

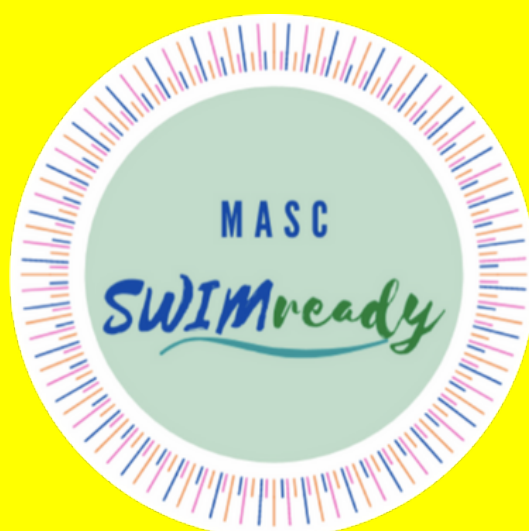
Musselburgh Amateur Swimming Club, home of the
Musselburgh Marlins



POOL BRIEFING DOCUMENT

SWIMREADY COVID-19 GUIDANCE

Last Updated: 4 September 2020



This briefing will focus on the protocols that are related to the pool including the processes involved. We require that all members read through this document and watch the safety briefing video before signing the Self Declaration Form that needs to be filled out before the swimmers first swimming session.

GENERAL INFORMATION

MASKS OR FACIAL COVERINGS ARE REQUIRED WHEN IN MUSSELBURGH SPORTS CENTRE EXCEPT WHEN IN THE POOL SWIMMING.

There will be no spectating in the café area unless there are exceptional circumstances, and this has been cleared by the COVID Lead Team. Parents should stay in close proximity to the centre

“BEACH-STYLE READY”

We ask that swimmers come to the sessions “beach style ready”. “Beach-style ready” is defined as already wearing swimwear underneath clothing and having showered at home. We are encouraging swimmers to do this to minimise time spent in getting changed.

Private changing areas will be made available only under exceptional circumstances (medical or special assistance). Requests should be sent to through the COVID Lead Team (masccovidteam@gmail.com)

SHOWERS & TOILETS

There will be no showers. We encourage swimmers to shower at home before and after the session if possible.

