




**Return to Training Briefing
Queens Leisure Centre**

July 2020



Agenda

- Introduction
 - How we have prepared for a return to training
 - Approach being taken by Derventio Excel
 - Timeline for return to pool based training at Queens Leisure Centre
 - Derventio Excel – Return to Training Guidance
 - Video from QLC
 - COVID resources & how to access them
 - Q&A
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Introduction

Thank you for the patience and focus swimmers have shown – completely unprecedented times

Safety has to come first – although it is great we have a planned return to pool training, we have to be mindful that this is an evolving situation where local lockdowns and further surges can happen. All future plans must remain flexible and adaptable


Importance of safety & taking a measured return to training – over 4 months is a long time to take out of the pool – a gradual and stepped approach will be used to avoid injury

Holiday season – we know that it is coming into holiday time for most people. Please do not be anxious about taking a holiday. Just ensure that I am aware and we can work around this



How we have prepared for a return to training



- Review of our financial situation – DX like most swimming clubs has been impacted significantly by COVID
 - Short & Medium term finance plan put in place by Committee
 - Applying for Grants
 - Swim England Guidance (Return to Training)
 - COVID Working Group Established (volunteers)
 - Training / Briefing for CVWG
 - Working with pool operators to understand their approach
 - DCC – attended virtual meetings with them
 - Risk Assessment produced for QLC
 - Guidance for Return to Training produced for QLC
 - Agreement on pool time for DX at QLC
 - Introduction of new training schedule
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Approach being taken by Derventio Excel

- DX as a club is reliant every year on revenue from Open Meets in order to deliver a break even budget. In 2020 we have lost 4 open meets, which has severely impacted our finances and will continue to do so going forwards
- We currently have 3 coaches on furlough, as a club we need to continue to use furlough leave to support us financially over the next few months
- The Government have announced that indoor pools can open from 25th July. Many pool operators will not be in a position to open on this date. This is for a variety of reasons, mainly financial but some for resource reasons. DX have engaged with our pool operators to understand the position they are in. We have also had to evaluate the hire costs of the facility in line with how many swimmers can safely swim in that facility in order to determine our approach towards return to training
- As a result, we have decided that initially we will only offer pool based training from QLC. The reasons behind this are practical (DCC have actively engaged with us and have been pro-active in ensuring the facility is able to open once approval received from the government – no other providers have done this) as well as financial (it is not viable with reduced bather loads to have our squads spread over many pools)
- During our return to training we will be offering all swimmers that are accessing full time training the opportunity to swim. Over time it is our intention to extend this to include our part time swimmers
- Even if your swimmer does not normally train at QLC, if you have been accessing full time services your swimmer will be offered to attend training sessions from QLC

Timeline for Return to Pool Training

Date	Activity
22/7/20	Communication to Swimmers & Parents – Clarification regarding training taking place from QLC initially
24/7/20	Confirmation of swimmer groups – training to be performed in fitness level co-horts & timetable for training for week 1 to be issued to all full time DX members
25/7/20	Briefing for swimmers & parents on return to training plan for QLC (@9am)
25/7/20	Swimmers / parents complete necessary documentation ahead of return to training (to be shared on email following the briefing)
25/7/20	Swimmers / parents to watch QLC video & to read in detail DX guidance document on return to training as well as reading Swim England Guidance on return to training and DX risk assessment
26/7/20	Swimmers / parents to prepare kit ahead of training, label bottles, ensure all swimming aids are wiped down with disinfectant, ensure swimmers have face masks and make sure you can access the pre-training health questionnaire
26/7/20	First pool based training session to take place @ QLC for Group 2 (Group 1 & 3 to start from 27/7/20)

Derventio Excel – Return to Training Guidance Plan

- All Derventio Excel swimmers, staff and volunteers involved in delivering and supporting sessions must read and adhere to these guidelines, together with the DX risk assessment
- They can be accessed through DX website
- These guidance notes relate specifically to attending pool based training at QLC. Each venue will have different guidance in place

