



## **Covid-19 Celtic Waves & Grove Leisure Centre**

Updated:04/09/2020

**Though we are minimizing the spread of Covid-19 with these actions , we cannot eliminate the risk therefore entry to the facility and within the club is at your own risk**

**There will be a risk involved and there is an onus on all swimmers and parents to be extremely responsible in their actions.**

### **Important Info re Covid-19**

1. Do not enter the facility if you have a cough, cold, shortness of breath or a fever
2. Do not enter the facility if you have been in contact with anyone who is suspected of having Covid-19
3. Do not enter the facility if you have gone to a country that is not on the green list
4. As Covid-19 changes rapidly, everyone must take responsibility to remain updated with the news and any changes to the recommended rules
5. The pool fascinator's instructions must be adhered to at all times
6. If there is a suspected Covid-19 case, your contact details will be shared with HSE

### **Entry and Exit for swimmers**

1. Sanitize hands on entry, Follow Covid-19 protocols.
2. Swimmers will enter the pool water at designated points see diagram.
3. Masks must be worn on entry and exit of the facility.
4. The dressing rooms are available on entry.
5. The dressing rooms are available on exit. Dress quickly and leave.
6. Showers are not available.
7. Hairdryers are not available.
8. They may rinse off at the pool deck shower, no soap or shampoo.
9. Swimmers cannot group together in reception, gym, dressing rooms or pool, they must maintain the 2m distance at all times
10. All swimmers, coaches, Parent/COVID Officer on duty must fill out a Covid-19 self-declaration form online before each session. If under 18 a parent/carer must complete the form. **NB. if this is not done you will not be allowed to swim**
11. Swimmers cannot share equipment
12. Swimmers may not overtake others in the water
13. No club room available, use cubicles. Bring gear out onto deck to baskets



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### Parents and coaches

1. Only the parent on duty and the coach/coaches are allowed on deck, with a mask (once swimmers are in the water the mask may be removed)
2. Parents must be within a 5 minute vicinity, if their swimmer is sick they will be rang and must remove their child immediately
3. If the pool needs to close, due to a suspected Covid-19, everyone must adhere to Grove Leisure Centre rules

### Car pooling

1. Car pooling is allowed. Swim Ireland have advised that masks should be worn by those 13 years of age or over if pooling with others outside of a family unit. They also advise that people should take the number of people in the car and the distance to be travelled into account as rest stops and fresh air may be required on longer trips.

### Parent on Duty

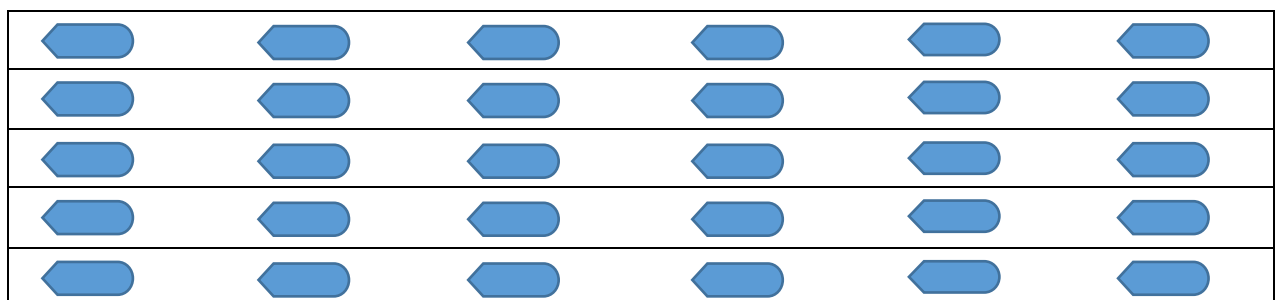
2. As before, all rules re Parent on duty apply, however the parent on duty must check that all forms are signed online along with the coach, if not completed then the swimmers must ring their parent to fill out the form or to collect them and leave.

### Coaches Responsibility

3. It is the coaches' responsibly to ensure that swimmers are in the correct lanes according to ability, so no overtaking occurs and that the 2m distance is adhered to.
4. 6 swimmers per lane max in Grove Leisure Centre

### **Shallow End**

**Entry of lane 1, 2 and 3 from shallow end**



**Deep End Entry of lane  
4 and 5 from this side**