



- 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 may not be available.
- 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.** We kindly ask parents to leave the swimming pool entrance as soon as the child is collected and wait outside the swimming pool area on 9/F floor. 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).