



# NORTHALLERTON AMATEUR SWIMMING CLUB

## COVID-19 TRAINING PLAN

### RETURN TO POOL GUIDANCE V16



FROM 1st June 2021 onwards...

Where training appears in **RED** this requires booking using the membership software <https://membership.nasc.co.uk>

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Squad Notes	Training Group
Junior Otters 1							1530-1630 Northallerton <i>No Booking Required</i>		Junior Otters 1
Junior Otters 2			1800-1900 Northallerton <i>No Booking Required</i>				1530-1630 Northallerton <i>No Booking Required</i>		Junior Otters 2
Junior Squad 1	1815-1915 Northallerton <i>No Booking Required</i>		1800-1900 Northallerton <i>No Booking Required</i>	1800-1900 Bedale <i>See Notes</i>			1530-1630 Northallerton <i>No Booking Required</i>	Thursday session for Bedale Sharks SC membership transfer only at this stage. This will be reviewed periodically Some Junior 1 squad swimmers train in the previous hours	Junior Squad 1
Junior Squad 2 Group 1	1815-1915 Northallerton <i>No Booking Required</i>		1800-1900 Northallerton <i>No Booking Required</i>	1800-1900 Bedale <i>See Notes</i>			1630-1800 Northallerton <i>No Booking Required</i>	Thursday session for Bedale Sharks SC membership transfer only at this stage. This will be reviewed periodically	Junior Squad 2 Group 1
Junior Squad 2 Group 2	1815-1915 Northallerton <i>No Booking Required</i>		1900-2000 Northallerton <i>No Booking Required</i>	1800-1900 Bedale <i>See Notes</i>			1630-1800 Northallerton <i>No Booking Required</i>	Thursday session for Bedale Sharks SC membership transfer only at this stage. This will be reviewed periodically	Junior Squad 2 Group 2
Development Squad	1915-2015 Northallerton <i>No Booking Required</i>		1900-2000 Northallerton <i>No Booking Required</i>	1800-1900 Bedale <i>See Notes</i>	2000-2115 Northallerton <b>Booking Required</b>		1630-1800 Northallerton <i>No Booking Required</i>	Thursday session for Bedale Sharks SC membership transfer only at this stage. This will be reviewed periodically	Development Squad
Senior Squad 1	2015-2115 Northallerton <i>No Booking Required</i>		2000-2115 **** Northallerton <i>No Booking Required</i>	1900-2000 Bedale <b>Booking Required</b>			1800-2000 Northallerton <i>No Booking Required</i>	Opportunity for Swimmers in Senior Squad 1 to swim for 2 hours, this is booking on a first-come, first-served basis.	Senior Squad 1
Senior Squad 2	1915-2115 Northallerton <i>No Booking Required</i>		2000-2115 Northallerton <i>No Booking Required</i>	1900-2000 Bedale <b>Booking Required</b>	2000-2115 Northallerton <i>No Booking Required</i>		1800-2000 Northallerton <i>No Booking Required</i>	Members allocated for a 2 hour session must attend for the whole duration of the session. Swimmers leaving sessions throughout will cause us logistical issues relating to C-19 Thursday sessions remain bookable at £2 per session	Senior Squad 2
Senior Squad 3	1915-2115 Northallerton <i>No Booking Required</i>		2000-2115 Northallerton <i>No Booking Required</i>	1900-2000 Bedale <b>Booking Required</b>	2000-2115 Northallerton <i>No Booking Required</i>		1830-2000 Northallerton <i>No Booking Required</i>	Members allocated for a 2 hour session must attend for the whole duration of the session. Swimmers leaving sessions throughout will cause us logistical issues relating to C-19 Thursday sessions remain bookable at £2 per session	Senior Squad 3
PAYGO				1900-2000 Bedale <b>Booking Required</b>	2000-2115 Northallerton <b>Booking Required</b>			Priority provided to squad fee paying members	PAYGO
WATER POLO		1830-1930 Bedale <i>No Booking Required</i>						Swimmers over the age of 18 may be subject to training alterations if the government place the area into Tier 3. If there is no announcement then training will continue as detailed	WATER POLO
Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
		Water polo on agreed 6 month trial to the end of June		Numbers on Thursday evening training subject to review			Additional pool time is available on some weekends for Level X and skills workshops. These sessions will be completed on a Saturday at BLC		