



Pool user guidance

Booking and timetable

- Check the facility website/social media channels or contact the facility directly for timetable, user guidance and booking instructions.

Before leaving home and on your return

- Do not come to the facility if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing, or anosmia e.g. loss of taste or smell).
- To reduce time spent in changing areas, please consider the following guidance:
- Arrive ready to swim. Once you have finished your swim, leave the venue as soon as you can.
- Shower at home, pre and post swimming (by arriving wearing your swimwear under your clothing and showering at home pre and post swimming you will help minimise time spent in the changing rooms and help maintain the water quality).
- Take hand sanitiser with you, sanitiser will also be available at the facility

At the facility

- Please follow the operator's guidance on pre swim arrival, duration of swim and post swim arrangements.
- Whilst in the building and the pool, follow the operator's guidance on social distancing, direction of travel and other risk control measures that are put in place.
- Use hand sanitiser/wash stations wherever made available.
- Spend as little time as possible in the changing rooms.

In the pool

- Enter the facility and follow one way system through to dry changing area (meeting room), place bags on benches in bay provided poolside, leave via appropriate changing room.
- Please follow the directional signs and move across to the appropriate side of the lane for each length.
- Always attempt to maintain appropriate social distance between yourself and another swimmer.
- If you change to a slower stroke as part of your session, think about moving lanes.
- People of different standards and abilities will use the pool. Please respect their right to enjoy their swim.
- Do not make physical contact with other participants.

Direction

- Please follow the directional signs and move across to the appropriate side of the lane for each length.
- Always attempt to maintain appropriate social distance between yourself and another swimmer.
- If you change to a slower stroke as part of your session, think about moving lanes.

Resting

- Whether stopping for a rest or catching your breath after completing your swim, please be mindful that others using the lane will want to keep on swimming without stopping; so keep yourself to the edge of the lane allowing others to turn at the wall, turning head away and allowing others to maintain social distancing measures.
- Stay hydrated by bringing your own 'pre-filled' water bottle on to poolside during your swim.