



## Me2 Club COVID-19 Guidance for Swimming Activities

Between the 5<sup>th</sup> November and the 2<sup>nd</sup> December, England entered a second lockdown period, where all non-essential activities were suspended. At the end of the lockdown, areas within the UK were assigned one of three tiers. The tiered approach means that there will be differing restrictions and measures in place to help tackle the spread of infection.

Under the new Government guidelines supervised sport and physical activity for under 18's may continue in all three tiers which means we do not anticipate activities being suspended again unless there is another national lockdown.

This guidance should be read in conjunction with the Me2 Club COVID-19 Guidance for volunteers. It is intended as additional guidance to enable a safe volunteering environment when supporting at swimming activities.

This guidance is specifically for volunteers who attend a weekly mainstream swimming lesson with their Me2 Club matched child. The support needs of some children mean that they require some level of physical support to take part. The level of physical support required can be defined as:

### **Physical Interaction:**

Some children require 'physical interaction' from their volunteers e.g. hand holding, sensory pressure, guiding to activity etc.

### **Physical Support:**

Some children will require significant 'physical support' from their volunteers e.g. personal care, hand over hand support to hold equipment, manual handling etc.

It is not possible to maintain social distancing whilst physically supporting a child, therefore this guidance seeks to implement further measures to reduce the risk of transmission.

### **Side of the pool:**

A volunteer may provide support to their child from the side of the swimming pool. This means that it is possible to maintain social distancing. The volunteer may wear a face covering and should follow our general volunteering guidance.

A volunteer may need to be in the swimming pool to provide support to their child. The level of support will differ between children.

### **In the swimming pool:**

If a volunteer is supporting in water that is shallow enough for them to stand, and they are not required to swim to support their child, they should remain standing as far as is possible.

If the volunteer is required to provide **physical interaction** or **physical support** to their child, they should follow existing guidance.

A face covering may be worn if this makes the volunteer feel more comfortable. If wearing a face covering, care should be taken to keep this dry as if it becomes wet it will be ineffective. A clear face shield may assist with reducing the amount of water that comes into contact with the face covering. Where practical, volunteers may need to bring additional face coverings so that they can be changed if they become wet.

If it is not possible to stand in the swimming pool and/or they are required to swim to support their child a face covering will be impractical and ineffective we will assess what measures should be taken on an individual basis to meet a child's support needs.



The chlorinated water within the swimming pool is an additional control measure and will render coronavirus inactive. Volunteers should submerge equipment, aids and hands under the water regularly as it is unlikely to be possible to wash hands with soap or use anti-bacterial gel.

We will continuously review this guidance in line with government and national guidance from Swim England.

**Other guidance**

Guidance from the leisure centre should also be followed including the method for entering and exiting the swimming pool and the use of changing facilities.

Volunteers should be sure to wash their hands when leaving the leisure centre.