

## Return to Training – High Performance Squads & County A

Dear Members,

Hurrah!! We are back! After nearly four months out of the water we are pleased to confirm that training will commence on 25th July at Surrey Sports Park and Spectrum Leisure Centre. Thank you all for your genuine support and patience during this difficult period.

While we are excited to be returning to training and to start working together towards our goals and objectives it is important that swimmers and parents are comfortable with our new training environment. While the club's vision to help every athlete achieve their potential hasn't changed due to the impact of Coronavirus, our training environment and the way we work together will be very different during this period.

### Important Considerations

1. Our most important consideration during this time is to ensure that everyone involved with the club stays safe! This will not be compromised and is at the heart of every decision we make during our first phase of returning to training. As such we will be returning in a phased approach in line with Swim England and government recommendations. This first phase of returning to training will include the 5 weeks between the 25<sup>th</sup> July and 31<sup>st</sup> August.

### Risk Analysis

2. An email from Janette Smith and Caroline Wood, GCSC Lead Covid Officers, will be sent to members as soon as the risk assessments have been completed and signed off. The email etc will include a link to a **mandatory form** that members will need to sign and will give more detailed risk assessment information, as well as a link to a video showing the procedures that Club members will need to follow before returning to training.

### Timetabling

3. Our coach led programme has always aimed to deliver the most suitable work for every swimmer to ensure they can achieve their potential. Our interim timetable attached has been designed to ensure all squads can access appropriate training and to fit in line with our pool availability. All squads during this period will be operating on a slightly reduced number of hours. This will allow us to accommodate the whole club but is also a reflection of needing to run a progressive programme taking into consideration the past four months spent out of the water. Missing such a large period of training will increase the potential risk of injury.

### Pool layout

4. Building on the advice from Swim England and in consultation with our facility providers the layout of our sessions will also change. We will be working to a maximum of four swimmers per single lane with two starting from each end of the pool. One will be on the wall with the second at 5m (or under the flags). This will ensure swimmers maintain social distancing throughout training sessions. Surrey Sports Park will only be set up short course (25m) for this entirely of this first initial phase of returning to training. This will allow us to run isolated sessions away from any public swimming that may be taking place.

### **Parents viewing**

5. One of the Clubs key values is 'Teamwork' and we certainly include the support parents give to all swimmers within this model. However, during this first phase of returning to training parents will not be permitted inside SSP and will be asked to drop their children off at a designated door where they will be escorted poolside by one of the Coaches.

### **Intensity of Training**

6. To allow all swimmers to get used to this new environment and to manage their return to training our first few weeks will be carried out at a low level of intensity. This training phase will be skill dominated with low intensity to allow everyone to adjust to being back in the water.

### **Equipment**

7. For the first week of training there will be no kit required for training sessions at all. It will be important we use this first week to settle into our new surroundings so in this first instance we won't use equipment with the exception of drinks bottles. In order to keep everyone safe we are also asking that all equipment is labelled with swimmer's names on them and that they have been cleaned, preferably sterilised, between each session. This may add to work at home but will help athletes adhere to Swim England guidelines and ensure they get the best out of every session they attend. Once equipment is to be used again, swimmers must ensure that their equipment is not shared in any way.

### **Coaching**

8. Our vision for the club remains our commitment to ensure every swimmer maximises their potential. As such we will continue to support every swimmer in the water. This may be carried out in a slightly different way and certainly all communication will be from a safe distance, but our team of professional coaches have all been working hard behind the scenes to set up high quality sessions in new ways.

### **Strength & Conditioning**

9. During this first phase of training our all-important land training programme will continue via Facebook Live. The sessions now carry even more importance as they also act as a way to prepare the body for returning to pool training. Jordan will be developing the programme to reflect the movement patterns in the water while also building in recovery activation to ensure everyone is fresh when they enter the pool.

We hope this communication will help you understand how Guildford City Swimming Club will be operating over these 5 weeks of training and we very much look forward to having everyone back in the water and enjoying training again!

Best Wishes

**The Management Team**  
**Guildford City Swimming Club**

