

COVID SWIM SESSIONS FOR MTC OPEN WATER SESSIONS, 2020

1. All swimmers must complete a new disclaimer before attending their first session.
2. Please do not attend sessions:
if you have any of the Covid-19 symptoms;
have been tested positive test with the last 2 weeks;
been in recent contact with someone who has Covid-19;
if you should be shielding.

Day before

3. Coach to check weather forecast and if any valid reason to cancel, inform swimmers (cancel if lightning; strong wind, extreme weather).

On the day

4. On the day swimmers not attending due to urgent reasons must inform Alice on 07876 344775
5. Swimmers to be at the lakeside, ready to swim, promptly.
6. If swimmers arrive before anyone else present do not enter the water.
7. Session register will be taken - **you MUST provide the following details** in order to start your swim:
Emergency contact number, your current mobile number, car reg you used to get to venue.
8. When instructed by entry marshal, swimmer to enter the water at the entry point 2m or more after previous swimmer/s. Acclimatise properly before starting your swim.
9. Swim in an anti-clockwise direction unless instructed otherwise.
10. Sign out of the swim immediately upon leaving the water.
11. Please respect everyone's space and social distance according to the guidelines: change along the lakeside 2m apart or behind your car.

Safety

12. Signal to stop what you are doing - repeated blasts of the whistle
13. Signal to exit the water immediately - one long whistle blast
14. Signal that you are ok - swimmer place one hand on your head
15. Signal that you are in distress/need help - lie on back and raise your arm, shout if you can
16. Wash hands before & after attending. Bring a bottle of water to rinse face and hands after swim and if you can, alcohol hand gel.

NOTE

- **Hand Sanitiser:** I have a pump bottle of hand sanitiser for participant use on lakeside
- **Swimmers:** please maintain social distancing on the lakeside - 2m apart as a minimum please.
- There are no showers or changing rooms available during Covid-19 pandemic.
- Toilets are available at the club house.
- Club house is selling drinks (cash payments only). As they close at 6pm, do pop along earlier for a social coffee - arrange on club FB page if you'd like to do this.
- Please take all your belongings AND rubbish home with you.