



Swimmer guidance

All swimmers must comply with the club's "Health check protocol" before taking part in any sessions.

Please read the separate "Entry and exit protocol" documents.

Do not bring equipment with you to the pool, other than goggles, a swimming cap and a water bottle. Do not share your water bottle with anyone else.

Changing rooms will not be available at the start of sessions, you will need to change poolside, so wear your swimming gear under shorts/t-shirts/tracksuits/etc in order to be able participate.

Showers will not be available after sessions, but you will be able to use the changing cubicles.

Wear a face covering, where you are able, while travelling to and from training sessions.

Wear a face covering, where you are able, at all times while in the leisure centre, while waiting outside the centre and while on poolside when entering or exiting.

Please pay special attention to the instructions from coaches, and take note of any signs or instructions within the leisure centre.

Please pay attention to any instructions you are given by club volunteers.

When on poolside, and within the pool, maintain a two metre distance from other swimmers and from coaches, volunteers and any leisure centre staff.

When swimming, you may pass other swimmers, but do so as quickly as possible. Always be aware of the position of other swimmers when inhaling and exhaling. In particular, when swimming front crawl, if you pass another swimmer, then you should inhale to the opposite side.

Remember that you are returning to swimming after a long break, and do not over-exert yourself.

Parents and carers may watch the session from the gallery. They should wear face coverings if they are able, and avoid congestion. Please follow the directional arrows around the leisure centre. Toilets are available in the changing area, which should be accessed via the doors close to the vending machines.

Only one parent is allowed to watch from the gallery, and they may only sit in designated seats. Non-swimming children are not allowed to accompany parents in the gallery.

Swimmers and parents should exit the leisure centre via the doors adjacent to the squash courts.