

STROUD MASTERS SWIMMING CLUB



Dear Members,

You may have already seen the guidance issued on the 7th July from the Government and Swim England that swimming pools can open:

- Outdoor pools – from 11th July
- Indoor pools – from 25th July

Please do check with the operator first if not a club session as unfortunately not all pools are re-opening in 2020.

Can we start swimming with SMSC again?

Yes, although we must work with the pool operators who have restrictions in place.

Which SMSC sessions are resuming?

Following discussions with the pool operators we are able to re-open our Monday, Wednesday and Friday sessions at Archway from 27th July. When we know more about Tuesday evenings at Archway and Sunday mornings at Stratford Park Leisure Centre, we will update you.

Do I need to do anything before returning to club sessions?

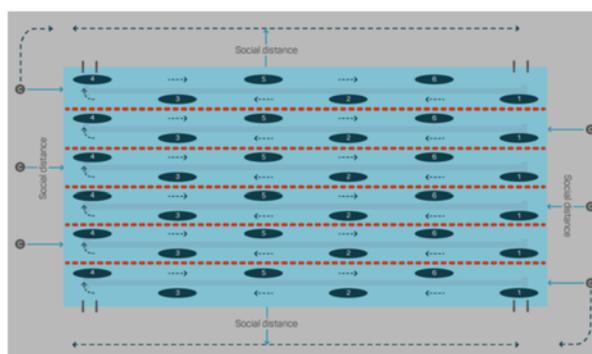
Yes. Accompanying this letter are a Returning to Training Declaration and a Health Survey form. Before you can return to training it is a requirement of Swim England that both documents are completed by members. We would prefer it if you could complete them 'electronically' (rather than return paper copies). Please return both forms to richard.searle@centrica.com via the email address we hold for you so that we can then treat the forms as having an 'electronic' signature.

Changing Rooms

There will also be a limit the number of people who can use the changing rooms at any one time and this will need to be controlled.

Structure of sessions

We are looking at the fitness levels you have advised us of in the questionnaires return to us, This together with those who wish to attend the sessions will determine how best to run each session. It is likely each lane will swim in the same direction – to avoid swimming alongside another swimming in the next lane (see diagram below). An alternative option is double-width lanes. We will also utilise shallow and deep end starting to further help separate swimmers in the same lane.



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Who can attend the sessions?

All members are welcome; however, for everyone's safety Archway numbers will be limited to 12 swimmers per session.

Booking

We are looking into a simple booking system; this may be online or by email / telephone. Once you have confirmed your attendance you are committing to pay for the session whether you swim or not. Look out for further information by email.

Please do make every effort to attend your session as until more water-time is available places are at a premium and non-attendance may be at the expense of another member.

Only Richard, Mark, Sean and Nikki are NRASTC lifeguards, so to run the morning sessions one of them will need to be present.

Swim kit and drinks bottles

All swim kit you bring with you – even if not used during the session – must be submerged in pool water (this kills the Coronavirus). Water bottles should be clearly marked as belonging to you. Please keep all your kit together and separate from others.

How do I pay for my session?

Until things return to something we all recognise as being more like normal each session will cost £4. We would prefer it if members could pay by internet banking. Our bank details are:

- **Sort code** 40-43-21
- **Account** 21459090

If this is not possible please ensure you bring the exact money.

Questionnaire

Recently we sent out a link to our questionnaire which included a section on fitness levels (so we can gauge the structure of sessions). If you haven't completed it would be helpful if you could. If you don't have access to the internet, please contact a member of the committee as there are alternative ways of completing it.

Click [here](#) for questionnaire

More guidance

Click [here](#) for Swim England's Returning to the pool guidance.

Kindest regards.

Your Committee