



Welcome back to APEX Training

As you are aware there are a few changes that will need to be implemented for the sessions to go ahead.

Due to COVID restrictions the coaching staff has had to be reduced temporarily.

- ✓ Swimmers over the age of 8yrs should be dropped off ready to swim, swim wear under towelling robe, onesie or tracksuit/ clothing.
- ✓ Under 8yrs 1 parent/ guardian to supervise swimmer in changing, then social distance where possible.
- ✓ No group changing will be permitted individuals should respect social distancing within the changing area.
- ✓ Please follow the one way system around the building and within the changing room.
- ✓ Apex DBS checked volunteer to be present in changing room to assist and supervise swimmers.
- ✓ Squads will have staggered finishing times to reduce numbers in changing area.
- ✓ Drinks for the whole session should be brought with swimmers as water fountains are out of action to reduce cross contamination.
- ✓ Please take all your own equipment with you at the end of each session.
- ✓ Please social distance within the lanes where possible.
- ✓ Freedom leisure has requested that swimmers shower at home following the swim session.
- ✓ Do not share swim equipment use only your own.
- ✓ Swimmers must arrive on time to every session, unless pre-agreed with coaching staff.

If you have any questions or queries please either contact a member of the coaching team or an Apex committee staff.