

# Otter Swimming and Water polo Club

## Safe Swimming/polo

### <London Aquatics Centre>

This document sets out the club rules put in place to ensure club members safety regarding COVID 19.

The rules have been compiled using the clubs risk assessment and guidance from Swim England as well as pool operators pool rules.

You should ensure you make yourself familiar with the rules for the pool you are attending as each pool will have its own rules.

Failure to comply with the rules may lead to you and/or the club being asked to leave.

#### General Rules

- If you are feeling unwell you should not attend the session no matter how much you want to
- Always ensure you physical distance
- You should arrive pool ready (with your cossie on under your clothes)
- You must follow the rules of the pool and enter and exit the pool by the designated door (*see below*)
- You must use your own pull buoys, kickboard, fins which must be rinsed in pool water at the start and end of the session
- Swimmers do not congregate at end of the pool
- Polo players not to tackle others in the pool

#### Pool Rules

Entry to the building is via	The main entrance
You will leave your bags and clothing:	Poolside
After session you can/cannot use changing rooms	Cubicles available after swimming
After session you can/cannot use showers	Open showers available for rinse down
You will leave the building via	The main entrance