

THE HEWETT ACADEMY SWIMMING POOL
COVID-19 TEMPORARY GUIDANCE FOR SWIMMERS – THE SWIMMERS JOURNEY

- Before you leave to go swimming it is strongly recommended that you have a shower at home.
- Put on your swim wear at home and then put comfortable clothing over the top.
- Your swim bags should be packed in the following way:
 - Swimming bag
 - Swimming Towel for drying yourself with
 - Hat
 - Goggles
 - Any prescribed medication
 - Water bottle
 - Swimming Snorkel (optional)
 - Other bag (we recommend a large bag for life)
 - An additional towel to place on the floor to stand on
 - Poolside shoes (such as flipflops or crocs style)
- All swimmers should enter the school site via Gate 4 on Hall Road marked as the Curriculum Centre.
- When walking to the pool stay as close to the wall as you can as a one way system will be in place.
- The fire escape near to the silver sheds is now the entrance to the pool.
- DO NOT enter the swimming pool building until a nominated volunteer has opened the door to invite you in.
- When lining up outside please ensure you are staying 2 metres apart.
- DO NOT touch the door as only the nominated volunteer who will be wearing gloves is allowed to open and close the door.
- There is a hand sanitiser station to the left of the door once you have entered the building. All visitors to the building MUST use this on entry.
- Once inside the building stay within the marked red square and remove outdoor shoes and replace with your poolside shoes.
- WAIT until you are directed to a changing station – they are numbered 1 – 18.
- Please do not walk through the squares as you walk to your changing square – keep close to the pool.
- Once at your designated square please do the following
 - Place your outdoor shoes on the wooden shelf/spectator ledge behind your changing square.
 - Put down your floor towel onto poolside within your changing square
 - Put your 2 bags onto the floor towel.
 - Remove all pre-swim clothing and poolside shoes and place into their second bag (bag for life)
 - Wait in your changing square for further instructions from your coach.
- You will be entering the swimming pool parallel from where you have got changed.
- You must follow all instructions from your coach during your swimming session.
- Once your swim session has finished you must wait until you are asked to leave the pool.
- You will be exiting the pool at the same place you entered the pool – parallel to your changing square.
- DO NOT use the steps unless it is an emergency and your coach has given the OK.
- Once back in your changing square please follow these instructions:
 - Dry yourself off as much as possible using your swimming towel
 - Get dressed into your comfortable clothing with your swim wear still underneath
 - Gather everything up and place into your bag for life
 - Put on your poolside shoes
 - Wait for instruction from your coach as when you can leave
 - When it is your turn move down to the shallow end near to the wooden hoist box and stand in the marked red box
 - Swap to your outdoor shoes
 - Leave the pool via the fire exit next to the wooden box

- Return to the carpark via the gradual steps, past the curriculum centre.
- Keep as close to the curriculum centre building as possible to adhere to the one way system.
- Make sure when you get back in the car that you sit on a plastic bag or bin liner on the car seat.
- It is recommended that you shower as soon as you get home.

Below is how you should set up your changing square – please keep everything within your square.

