



ENNIS
SWIMMING & LIFESAVING CLUB

Ennis Swimming Club Return to Water plan

The following plan outlines the procedures that Ennis Swimming Club will undertake to ensure full compliance with all Covid-19 operating procedures as set down by Ennis Leisure Complex and Swim Ireland.

The aims of our Covid-19 Operational Procedures are:

- to reduce the risk of transmission of Covid-19
- to protect the health and well-being of all Swimmers, coaches and volunteers of Ennis Swimming Club and staff and customers of Ennis Leisure Complex.

Prior to Return:

Ennis Swimming Club have appointed a Covid Committee and this is lead by our Lead Covid Officer Niamh O'Connor. Other members are all squad liaisons, Head coach and Chairperson. Niamh will be the contact for any Covid 19 related query or issue.

Her contact details are leadcovid19officeresc@gmail.com or mobile 0879474650

For all athletes returning at least one parent has completed Swim Ireland Covid training and submitted a cert which is on record with their squad liaison officer. These parents therefore are able to act as the Covid officer at rostered sessions.

We have invested in an App to track our Self report screening forms (to be filled out in advance of each session) This App (Oqlist.co.uk) not only allows parents to answer all questions on the self screening form in seconds, it also allows the covid officer on duty to check them off on arrival to the pool and the liaisons to track attendance.

A return to Water pack will be supplied to all parents and coaches in advance of training resuming. This will include the following documentation (see Appendix I)

- ✓ Letter from ESC Covid committee with checklist
- ✓ Covid 19 Self Declaration form (one time fill out)
- ✓ Swim Ireland Covid 19 guidelines for parents
- ✓ Swim Ireland Covid 19 guidelines for athletes
- ✓ Access to our Covid 19 App
- ✓ New Codes of conduct for parents, coaches, club volunteers and athletes
- ✓ Map of the complex showing entry and exit points, one way system, sanitising stations and changing rooms.
- ✓ Initial coaches information on lanes, home point, entry and exit of the pool.

All swimmers will be instructed on the following;

Hand Hygiene

Swimmers to sanitise their hands:

- ✓ on entry/exit from the facility,
- ✓ after using the toilet.
- ✓ after coughing or sneezing

Respiratory Hygiene and Cough Etiquette

Respiratory hygiene is vital to prevent the spread of respiratory infections such as influenza, colds etc. The following measures to contain respiratory secretions will be promoted in the club:

- ✓ Covering nose/mouth using disposable tissues when coughing, or sneezing
- ✓ Disposing of tissue in the nearest bin after use.
- ✓ If no tissue available cough/sneeze into elbow and wash/sanitise hands
- ✓ Performing hand hygiene after coughing or sneezing.
- ✓ **Keeping hands away from the mouth & mucous membranes of the eyes and nose.**

Social Distancing and Club Operation

Social distancing is recommended to reduce the potential spread of infection. Swimmers and personnel at sessions are asked to consider social distancing at all times during their use of Ennis Leisure complex.

Return to the Water:

Prior to Session:

- In advance of each training session Swimmers will complete and submit their self-screening form to confirm they are fit and well for training. (on the App)
- Ennis Swimming Club will be responsible for keeping self-declaration information for our swimmers.
- Ennis Swimming Club accepts that a spot checks on self-declaration forms can be conducted by Ennis Leisure Complex.
- For training sessions taking place in morning (before 12pm) App must be completed by 7pm the previous evening
- For training sessions taking place in the afternoon (after 12pm) App must be completed by 10am that morning
- If any swimmer answers YES to any question on the form they should not attend training and should notify leadcovid19officeresc@gmail.com
- If any swimmer becomes unwell after submitting the form they should not attend training and should notify leadcovid19officeresc@gmail.com
- Swimmers will bring own water bottle(s), which will be filled in advance and clearly labelled with swimmers name
- Swimmers will bring their own equipment; no sharing of equipment is permitted – For the first 4 weeks of training there will be no training equipment in use – swimmers will need FULL labelled bottle of drinking water, hat and goggles.

