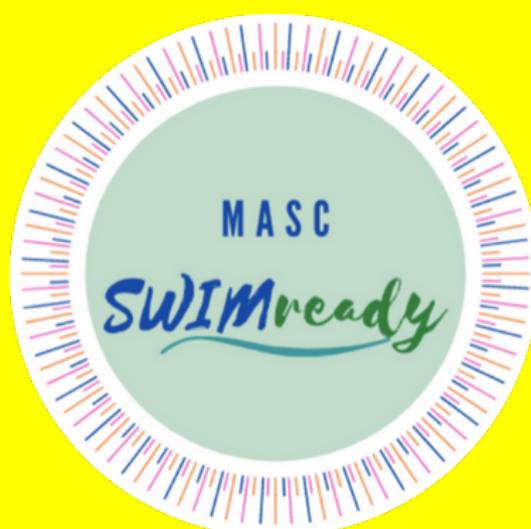


Musselburgh Amateur Swimming Club, home of the
Musselburgh Marlins



FREQUENTLY ASKED QUESTIONS SWIMREADY COVID-19 GUIDANCE

Last Updated: 7 September 2020



Q: Should I shower at the pool or not?

A: Showering before you swim is a vital contribution to ensuring the free chlorine in the pool water is available for disinfection of SARS-CoV-2 (rather than being used to clean swimmers). There will be no showers available at the centre so we would ask for swimmers to shower at home before arriving at the pool to reduce the time spent in the premises.

Q: What does arrive 'beach style' mean. Do I have to go home in my wet stuff?

A: What we mean by 'beach style' is arrive at the pool already wearing your swimwear underneath your outdoor clothes having showered at home. We are encouraging swimmers to do this to minimise the time spent in the premises and use of changing facilities will heavily impact training time. Similarly we are encouraging swimmers to shower at home after their swim, again to minimise the time spent in the centre after a swim. After your swim, simply dry off on poolside and put your outdoor clothing back on top of your swimwear.

Q: Should people with health conditions and disabilities return to the pool?

A: Absolutely, we know that swimming is a fantastic activity for people with a range of health conditions / disabilities. However, those in the high risk and moderate risk groups should consider the latest government advice before returning to the pool. People categorised as "high risk" or who have concerns may wish to consult with their medical practitioner before returning to the water.

Q: Can people who are shielding return to swimming?

A: People who are shielding should follow the latest government guidance. Details of where to look can be found in appendix 4 on our Member Guidance.

Q: If I miss my session slot time can I join in the next session?

A: No, we want to minimise the risk of transmission as much as possible, so we must ensure there is no crossover between groups of swimmers.

Q: Can I borrow any equipment from the club or the pool?

A: No, we will be unable to supply any kit during this time.

Q: Do I need to complete the members survey in order to swim?

A: Yes, to help with our forward planning, we need all members to complete the survey. This will aid our planning from a financial and organisational perspective.

Q: When do I need to set-up the standing order?

A: If you are returning, we need to receive your standing order confirmation before your first session.

Q: Where can I find all the relevant information regarding COVID-19 and returning to training?

A: All of the information will be made available on our website (www.musselburghmarlins.co.uk) and some important information we require will be sent out on Team App and/or via email too.

Q: Can I still swim if I arrive late?

A: If you arrive late, but still within your allocated group session time, you can swim however, if you arrive after your allocated group session time you will be unable to swim as we must limit any crossover between groups to reduce the transmission risk of COVID-19.

Q: How difficult will training be when we return?

A: When swimmers return to training it will be gradual and progressive.

For further help and advice, please get in touch via our COVID-19 queries box on our club websites '[Swim Ready](#)' section. Alternatively, you can email our COVID-19 Team directly at masccovidteam@gmail.com. We will endeavour to respond to queries as soon as possible.