



IMPORTANT POINTS TO NOTE

- 1) Parents/Guardians have to assist their child to take a Rapid Antigen Test every day before school. Students can only attend school with a negative result. If a student tests positive they must stay at home and follow the guidance of [CHP](#)
- 2) Parents/Guardians must record their child's temperature and Rapid Antigen Test result on the [Temperature and Rapid Antigen Test Record Sheet](#) which will be sent in the welcome letter ahead of the first day. Please bring this record sheet to school every day
- 3) Have the child wear the swimmers coming into the facility. We strongly recommend not to use the toilet/changing room unless really necessary. After the lessons, dry the child's swimmers with a towel and have them wear it going back home. Changing rooms are open. Shower facilities however are suspended.
- 4) Arrive as close as possible to when the activity begins. Leave enough time for the safety protocol checks (temperature and recording).
- 5) Face masks must be worn before and after classes when the child is not in the swimming pool. **Please take at least 2 spare masks with you.**
- 6) **No spectators are allowed to stay in the poolside area. Parents are kindly ask to leave the swimming pool entrance as soon as the child is collected and wait outside the swimming pool area on 9/F floor (weekdays) / in room 807 (Saturdays). Parents should return to the pool entrance 5 minutes prior to the end of the class.**



General Preventative Measures

- Perform hand hygiene properly, especially before touching your eyes, nose or mouth; before eating; after using the toilet; and after touching public installations or equipment such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing
- Wash hands with liquid soap and water properly whenever possibly contaminated
- When hands are not visibly soiled, clean hands by rubbing them with 70-80% alcohol-based hand-rub as an effective alternative
- Cover mouth and nose with tissue paper when sneezing or coughing. Dispose soiled tissue paper properly into a lidded rubbish bin and wash hands with liquid soap and water afterwards
- Students are always required to wear a mask during a sports activity, **except whilst swimming**
- Parents/Guardians should also ensure that students have a spare mask, as a back-up
- No spectators will be allowed
- Do not use drinking fountains
- Please bring your own water bottle and do not share this with others. Please put your name on it.

Body Temperature Checking

- **An H&S station will be established at the main entrance to the school premises for temperature checks and hand rubbing procedures.**
- All Hurricanes Swimming staff, Students and Guardian's temperature checks will be undertaken prior to the start of each sports session
- A record of each person's temperature will be taken and recorded, and must be confirmed
- Staff, Students or spectators with a temperature of 37.5degrees C will be asked to leave the school premises

Water/Toilet Breaks

- If a student leaves the pool for a water or toilet break, they **MUST** use the hand sanitizers prior to re-joining the activity
- Please bring your own water bottle and do not share this with others. Please put your name on it.

Exclusion from Activity

- Please note that the Lead Coach will ultimately make any decision for excluding a student from an activity due to Health & Safety reasons.



SWIMMERS

PREPARING TO SWIM - Protect against infections:

- Wash your hands with disinfectant soap and water (20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- *No equipment sharing (students have to bring their own kick board/kit)*
- Bring your own full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so in a tissue or upper sleeve/arm area.
- *Arrive as close as possible to when the activity begins. Leave enough time for the safety protocol checks (temperature and recording)*
- Do not attend practice or lessons if you or a member of your household does not feel well.

WHEN SWIMMING

- Follow directions for physical spacing and stay at least 6 feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate physical distancing from other athletes when taking a break.
- Wear your suit to and from practice or lesson.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice or lessons
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area, shower at home.
- Wear your suit to and from practice.
- No extra-curricular or social activity should take place.
- No Congregation after swimming

COACHES

- Coaches are not to congregate in hallways and corridors outside of the pool hall or reception of facilities
- Coaches ensure that they maintain appropriate distance from colleagues, staff, swimming members, lifeguards, etc.
- Coaches should amend their use of whiteboards so that swimmers do not congregate around them when discussing about exercises, sets etc.
- Coaches ensure they do not have any physical contact with swimmers
- Coaches should not share hand held equipment such as stopwatches, clipboards or whiteboard pens, with colleagues or others
- Responsible for body temperature check (EA)
- Direct swimmers and guardians to and from assign pathways (EA)
- Enforce hygienic practices among swimmers (hand wash/sanitize, distancing) (EA)
- Enforce physical distancing in the guardians waiting area (EA)
- Wash equipment after use and put them back in place (noodles, buoys, etc.) (EA)
- Enforce non-usage of toilets, showers or changing rooms for swimmers (EA)

GENERAL GUIDELINES

- Any swimmer who has a new cough or a high temperature should not train for 14 days from the onset
- Any swimmer who lives with anyone who is ill should not train for 14 days
- Any swimmer with an underlying health condition should not train / swim
- Any swimmer with a sibling or parent / grandparent who lives with them, with an underlying health condition should not train.
- Any swimmer or a family member who lives with them, who is confirmed as having COVID-19, should confidentially advise the club and cease from training until being cleared of any infectious condition.
- *There is no parent/s or guardians allowed to sit on the audience gallery (as per Food and health department's policy)*