



www.openswim.org.uk

Coronavirus operation policy for members

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Social Distancing

- Social distance of 2m should be maintained at all times
- 2m spaced indicators will be marked out to indicate:
 - Entrance to the water
 - Exit from the water
 - Bag drop
- There will also be a clockwise system in place to keep members a safe distance apart
- Clear exit and entrance points to and from the water will be marked out as per illustration A
- Changing rooms and showers will not be available at this time and so the centre will not be accessible to swimmers.
- We will not have a registration desk at this stage as all swimmers will have pre-paid and pre-registered
- Openswim UK will not be able to hire equipment such as wetsuits, goggles and caps to swimmers and so we would recommend that swimmers bring their own equipment.
- In order to maintain social distancing, Openswim UK staff cannot zip up swimmers wetsuits
- The course will be 400m meaning that swimmers will have ample space to socially distance whilst in the water

Social Distancing – Illustration A



Illustration A

- Entrance points 
- Exit points 
- Bag drop off 

Arrows indicate flow of members and will be clearly marked out with a combination of pavement markings, tape and cones.

We will implement an easy-to- follow anti - clockwork system.

Online booking and payment

- All members will be required to book and pay online via the openswim.org.uk website
- Cash or cheque payments will not be accepted at this time
- Members have been advised that, during this time, we cannot take participants on the day
- Bookings are in one hour time slots and will be limited to 20 swimmers per hour. This limit will be reviewed on a regular basis.
- Openswim UK will have a list of all swimmers and will mark off on entrance to the water and exit from the water
- The list will have an emergency contact for each swimmer which will have been pre-completed at the time of booking

Fitness to swim

- All swimmers who should be self isolating as per government guidelines should not be attending.
- All swimmers will have completed a 'fitness to swim' questionnaire' at the time of booking
- Fitness to swim questionnaire will include COVID-19 symptom questions and ask whether they have been in contact with anyone with COVID-19
- Fitness to swim questionnaire will state that, should the swimmer have tested positive for coronavirus in the past 6 weeks, they will need to have medical sign off to return to swimming (as per SH2OUT guidelines)
- All swimmers will complete a waiver that states that they are safe to swim, agree to abide by the regulations in place and understand any risks

Entering and exiting the water

- The entrance to the water will be clearly marked out and separate from the exit point to maintain social distancing and eradicate the need for swimmers to cross over
- Swimmers will be advised to swim 5m out before acclimatising to avoid group congregating at the entry/exit point
- Entrance follows part of the anti clockwise system in place from shore in to the water and around the course
- The exit from the water and will be clearly marked out and part of the anti-clockwise system
- Swimmers will then follow an anti-clockwise system to leave water and continue through the compound
- If swimmers appear to be vacating the water in a large group of more than 2, a member of the safety crew will approach and request that they tread water to allow those swimmers who are closer to getting out to leave before coming in

Personal responsibility

- From May – June, the water is often significantly colder and therefore swimmers should be experienced in open water to take part.
- Wetsuits are recommended when the water temperature is below 15 degrees Celsius
- It is the responsibility of swimmers to book and pay in advance so that the Openswim UK team can monitor numbers and minimise interaction
- Swimmers should not attend if they are displaying signs of coronavirus
- Swimmers should not attend if they have been in contact with someone who has coronavirus
- Swimmers should follow the anti - clockwise system
- Swimmers should minimise their social interaction time following their session
- Swimmers have a personal responsibility to maintain social distancing within the water as they would in any other sport such as running, golf or cycling
- Swimmers should check our 'introduction to open water swimming' page on our website to familiarise themselves with the effects of cold water shock and the checklists for getting in and out of the water
- <https://www.openswim.org.uk/introduction-to-open-water-swimming>

Safety and rescue Procedure

- Safety cover will be provided by kayaks
- Kayaks and paddles will be disinfected after each session
- All members of the water safety crew and land crew have radios and are in constant contact
- Radios will be disinfected after each session
- No swimmers will be allowed on the main 400m course if they appear to be struggling
- Should a recovery need to be performed, a torpedo buoy will be used to tow the swimmer back to shore
- These buoys will be disinfected following each session and, additionally, following a rescue
- There will be a nominated first aider on the shore who can perform chest compressions if necessary
- This first aider will have access to sterilised PPE
- Lifeguards are not recommended to perform mouth to mouth resuscitation at this time by the RLSS
- During a rescue, the casualty will be kept facing away from the rescuer
- Swimmers will be encouraged to tend to minor injuries themselves. Where this is not possible, nominated first aider will do so whilst wearing PPE
- Openswim UK will follow all guidance from RLSS which is being regularly updated throughout the pandemic