

Tawa Club Swimming under Level 2 Covid 19 Restrictions

The Tawa Swim Club committee has considered the rules and guidelines provided by NZ Sport, Swimming NZ and the Wellington City Council (WCC), and will be implementing the following guidelines and restrictions for swimmers to return back to Tawa pool. WCC are very clear about their expectation of EVERYONE to adhere to these, and any non-compliance will jeopardise the club's ability to use the council facilities. It is important to note that the information on Level 2 is evolving regularly and these guidelines and restrictions may be updated as/when required.

General Guidelines

- No one should be turning up at the pool if they are displaying symptoms of COVID-19, awaiting a test, or if required to self-isolate.
- A new timetable will apply during Level 2. Swimmers can turn up no more than 15 minutes prior to the start of their session for stretching. Please note, you cannot enter the pool complex until your session is due to start, so any stretching will need to be done outside.
- Swimmers will need to turn up to the pool in their togs; they cannot get changed into their togs at the pool.
- It is recommended that swimmers shower and get changed at home after training if possible.
- Only officials will be allowed inside the pool complex. Therefore swimmers can only be dropped off and collected from the car park area, unless the swimmer is 8 years or younger. Parents can remain in their vehicles or choose to come back at the end of the training session, noting that swimmers will be required to leave the pool complex once training has finished. Social distancing guidelines of 2 metres will still apply in such circumstances.
- The council will only accept card transactions during this period. Normal pool entry fees will apply as per usual. We encourage families to consider concession cards to minimise touching of surfaces.

Inside the Pool Complex

- You should expect extra wait time at the pool reception while the council ensures every person's details are recorded for contact tracing purposes. This will be required each time a swimmer attends a training session.
- The bathroom area is to be used primarily for the toilets and handwashing only.
- All hotspots (spa, sauna and steam room) will be closed until further notice.
- Social distancing of 2 metres will apply when interacting with other groups.

- On arrival, swimmers will be required to go to their designated lane inside the complex (where they will meet their coach). The designated lane will be communicated to each group prior to the return back to the pool.
- There will be no dryland training inside the pool complex. Dryland training will be done at home or at the adjoining park area, as instructed by your coach.
- Swimmers will be required to stay with their group at all times. Each group will be assigned a swim lane, which will be widened by the council removing every second lane rope.
- The area known as the “fish tank” is not accessible during this period.

In the Pool

- Swimmers will not be allowed to congregate at the end of the lanes, but instead must be spread out 1m apart whilst in the pool.
- Each group will start and finish at alternating ends.
- Each swimmer will be required to bring a drink bottle which must be clearly named. The drinking fountain can be used to refill drink bottles, but not to drink from.
- Swimmers will require their own equipment for training, which cannot be shared. Equipment should be kept to the minimum that is required for the training session. All equipment must be taken home and cleaned after training and cannot be stowed inside the cage until further notice.

Thank you - Tawa Committee