whilst maintaining a safe environment
 - Coaches
 - Swimmers
 - Lifeguards
 - Covid Liaison Officer

Spectating:

- Due to the implementation of a maximum number of people being allowed in the building at any one time, there will be no spectating under any circumstances. Parents can park-up and wait in the car park.

Medical:

- Lifeguards are responsible for poolside first aid and further emergency action should it be needed.

Managing the Risks

- COGST has worked closely with Glasgow Life to put a detailed plan in place to minimise the risks to all staff and athletes
- Everybody plays an important role in managing risk and we must all take personal responsibility to ensure we meet the requirements – in the pool, at school/college/university and out with the club environment
- Anybody not adhering to the guidance will have their **right to train removed**
- Anybody not adhering to the guidance may also cost the rest of the squad the right to train as COGST could have their access removed
- If anyone is involved in, or witnesses an event, that contravenes the Back to the Water guidance, they should notify a coach or Covid Officer



Summary Checklist

- Watch this briefing!
- Watch the Tollcross 'walk-thru' video (and likewise for other pools when they become available)
- Read and familiarise yourself with the DO's and DON'Ts list
- Complete the Health Questionnaire (online form)
- Complete the Self-Declaration form (online form)
- Update your contact details on Team Unify (or OnDeck)
- Clearly label all your equipment with your name
- Come to the pool 'swim-ready' and we recommend bringing a onesie, sliders, a large coat or dressing gown to easily depart in
- Bring a face mask to all training sessions
- Do not come training if you are not feeling well



Remember **FACTS** – or **GITWGOGH!**

Get In

Train Well

Get Out

Go Home



Beth Johnston - Back to the Water Message



If you have any questions about swimming please contact Ian or Danielle.

For Covid-19 or Welfare matters please contact...



Covid Officer Details



- TBC
- TBC
- covid19officer@swimglasgow.co.uk

WPO Contact Details



- Angela Taylor
- 07828 167690
- Taylorangela50@gmail.com