Travel to Pool:

- Only by athletes/coaches/covid officers who have no adverse symptoms and have completed the electronic self declaration form the previous day.
- Only if government travel restrictions allow
- Car – pooling limited as per current guidelines
- Parents remain in car park or available to return quickly with a phone call should swimmer be unwell
- Athletes arrive at facility 10 minutes ahead of session time and line up with social distance outside the main pool entrance (electronic doors) and wait
- Swimwear should be under clothes where possible to speed up session and minimise time changing in designated change area
- Swimmer should have their swim bag ONLY. All other bags including school bags, PE kits and valuables should be left in the car.

Entry to the Facility:

- Latecomers will not be permitted to the pool – you are asked to arrive 10 minutes ahead of your session, the doors will be locked once the session starts and no additional swimmers will be admitted.
- Swimmers will use hand sanitizer upon entry to the building
- The Covid Officer/Chaperone will verify swimmers at the door using the App
- Once the swimmer has been admitted by the Covid officer/chaperone they should proceed directly downstairs following the one way system set up by Ennis Leisure complex ensuring social distance at all times.
- Swimmers will be assigned changing rooms for all sessions and after sanitising hands again should proceed to the assigned changing room and quickly change. (see map) one swimmer per changing room, 6 swimmers adhering to distancing requirements in communal changing rooms, family members at same session should share family changing rooms where possible)
- Swimmers will leave their gear bags in a changing cubicle and use that same cubicle after training. Siblings will use the same cubicle where possible.
- Swimmers will exit the changing rooms, shower quickly and move directly onto pool deck
- In the interest of social distancing & minimisation of person to person contact, no parents/ carers are permitted into the facility. (except the chaperone/covid officer)

During Session:

- Swimmers will be assigned a lane and a home place (either end of the pool, one in the middle of the lane and one at each 15m flag – see map) Swimmers should exit the changing area and move directly to the end of the pool closest to their home place. (Changing rooms Communal (female) #4, 4a, 5, 6, 7, 8, 9 and 10 enter pool at baby pool end – changing rooms 3, 2,1 and 5 family rooms and communal (male) changing room enter pool opposite end)
- Bottles/equipment should be in mesh bag placed at their home place (either end of the pool or hanging from the lane ropes)
- Swimmers should start and finish all repeats at their home place
- Maximum number of swimmers per lane is 5
- Coaches on poolside limited to 3 and always socially distanced. Coaches should also operate a one way system (clockwise) while walking around the pool deck.
- Only essential visits to the bathroom will be permitted, swimmer must be accompanied by covid officer who will check the bathroom (only 1 swimmer at a time in the bathroom)
- Sessions will be simple to start and will be explained by coach.
- Coach feedback should be given with adherence to distancing guidelines.
- Coaches should promote exhaling into the water and below surface push offs.
- Coaches should remind swimmers regarding distancing, cough/sneeze etiquette

After Session:

- Swimmers should stay in their home place until asked to leave the water by the coach
- Swimmers are then able to take a very quick shower
- Covid officer/chaperone/coach should be on hand to direct swimmers to maintain distancing while showering and leave the showers in a timely manner
- Swimmers should then proceed to their assigned changing room and change quickly. There is to be NO USE of the vanity area/hairdryers
- Swimmers should depart the facility using the one way system as assigned by Ennis Leisure complex, via the emergency exit near the baby pool sanitising their hands as they leave.
- Parents should collect their swimmers there and leave the complex car park as soon as possible
- Swimmers should not leave any property at the pool

Covid Officer on Duty will

- ✓ Act as session chaperone/parent on duty
- ✓ Take attendance and verify that all members and volunteers present have completed self-declaration form on the App
- ✓ Will monitor that social distance guidelines are adhered to at all times, with particular attention to entry and exit points
- ✓ Will assist coach in ensuring social distance within the pool if needed
- ✓ Will contact parents as needed
- ✓ Will report to lead Covid officer and squad liaison if any issues observed
- ✓ Will report any concerns raised by facility staff to Lead Covid officer

Additional points:

Contact Tracing

Ennis Swimming Club maintains full contact details for all swimmers if required for contact tracing.

