

Warrington Dolphins Long Distance Swimming Club

Return to Training at Broomfield

IMPORTANT: Please make sure you read all contents in this document that has important information around our training.

Covid Guidance

In line with Government guidance most of Covid restrictions have now been removed. However, we need to follow a number of Covid precautions included in this note.

- Within Broomfields centre, you will notice that the seating has been removed from the reception area and hand sanitiser is available for use in both reception area and the changing rooms.
- The wearing of face masks is voluntary within the leisure centre, Broomfields encourage you to wear one, but it is your personal choice whether to do so.
- If you feel unwell, do not attend training and follow government guidance
- If you become unwell during the session, let the club volunteer know.
- Ensure you have given your name to the club volunteer before start swimming.
- The club is required to have a Covid Officer responsible for all Covid matters, this is David Bowker email If you have any questions or concerns relating to covid please either speak to him or email David at bowker.david@gmail.com.

Who can swim?

All Club members, we do allow guests having a trial session but these must be arranged in advance. We want ex members to re-join and we actively encourage new members.

Broomfields Car Park

No changes, please park as normal

Reception Area

Enter the reception area about 10 to 15 mins prior to the session and meet the club volunteer who will note your name. (See below for cash payments). If the volunteer is not there go through to the changing rooms as they will be poolside.

Payment

The club prices for training are unchanged:

£4 senior

£3 juniors/students

If possible, please pay for the session using online banking details:

Name: Warrington Dolphins Long Distance Swimming Club

Sort code: 77-19-25

Account number: 25560468

Reference: enter swimmers name and date of training session e.g., bowker130921

If you want to pay cash for the session pay the volunteer in Reception. Pay the correct amount, if possible.

Changing Rooms

For use as normal, lockers are available to use, likewise the showers where soap and shampoo can be used. Swimmers bags can be left on poolside to preferred to lockers.

Pool

4 roped lanes

Lane No.	Speed
1	slow
2	Less slow
3	Less fast
4	Fast

Lane 1 is furthest away from the changing rooms.

Enter the pool from the shallow end and pick a lane suitable for your swimming speed. Also try to spread out across the lanes to avoid too many in one lane and try to avoid congregating at the end of the pool.

Coaching

Initially there will be no coach as we don't have enough volunteers to do this. We would like to restart coached training sessions so if interested in coaching please contact Stuart Ainsworth. Suggested printed sets will be provided, however it should be possible to do your own set.

David Bowker

7th September 2021