

# SWIM SCHOOL USER GUIDANCE



## DO's

- Arrive 'swim ready' for your lesson to minimise use of changing rooms
- Sanitise your hands using our sanitiser station as you enter the building and continue to wash your hands wherever possible
- Follow our 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. water bottles sold at reception
- Please shower at home, showers will not be available to use.
- We encourage the use of towelling robes or onesies for wearing at the end of lessons and to enable children to leave the building promptly whilst keeping warm.
- Collect your child promptly after their lesson either from poolside or the assigned collection point outside.



## DON'T's

- **DO NOT** come to the centre if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing or anosmia e.g. loss of taste/smell)
- **DO NOT** use the changing rooms unless absolutely necessary i.e. to use the toilets, if coming straight from school and to quickly change into clothing after your lesson. Maintain a social distance and avoid socialising
- **DO NOT** arrive at the centre more than 5 minutes before your allocated lesson time
- **DO NOT** bring siblings or other spectators to the lesson
- **DO NOT** make physical contact with other participants
- **DO NOT** wear PPE in the swimming pool
- **DO NOT** attend your lesson if you or any members of your family are showing symptoms or you have been advised to self-isolate

## Other Information:

- Swimming lessons are 25 minutes long, allowing for five minutes change over time and spacing between lessons.
- Anyone using the balcony or a designated spectating area must keep socially distanced.
- If your child is aged 8 years or over and comfortable getting changed unaided, we would ask that they use the changing rooms without being accompanied by an adult to reduce numbers in this area.
- Anyone entering and walking around the building is strongly encouraged to wear a face mask at all times.
- The centre cannot lend equipment out but Zoggs retail is available to purchase

Serving Richmond and  
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