Suspected case of COVID-19 Action Plan

In the case of an individual having a suspected case/showing symptoms during a training session the Covid Officer /Chaperone on duty will need to take charge of the process and undertake the following:

- ✓ Immediately separate the individual complaining of symptoms from others and bring them to the Isolation area which is located in the meeting room opposite the reception desk (see map)
- ✓ The Covid officer should inform the lead covid officer Niamh O'Connor, the facility and if the suspected case is a child, their parents.
- ✓ The Covid officer will work with the facility to manage the case.
- ✓ The Covid officer should wear a facemask and maintain social distance from the person displaying symptoms
- ✓ The Covid officer should give the unwell person tissues and hand sanitiser
- ✓ If the person is well enough to go home they can be collected by their parent/guardian. Advise them to contact their GP for advice.
- ✓ All disposable equipment should be disposed of by double bagging and storing for 72 hours before disposing of as normal. Reusable medical equipment should be cleaned/disinfected.
- ✓ The Lead Covid officer will keep a record of any such cases and the outcome.

In the isolation room should contain the following protective gear:

- Goggles
- Mask
- Gloves
- Apron
- Tissues
- Hand sanitizer
- Clinical waste bags
- Details of what to do next

Contraction of COVID-19 Action Plan

If a club member tests positive for Covid 19 the lead Covid officer should undertake the following

- ✓ Inform members and the facility that a case of Covid 19 has been confirmed within the club
- ✓ They should not identify the member, just that a case has been confirmed
- ✓ Inform members that the HSE are now managing contact tracing and they may be in contact with club members and volunteers as necessary
- ✓ Provide support to the HSE throughout the contact tracing process. (attendance and self report screening forms will be important here)

Cleaning

All cleaning to be undertaken by Ennis Leisure Complex.

Appendix I

Return to Water Pack for parents

- ✓ Letter from ESC Covid committee with checklist
- ✓ Covid 19 Self Declaration form (one time fill out)
- ✓ Swim Ireland Covid 19 guidelines for parents
- ✓ Swim Ireland Covid 19 guidelines for athletes
- ✓ Access to our Covid 19 App
- ✓ New Codes of conduct for parents, coaches, club volunteers and athletes
- ✓ Suspected case of Covid 19 action plan
- ✓ Contraction of Covid 19 Action Plan
- ✓ Map of the complex showing entry and exit points, one way system, sanitising stations and changing rooms.
- ✓ Initial coaches information on lanes, home point, entry and exit of the pool.

September 2020

Dear Member,

We are pleased to inform you that we are now in the final stage of our preparation to 'Return to Water' in line with Swim Ireland guidelines and with the co-operation of Ennis Leisure complex and Shannon Pool. We have appointed Niamh O'Connor to be our Lead Covid officer and she will be the main contact for all Covid related issues and questions

Niamh O'Connor – 087-9474650

leadcovid19officeresc@gmail.com

We are enclosing a pack of information for you to read ahead of returning to the pool once we are ready to start back. Please read all this information carefully and sign your Self declaration and codes of conduct and send them back via email to your liaison officers before we start back.

Checklist for Parents

As you return to the pool we would like to draw your attention to the below:

- Complete the self-screening form on the App before session
- If your child has any symptoms of Covid 19 please to not attend
- If you are chaperone and you have any symptoms of Covid 19 please arrange a replacement.
- Remind your swimmers to adhere to social distancing guidelines
- Remind your swimmers about cough etiquette
- Remind your swimmers to sanitize or wash hands regularly and on entering and leaving the pool building.
- Stay in the car park or close by (within 5 minutes) during the session
- No parents other than rostered chaperone and coaches are allowed in the building
- Swimmers should ONLY bring swim bag into the pool
- Swimmer should have their own equipment NO sharing – Initially goggles, hat, FULL water bottle in a mesh bag. (no other equipment for first 4 weeks)
- Swimmers should be collected promptly after the session.
- If you have any questions contact your Squad liaison officer
- If you have any Covid related issues please contact the Lead Covid Officer.

Kind regards and stay safe
Club Committee

Self Declaration Form – Athletes and Staff

Swim Ireland accepts that it is not possible for any sport to eliminate the risk of the spread of the COVID-19 virus completely and will work with all stakeholders to minimise risk; this concept must be fully understood and accepted by all Swim Ireland members who wish to return to the water and resume aquatic activities

As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within sports facilities. Swimming, particularly within a club specific setting, does not require direct contact between athletes or coaches and social distancing can be maintained throughout training sessions, both in the pool and in the gym. We can create safe plans for the usage of our pools to deliver swimming coaching and deliver this in a manner which is compliant with public health directives. The HSE has indicated that water with the recommended levels of chlorine will inactivate COVID-19. Proper operation and maintenance (including disinfection with chlorine) of such pool facilities should inactivate the virus in the water.

