Darlington Dolphin Masters ASC

COVID-19 Temporary Changes to Masters Sessions

Important information that must be followed.

Anyone showing symptoms of COVID-19 will not be allowed to enter the Dolphin Centre

All members that are attending club sessions need to have booked in advance as no payments will be taken at reception.

Swimtags will not be in use for the foreseeable future.

Club sessions will be held between 6.30pm & 7.30pm on Monday & Thursday evenings.

Before Sessions

Club members to arrive no more than 10 minutes before each session and are to wait outside the Dolphin Centre in designated area opposite the main doors until greeted my a member of staff.

Club members are to arrive ready to swim as we will not have access to changing village before the session. (Swimmers to change on poolside)

On entering the building everyone must sanitise their hands before making their way directly to poolside using the doors next to the vending machines.

Once on poolside there is a one way system in operation and must be followed at all times.

Heading towards the deep end of the pool you will find markers at 2 metre intervals for swimmers to leave their kit before making their way to the shallow end of the pool to enter directly into the lane they will be swimming in.

The pool has been split into 3 double lanes with 2 single lanes splitting them up.

(Lanes 1 & 2) (Lane 3 closed) (Lanes 4 & 5) (Lane 6 Closed) (Lanes 7 & 8)

No more than 18 swimmers in the pool at any one time and a maximum of 6 swimmers per double lane.

Things that we cannot do in the pool:

\*No diving starts

\*No butterfly stroke

\*No overtaking

\*No equipment sharing

\*Swimmers cannot stand at shallow end of pool and talk - There are 6 rest areas at the deep end of the pool (2 per lane) for anyone that needs to take a breather (exit pool at deep end)

There will be 1 male and 1 female toilet in use in the changing village and must be accessed using the one way system around the pool

End of Sessions

All swimmers to exit pool at the deep end, if possible stagger lane exit to avoid congestion at the showers. - No-one is to exit the pool at the shallow end.

Collect your belongings before heading round the pool to use one of the 3 showers, in use, for a quick rinse down - no-one is to have a full shower - 2 pushes max. (This will be monitored by staff)

There are 18 numbered cubicles to be used to change after the session - each swimmer will be given a cubicle number to use.

Once changed swimmers must return to poolside and exit the building via the training pool and down the stairs, ensuring that the doors are closed behind them.

We have 15 minutes from leaving the pool to exit the building giving Dolphin Centre staff chance to clean down the changing village and poolside ready for the next session.

These changes will be in place until September when they will be reviewed