Return to Training Guidance Plan – key points: Before you swim

- Everyone must evaluate their own suitability to return to train in line with current government guidance – if any doubt refer to your GP. Same applies to those deemed clinically medically extremely vulnerable
- Each swimmer must complete a self assessment a maximum of 1hr before the start of their training session but a minimum of 30 minutes before the start of the session. **No completion – no swim**
- When travelling to pool based training – government advice must be adhered to. If you intend to car share, please note that should your swimmer need to leave training urgently it is your responsibility to collect them and arrangements must be in place
- No spectators are allowed into QLC, parents please remain in the car
- Face masks must be worn until poolside and about to enter the pool
- Recommendation to carry your own antibacterial gel and to use during your time at QLC
- Temperatures will be checked at the designated station for the entry point for each pool. In order to swim temperatures must be < 37.5
- No kit can be shared. Bottles must be labelled and there will be no facility to refill them at QLC. Any kit left at QLC will be destroyed. We recommend cleaning your equipment after each use
- Arrive at the pool with your swimming costume on underneath your clothes
- Pre-pool will be completed individually before arrival at the pool NOT at QLC

QLC: Entry & Exit Points

Gala Pool

- Entry Point: Fire exit into Gala Pool nearest to main entry door
- Temperature Check Point: To the left-hand side of the pool after entering through the fire exit
- Exit Point: Fire exit at opposite end of Gala Pool to the entry fire exit

Family Pool

- Main Entry Point: Main entry doors to Queens Leisure Centre
- Temperature Check Point: To the left of the main entry doors at the bottom of the steps
- Pool Entry Point: As directed either the first entry door to the pool, or the entry door at the bottom of corridor (If queuing is required this should be as specified by floor markings on the corridor)
- Pool Exit Point: Through the changing rooms and out the main entry door

Link to Queens Youtube video: <https://youtu.be/gfATQ-WnS54>



Website link to Queens video & further information:

www.inderby.org.uk/active/welcome-back-to-derby-active-facilities/learn-to-swim

Return to Training Guidance Plan – key points: During your swim

- Changing rooms should not be accessed unless your group has specifically been advised to use them to enter the pool or that you are permitted to use them after a swim
- ‘Get in, train, Get out’ principle adopted – showers will be out of bounds so swimmers will need to shower at home post session
- Pool set up will vary depending on the pool and may change in line with government guidance
- Toilet facilities at the venue will be locked. Should you need to use the facilities during your session the lifeguard must be asked and they will open the disabled toilets for you to use
- For each session you will be assigned a lane to swim in and a position in that lane – you must stay in that position and that lane unless instructed not to for the purposes of track and trace. You will be given your own resting point and must use this