The purpose of this document is to ensure everyone has considered the relevant risks and the required protocols and behaviours required to return to the water as safely as possible, and to confirm adherence to same.

Please answer the following questions and return it to your club as per their instructions:

Name: _____

Date: _____

Pre-commencement of training

To be read by athletes (and their parent/carer if they are U18)

- | | |
|---|-----------------|
| 1. Have you reviewed the relevant protocols issued by your club, understand these, and agree to comply with them? | YES / NO |
| 2. Do you acknowledge the risk of COVID-19 and that you are 'Returning to Water' at your own risk? | YES / NO |
| 3. Do you acknowledge that you play a vital role in minimising the spread of COVID-19, over and above the measures implemented by the club? | YES / NO |
| 4. Do you agree to attend any training required of you by your club in relation to the protocols or other procedural matters? | YES / NO |
| 5. Do you agree to adhere to all COVID-19 notices at the pool, agree to adhere to all SI, club and the facility's COVID-19 measures at the pool and agree to abide by any directions given by club officers while on premises specific to COVID-19 health and safety measures? | YES / NO |
| 6. Do you acknowledge that any measures are subject to change at short notice, where circumstances merit? | YES / NO |
| 7. Do you agree to any changes in the terms and rules of your club membership where necessitated by the COVID-19 crisis, including disciplinary measures where there is non-compliance with health and safety measures and/or directions from club officers? | YES / NO |
| 8. Do you agree to complete the COVID19 Self Report Screening Form before each club activity you attend? | YES / NO |

If the answer to any of the above is NO, please notify your Lead COVID-19 Officer by phone. You should not attend any club activities

Athlete/ Staff Signature: _____

Date: _____

Parent/Carer Signature (if U18): _____

Covid-19 Guidelines for Athletes

BEFORE YOUR SESSION	AT THE POOL	AFTER YOUR SESSION
<p>DO</p> <ul style="list-style-type: none"> Complete your club's "Athlete Self-Declaration/Screening Form" before leaving your house Wash your hands (and ideally take a shower) before leaving your house Have your swimsuit/polo suit on under your clothes when arriving at the pool Bring only what equipment is needed – have your name on EVERYTHING <p>DON'T</p> <ul style="list-style-type: none"> Don't go training if you are feeling unwell/have any cold flu symptoms or have been unwell in the last 14 days If you have answered YES to any of the answers on your "Athlete Self-Declaration/Screening Form" you mustn't go training Don't share lifts with your friend to training (unless you live in the same house) If you are late, you won't be allowed in the pool – there are various checks that need to be done before you are allowed into the pool 	<p>DO</p> <ul style="list-style-type: none"> Use hand sanitiser when you arrive at the pool Keep all clothing and equipment in your 'athlete spot/athlete dressing place' Stay in your own 'athlete spot/athlete dressing place' to complete your pre-pool briefing Know where your 'home spot' in the pool is Listen carefully to your coach's instructions Ask your coach if there is anything that is not clear or you don't understand <p>DON'T</p> <ul style="list-style-type: none"> Although we know how badly you want to do this – you mustn't high-five, hug, shake hands with your friends We know it's tempting, but you can't try to catch the person in front of you when you are swimming Even though it can be hard, you can't cough/sneeze into the pool, also do not spit anywhere in the facility 	<p>DO</p> <ul style="list-style-type: none"> Go directly to your own 'athlete spot/athlete dressing place' when the session is over Dry off and get dressed – you will need to leave your suit on if you do not have access to a changing room Wipe down your 'athlete spot/athlete dressing place' using disinfectant (this will be provided for you) Bring all your equipment home Leave the pool following the directions given – using hand sanitiser as you leave the building Go straight to your car and home for a shower Leave the pool if you need to cough or sneeze if possible. If it's not possible, you need to cough and sneeze into your elbow <p>DON'T</p> <ul style="list-style-type: none"> Leave any equipment behind, it must all go home with you You mustn't hang around after a session You can't share your equipment, water bottle, snacks etc with others



