

Thought starters for setting up training sessions

Guiding Principles	Athletes	Workforce	Equipment requirements	Pool layout	Pool side set up	Entry and exit points – inclusive of changing arrangements	Squad rotation (if applicable)
Safety first	<p>How are risks to athletes within the session mitigated?</p> <p>Has guidance been provided to athletes?</p> <p>Maximum numbers?</p> <p>Appropriate testing and certification in place.</p>	<p>How are risks to the workforce, e.g. coaches, mitigated?</p> <p>Has guidance been provided to the workforce?</p> <p>What is the workforce requirements to maintain safety i.e. number of coaches?</p>	<p>What equipment is needed?</p> <p>Lane ropes, training aids, music system (artistic).</p> <p>Using the club or centres equipment / own equipment for training etc.</p>	<p>What pool layout is required?</p> <p>How can the pool layout affect the ability to maintain social distancing?</p> <p>E.g. roping off certain zones.</p> <p>Double lane width etc.</p>	<p>What poolside set up is required to reduce the risk of transmission?</p> <p>Do you need signs or visual prompts?</p>	<p>To maintain safety – how will all involved enter and exit the pool side and pool?</p> <p>Changing arrangements to maintain safety?</p> <p>Signs?</p>	<p>How will squad changeover be managed?</p> <p>How will session times be maintained?</p> <p>Is a gap between squads required?</p>
Consistency	<p>How do session plans maintain consistency of social distance guidance at all times?</p>	<p>How do session plans maintain consistency of social distance rules at all times for the workforce?</p>	<p>Are the equipment usage guidelines consistent with other pool users?</p> <p>Is the use of equipment consistent with other pool users?</p>	<p>Is the pool layout consistent with other pool users of a similar type?</p> <p>NB: there's a need to avoid masses of pool configuration changes.</p> <p>I.e. Changing lane ropes</p>	<p>Is the pool side set up consistent with other pool users?</p> <p>NB: Pool operators will not want multiple changes on poolside.</p> <p>Have you</p>	<p>Entry and exit points as consistent as possible with other pool users?</p> <p>Are changing arrangements consistent with other pool users?</p> <p>Does it limit risk to</p>	<p>What are the facility arrangements for timetable changes?</p> <p>Are squad changes consistent with other pool users?</p> <p>What rules have</p>
Consistency			Is the club ensuring				

(continued)			equipment use is in line with the centres guidance?	frequently.	avoided any potential crowding and kept additional bodies on poolside to a minimum?	have all club members changing at home before arrival and to shower at home where feasible?	the facility operator applied?
Robust	<p>Can the club gather some participant views pre sessions that they are happy with the plans?</p> <p>Can the club gather feedback post session from the participants for any improvements that can be suggested?</p>	<p>Can the club gather some workforce views, pre session that they are happy with the plans?</p> <p>Ensure teachers and coaches are comfortable with the plans?</p> <p>Can the club gather feedback from the workforce post session for any improvements that can be suggested?</p>	<p>Are the equipment requirements and their use achievable?</p> <p>Does it avoid creating any additional barriers?</p> <p>Is all the required equipment readily available?</p>	<p>Does the pool layout and pool deck have the support of the pool operator?</p> <p>Do the session plans and layout stand up to scrutiny for social distancing?</p>		<p>Do the entry and exit arrangements have the support of the pool operator and are understood by club members?</p> <p>Do the clubs changing arrangements have the support of pool operator and are understood by club members?</p> <p>Is social distancing being maintained throughout?</p>	<p>Is squad rotation practical and fair?</p> <p>Does it work within the pool or pools being used?</p> <p>Can this be regularly reviewed?</p>
Evolving	<p>What are the next progression steps from this session?</p> <p>How do the sessions evolve?</p>	<p>How can the workforce grow, adapt and evolve?</p> <p>Can additional coaches be brought back into the club but maintained within the rules?</p>	<p>Will the club require more or less equipment as sessions evolve?</p> <p>How would the use of more equipment be managed if required?</p>	How does the pool layout need to change as athlete numbers can be increased or social distancing measures change?	How does the poolside layout need to change as athlete numbers can be increased or social distancing measures change?	<p>Can changing arrangements and entry and exit points be changed?</p> <p>How can this be monitored and changed accordingly?</p>	<p>Can the changeover of squads become less restrictive?</p> <p>What could be changed?</p> <p>How could the club prevent loss</p>
Evolving	Could more athletes be added						

<i>(continued)</i>	but maintained within the rules?						of pool time through more efficient change overs?
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It's important to gather feedback from all those involved with the club, allowing changes to be applied where necessary and as measures evolve.