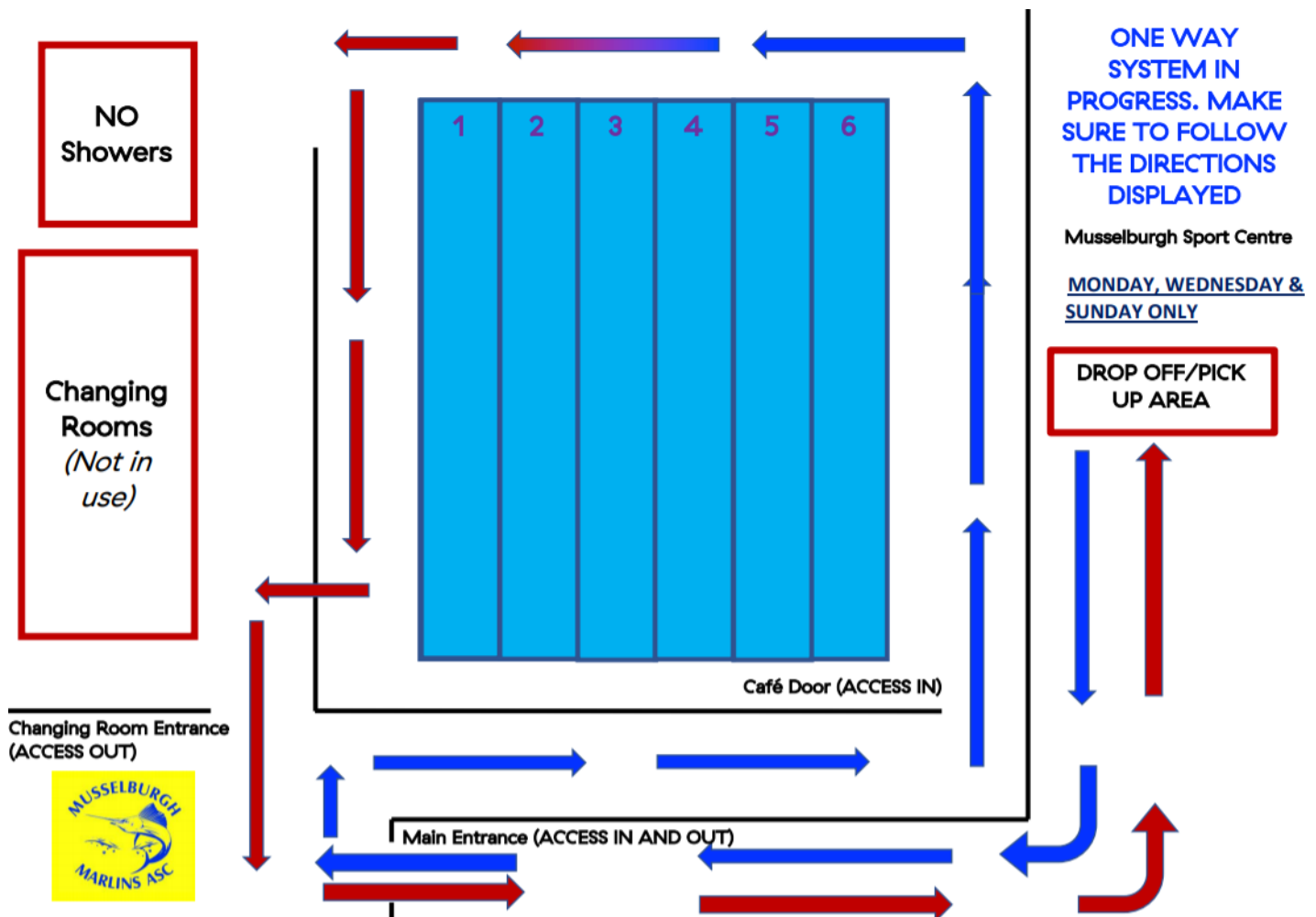
To minimise the risk of transmission, we ask that swimmers go to the toilet before attending the centre. However, toilets will be available during sessions in a limited capacity and will be monitored by our COVID Liaison Officer on a one in one out system.

ONE WAY SYSTEM

We will be operating a one-way system throughout all our training sessions, please note this changes on Friday. We would ask that everyone makes themselves aware of the systems and abide by them. This is for the safety of all members, staff and other sport centre users.

