



COVID-19 Practical Procedures for Members, Volunteers and Guests

Please remember to follow Government guidelines.

**If you, or a member of your household, have any symptoms of COVID-19,
DO NOT COME up to the pool!**

**If you, or someone you have been in close contact with, test positive, please
contact our COVID Officer – Tania Bridge:**

tania.bridge@overtonswim.org.uk

or mobile 07870 667608

- **Anyone** on site displaying any symptoms will be asked by one of the pool volunteers to confirm that either they have had a recent negative lateral flow (or PCR) test, else they will be asked to go home.
- **Volunteers** – if you need to isolate, please let Tania Bridge (Tania.Bridge@overtonswim.org.uk) know re Covid and Nicola Green (operations@overtonswim.org.uk) know so she can address any operational issues (and remember to take yourself off the rota! And please look after yourself!).
- **All** - Feel free to scan the NHS QR code on the noticeboard outside the pool entrance for Track and Trace. As the Club keeps a day sheet at the desk, whether you are swimming or spectating, we know who has been at each session should we need to contact you. We also know which volunteers have been on duty.
- As we are outside, there is **no need to wear a mask** but, of course, if you prefer to, especially when you give your name to the desk, then please do.

- **Parents/carers** – where possible, please only one of you spectating at a time at present.
- **Swimmers** - Please **come Swim Ready** and **remember to use the toilet before you come** – ours will open for emergency use.... Please don't go in the pool!
- **Volunteers** – please remind everyone poolside to socially distance and set chairs up 2 metres apart.
- **Pool Rescuers** – please remind swimmers to socially distance when they are inactive (say holding on to the bar in the pool) – messing around in the water is much better for them!
- **Volunteers: Cleaning** – at the end of each session, wipe down with disinfectant/pool water:
 - Contact area of chairs
 - Hand-rails on the steps
 - Swimming/safety equipment
 - Key safe/other touch points
 - Toilet area, if used
 - Area around the pool – with buckets of pool water

COVID risk in the Pool – nerdy stuff but.....

Our Pool Plant Operators are fully PWTAG trained and we should all follow their guidance.

PWTAG Technical Notice 46 states that:

“the available evidence shows that the physical effect of the pool water and an appropriate relationship between free chlorine and pH value should inactivate the virus within 15-30 seconds.

The dilution of virus in the pool water volume will also reduce the risk of exposure and transmission.

The lower the pH the more easily chlorine kills microorganisms. To deal with the Covid-19 virus, a chlorine residual between 1.5 and 3mg/l is believed to be effective at a pH between 7.0 and 7.4 .”

We have altered the chlorine residual and pH of our water per PWTAG.

From PWTAG

Human coronaviruses survive on inanimate objects and remain viable for up to five days at temperatures of 22 to 25°C and relative humidity of 40 to 50% (i.e. typical of air-conditioned indoor environments). Survival on surfaces also depends on the surface type. Experimental studies for using SARS-Cov-2 have reported survival for:

72 hours
48 hours
24 hours
Less than 4 hours – copper.

– plastic
– stainless steel and glass
– cardboard, cloth and wood

Survival of the virus and therefore the risk of infection is reduced significantly after 72 hours, or by cleaning and disinfection.

Buildings unoccupied for seven days or more will need only normal routine cleaning before reopening, as SARS-CoV-2 has not been shown to survive on surfaces longer than this time.

Operators should test the pool water for free and combined chlorine and pH at frequent, regular intervals. PWTAG recommends testing before bathing starts and every two hours after that. Results should be recorded and initialled, and senior staff immediately notified if they are not within the specified range. All resulting actions should be documented.

With adequately disinfected pool water, the main risk from Covid-19 is through airborne respiratory transmission from a person carrying this virus to others within a critical vicinity – not from waterborne transmission. The available evidence shows that the physical effect of the pool water and an appropriate relationship between free chlorine and pH value should inactivate the virus within 15-30 seconds. The dilution of virus in the pool water volume will also reduce the risk of exposure and transmission.

1. Everyone using a pool building should wash or otherwise disinfect their hands as they enter and as they leave. Pool managers should enable and encourage this.
2. An outdoor pool with appropriate disinfection and pH, and bathers correctly distancing, should provide a relatively safe environment.
3. For the health and safety of both staff and bathers, any containers used for cleaning purposes should be labelled: e.g. either as used equipment that has not yet been cleaned and disinfected; or as cleaned and disinfected equipment. Disinfectants should be stored safely and securely.