

Academy Return to Training

Dear Members

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

We are excited to be returning to training and to start working together towards our goals and objectives and 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 has not changed due to the impact of Coronavirus, our training environment and the way we work together will be very different.

Important Considerations

1. Our most important consideration during this time is to ensure that everyone involved with our Club stays safe! This will not be compromised; it is at the heart of every decision we make during our first phase of returning to training and is in line with Swim England and government recommendations. This first phase consists of the five weeks between 25th July and 29th August. **All regular training slots and existing squad timetables are cancelled** and with the exception of County A Squad, the entire Academy will be offered training sessions at the Spectrum. To be clear, during this phase County B and Junior County A will not train at SSP.

To maximise safety we will be restricting the number of swimmers in the lanes as follows:

Squad	Swimmers per Lane
All competition pool use	4
Teaching pool Dolphins	4
Teaching pool Frogs	3
Teaching pool Tadpoles	2

Training will run in the teaching and competition pools from Monday to Friday 6.00-8.00 p.m. and in the competition pool only on Saturday morning from 7.00-10.00 a.m.

Slot Applications - IMPORTANT

2. **All parents are invited to apply for competition pool day slots on the days of their choice via TeamUnify. To be clear, applications will be for specific days and not time slots.** The Club will then allocate the one-hour slots for the competition pool sessions (either 6.00-7.00 p.m. or 7.00-8.00 p.m.) when bookings are confirmed, taking sibling booking requests into account where possible. Generally the youngest competition pool swimmers will be placed in the earlier weekday time slots and later Saturday morning time slots. **Applications for teaching pool slots** will follow the same pattern during this phase at Spectrum and will be a mix of half and one-hour sessions, depending on age/ability and ranging from Tadpoles level through to Dolphins and Junior County B.

Once bookings are confirmed, all swimmers in both pools will be allocated a specific time slot, training lane and lane starting position. You will be advised of this information prior to the start of term and these guidelines must be strictly adhered to. Please note it will not then be possible to swap or change sessions.

If you are unsure of your swimmer's training squad please go to My Account / My Account on the left hand menu options on Team Unify and click the 'Members' tab. All family members will be listed and

on accessing a member their Billing Group will be displayed. This corresponds to their Academy squad.

Risk Analysis

3. 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.

Parent/Spectator viewing

4. One of the club's 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 Spectrum Leisure Centre. Instead swimmers will need to be safely delivered to a designated pool entrance where they will be met and escorted poolside by their teacher or coach.

We hope this communication will help you understand how Guildford City Swimming Club will be operating during the forthcoming five-week period of training and we very much look forward to having everyone back in the water. If you have a specific query regarding your proposed booking, please contact Jan Griffiths, Head of Academy (Jan.Griffiths@GCSC.co.uk).

Best wishes

The Management Team
Guildford City Swimming Club
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