

Richmond Swimming Club

Membership Application Form



Surname:	First names:
Date of birth:	Telephone number:
Your email address:	Your mobile/emergency contact number:

Parents/carers name and emergency contact number (if different from above):
Address:
Health: Please give details of any Health Problems or Disabilities: e.g. Asthma, hearing, eye sight or any other disability.
It is the responsibility of the parent/guardian to inform the Membership Secretary of any medical conditions, which may affect their children and their participation in the clubs activities.
Swimming Ability: Please tell us here whether your child is a beginner or if they have passed any swimming certificates/completed lessons.

Prospective member acknowledgement:

I acknowledge receipt of the rules of the Richmond Swimming Club and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Club. I further acknowledge and accept the responsibilities of membership upon members as set out in these rules.
 Note - the RSC rules can be downloaded from the RSC website.

Data Protection:

The information given above will be kept on computer and in paper format for Richmond Swimming Club administration purposes and those governing bodies associated with the Club.

Parent/Guardian Signature.....

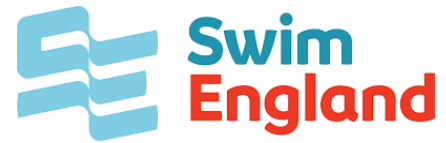
Date.....
 Updated April 2021

Richmond Swimming Club

Return to Training



Covid-19 and Risk Awareness Declaration



I/My child* am/is* returning to training having completed and signed the Health Survey as requested by Richmond Swimming Club.

By signing this declaration, I confirm that I/my child* am/is* free from any symptoms related to the Covid-19 virus, I understand the main symptoms include:

- a high temperature – this means you feel hot to touch on your chest or back
- a new, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste.

I am also confirming all in my household remain symptom free, and anyone taking me to or from training and attending my training session with me is also symptom free from the virus.

By signing this declaration, I confirm that for any future training sessions I/my child* will only attend in the full knowledge that I/my child* am/is* free from any Covid -19 symptoms. In addition, but conversely confirm by signing this declaration that if I/my child* do/does* display any symptoms I/my child* will not attend training for a period of at least 14 days and follow government guidance to self-isolate.

I am also confirming all in my household will follow the government guidance on quarantine and self-isolation following any travel abroad.

I/My child* return(s) to training knowing that participation cannot be without risk, I am therefore aware of these risks associated with the Covid-19 virus, but I still wish/I still wish my child* to participate in club training.

I understand the processes and protocols Richmond Swimming Club have put in place in order to reduce risks and I/my child* will adhere to these in order to protect my/my child's* health and the health of other members, staff and other users of the facility.

I also understand that the club will have to be flexible and responsive due to the evolving government advice around Covid-19, and the fact that circumstances will change.

delete as appropriate

Signature:	Date:
Parent/guardian signature (for members under18)	Date:

Richmond Swimming Club

Swimming Session Guidelines



Please keep your distance and stay safe!

Before you leave home:

- Ensure that both you and your parent/ carer have signed the Swim England Covid-19 awareness document.
- Be sure you know which session and which lane you are allocated to.
- Use the toilet at home before you leave the house (although pool toilets are open).
- Put your swimming trunks or costume on under your joggers & sweatshirt.
- Wear flip flops or footwear you can get into and out of quickly.
- Remember your towel and goggles, we have none you can borrow.
- The changing rooms are not in use!

On arrival at Teddington Pool:

- Line up along the wall in front of the entrance to Teddington Pool and Fitness centre.
- Space yourselves out.
- Enter one at a time when RSC staff tell you.
- Shoes off once you are through the barriers.
- Hand sanitise!

On poolside:

- Remember to keep your distance.
- Go straight through onto poolside to 'check in'.
- Walk left up the side along the top at the deep end.
- Walk down the blue tiled 'bench' as far as you can before finding your spot to stop.
- Quickly take off joggers and sweatshirt and place neatly on the bench - towel on top.
- Walk to your lane at the shallow end and get into the water when instructed.
- Get straight into your warm up.
- Remember to keep your distance.
- Toilets are open but try to go before you leave home.

During the swim session:

- Keep spread out.
- No stopping to chat, no gathering in groups.
- Follow your teachers & any lifeguard instructions.
- Dunk the float in the water before use (clean in chlorine).
- Dunk the float in the water after use and place in a neat pile.
- At the end of the session climb out at shallow end.

After the swim session:

- Poolside showers are only available for a very quick rinse (shower at home).
- Find your clothes - if there is enough space dry off and dress quickly.
- If space is tight at the benches be patient - quickly dry off and move down by small pool doors to dress.
- Leave by the doors on poolside by the small pool steps.
- Remember to keep your distance.

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Pool User Guidance



Do's

- Arrive 'swim ready'.
- Sanitise your hands using the sanitiser station as you enter the building and continue to wash your hands wherever possible.
- Follow the guidance on social distancing, direction of travel and other risk control measures.
- Leave valuable personal items at home. Lockers will not be available to use.
- Bring water with you. Water fountains will not be in use.
- Take into consideration that you have not swam for a few months - go steady and pace yourself.
- Please shower at home. Only poolside showers will be available for a very quick post swim shower. All other showers will not be available.

Don'ts

- Do NOT come to the facility if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing, loss of taste and/or smell).
- Do NOT use the changing rooms. If absolutely necessary, you can use the toilets but you must maintain social distancing and avoid socialising.
- Do NOT arrive at the centre more than 5 minutes before your allocated time.
- Do NOT make physical contact with other participants.
- Do NOT overtake whilst swimming.
- Do NOT wear PPE in the swimming pool.