Covid-19 Guidelines for Parents

DO	DON'T
<ul style="list-style-type: none"> Wash your hands before leaving your house Stay in your car during the session (unless you are the person on duty) Stay in the car park, or at least within 5 minutes of the pool Ensure your child has their swimsuit on under their clothes Ensure your child has their name on all of their equipment Have a mobile phone with you in case your child needs to contact you to leave early 	<ul style="list-style-type: none"> Don't let your child go training if you are feeling unwell/have any cold flu symptoms or have been unwell in the last 14 days Give a lift to another child to training (unless they live in the same house) Leave in case you need to pick your child up early Be late for the session – there are various checks that need to be done before your child is allowed into the pool Hang around after a session Attend the session as person on duty if you are feeling unwell – please arrange a replacement



Ennis Swim Club – Covid APP

How to use

1 – as a parent

2 – as the parent on duty/covid officer

1.To register and fill out health questionnaire

For Parents/Coaches – See attached pdf – Parents/Coaches scan QR code by using camera on phone, or, use link and select Ennis Swim Club.

<https://covid.oqlist.co.uk/register>

Once in this screen you can click on the three dots on top right and select create shortcut to home screen.

Fill out details and submit!

2. Parent on Duty/Covid Officers/Squad Liaisons

(Make sure you register yourself and your athletes/kids for any session you are attending as detailed above before logging in as manager).

To verify attendance at training use link

<https://covid.oqlist.co.uk/manage>

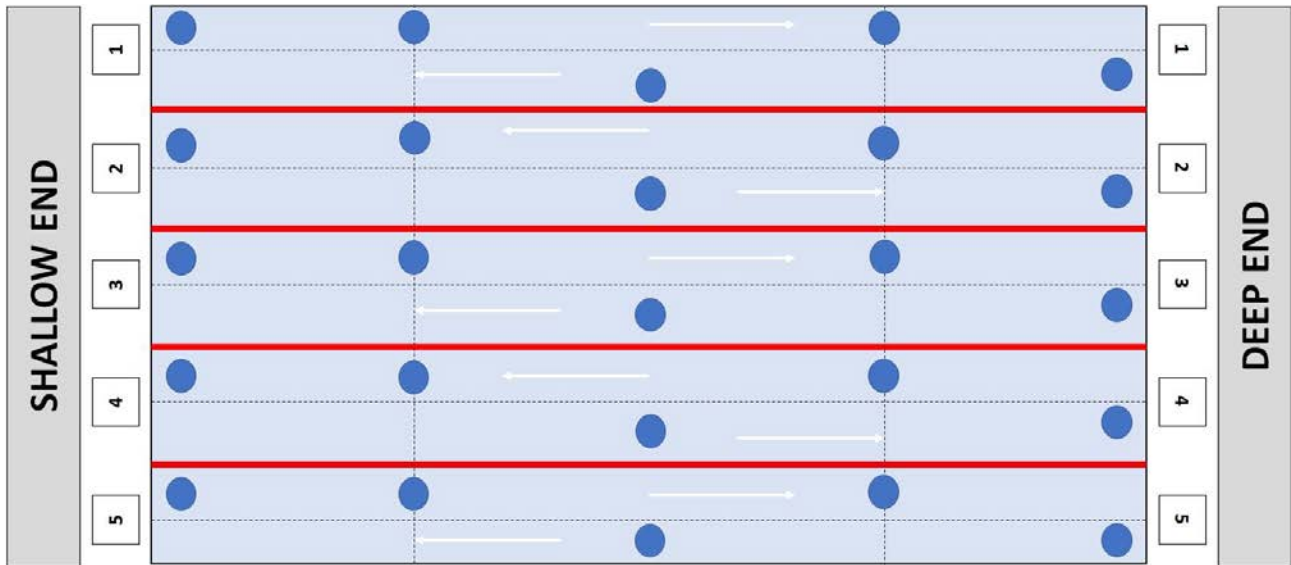
Login using

enniswimclub@gmail.com

Password: Swim1941#

From here you can check “verified” in green to confirm attendance at training of every coach, athlete and parent on bank

Liaisons – You can select a specific date and squad and check attendance.



Five athletes per lane (based on 6 lane 25m pool) One Athlete is stationed at each end of the lane, with a further three athletes in the middle (by the backstroke flags, and one at the mid point)

This allows for a max of 30 athletes at any one time (this will be a number we will work up to)

Note as Ennis pool is a 6 lane pool lanes 1,3 and 5 will be the same and 2,4 and 6 will be the same