Pool Lane Set up – Group 1

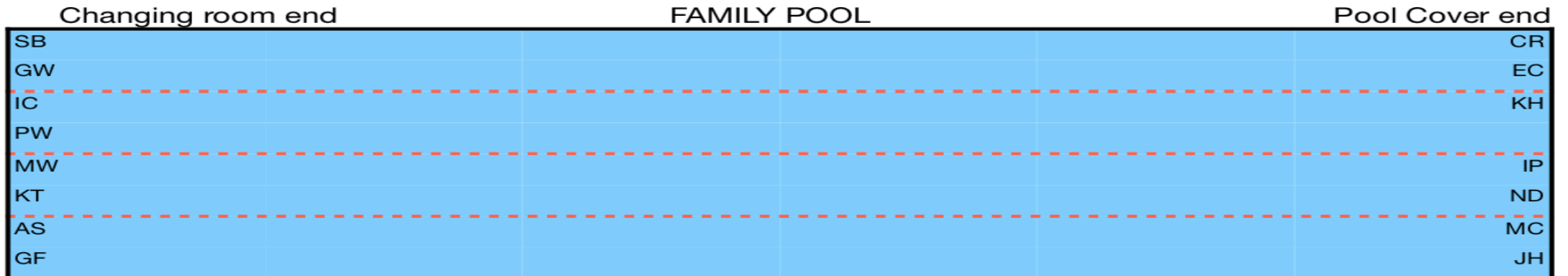
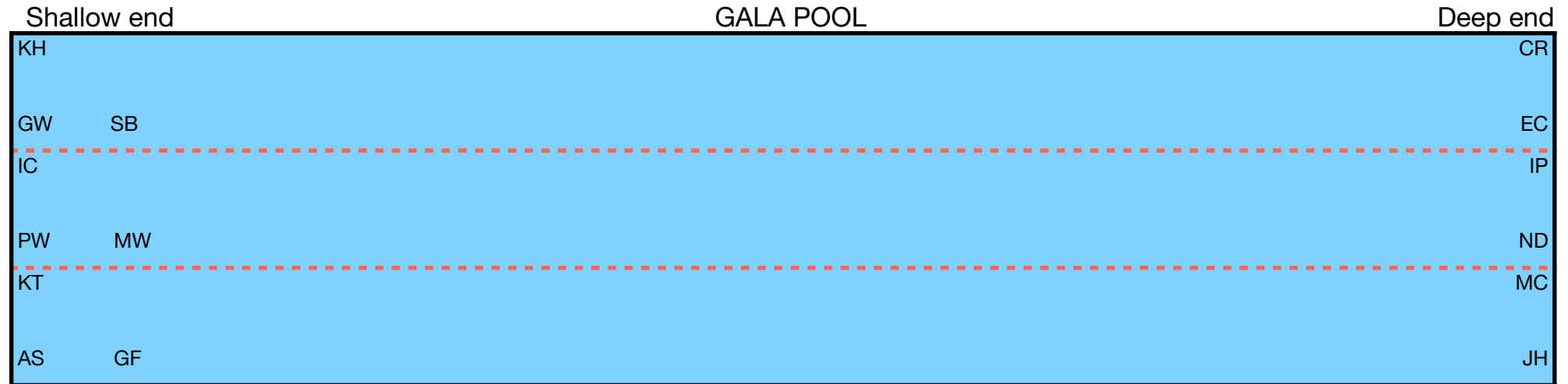
Group 1: Week 1 begin Monday 27th July 2020

Shallow end		GALA POOL				Deep end
JW					MS	
GP	MW				JH	
AM					GA	
PM	CH				RH	
FB					SL	
AD	JP				DB	

Changing room end		FAMILY POOL				Pool Cover end
JW					MS	
GP					JH	
AM					GA	
PM					RH	
FB					SL	
AD					DB	
MW					KH	
CH					JP	

Pool Lane Set up – Group 2

Group 2: Week 1 begin Sunday 26th July 2020



Pool Lane Set up – Group 3

Group 3: Week 1 begin Monday 27th July 2020

Changing room end	FAMILY POOL				Pool Cover end
LA					OO
AH					CS
DS					GC
AR					ELy
TH					EL
MC					MW
OS					EG
DT					AT

Who will be at each session?

- DCC staff will be present at the facility and they will not wear face masks
- DX staff & volunteers (COVID monitors) will wear face masks
- No spectators
- DX expect to have 1 coach per session
- COVID monitors will be at each session (max of 2 people, min of 1 person) – their role is:
 - Perform temperature checking on entry
 - Check completion of self assessment forms
 - Monitor the session for adherence to the appropriate COVID measures in place
 - Support the coach should any illness or symptoms be presented by any swimmers
 - COVID monitors are volunteers from within the membership
 - Liase with DCC staff on any centre based COVID issues

COVID Resources & how to access them



DX Website – COVID19 section:
<http://derventioexcel.org.uk/swim-21-club/>

Swim England Guidance:
<https://www.swimming.org/swimengland/pool-return-guidance-documents/>



Questions & Answers