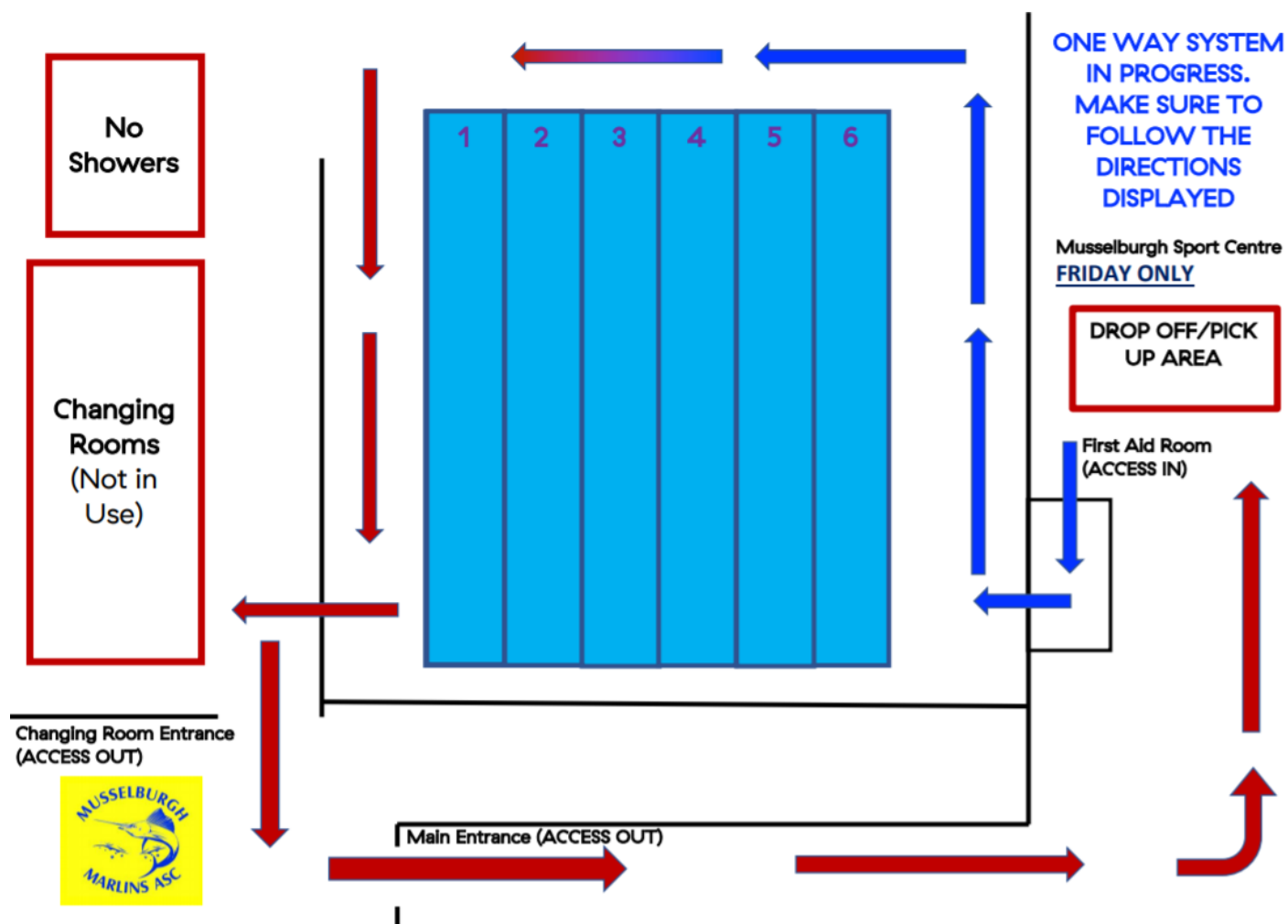
The diagrams and explanation of the one-way system:

MONDAY, WEDNESDAY and SUNDAY:



- Enter through the Main Entrance
- Walk through the Café and wait to be greeted by one of our COVID Liaison's
- Enter poolside via the Café Door when signalled to do so
- Enter on to poolside, stay to the right hand side and wait at the windows on poolside
- Enter the pool when signalled to do so
- When finished swimming, exit to the window side to collect bags then move to the changing room side to dry off
- Once dried off and outdoor clothing has been put back on, leave immediately through the changing room doors
- Leave through the main entrance and walk to the designated pick up location for collection

FRIDAY ONLY:



- Wait at the drop off area until you are met by one of our COVID Liaison's
- Enter through the First Aid Room door from the car park when signalled
- Walk through on to poolside via the First Aid Room
- Enter on to poolside, stay to the right hand side and wait at the windows on poolside
- Enter the pool when signalled to do so
- When finished swimming, exit to the window side to collect bags then move to the changing room side to dry off
- Once dried off and outdoor clothing has been put back on, leave immediately through the changing room doors
- Leave through the main entrance and walk to the designated pick up location for collection

Please Note:

We have two one way systems in process depending on the day the session is taking place. On Monday, Wednesday and Sunday we will follow the same one way system and on Friday we will follow the one way system. The reason for this is due to another group (separate to MASC) using the facility beforehand and so we must make changes to how we enter the facility to ensure no crossover of groups.

One of our COVID Liaison officers will indicate when members can come in and out of the facility and will be there to guide members throughout the one-way system. This is to ensure everyone follows the one-way system correctly and to ensure no overcrowding or mixing of groups takes place.

CONTACT DETAILS

COVID Lead Team: mascCOVIDteam@gmail.com

Please keep in mind the contact details and if you have any questions please don't hesitate to ask.

Please familiarise yourself with the pool procedures – if you would like to view the Safety Induction video version of the Pool Procedure Briefing then please click [here](#). Once you have read or watched the Safety Induction please confirm you have done so by filling out [this form](#).

YOU MUST WATCH OR READ THE POOL PROCEDURE BRIEFING BEFORE ATTENDING A SESSION.