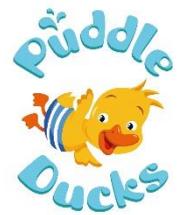


Swimming at the Novotel Cardiff from October 2020



We are so excited to welcome you back to the pool! As with many things in life, there are some new procedures in place to maintain social distancing and keep everybody safe. You will find everything you need to know about the Novotel Cardiff below – please read it very carefully.

If you would also like to read about what Puddle Ducks is doing to keep you, your child and our team members safe, we have summarised all the steps we are taking including our risk assessment procedure, cleaning and hygiene regimes and temporary changes to the way our lessons will be run [here](#).

Face coverings

Anyone aged 11 or over must wear a face covering to enter and exit the building, before and after classes, unless they are exempt. Face coverings are removed to participate in the class but should be popped on again as soon as possible after you exit the pool (i.e. while changing).

Arrival time

Please do not arrive any earlier than 10 minutes before your lesson starts. This helps us to reduce congestion and maintain social distancing.

Arriving 'swim-ready'

Sign in at reception (sanitise hands on the way in), remove your shoes in the changing room (we'd recommend flip flops or other easy on/off footwear) and come straight through to poolside to change. Shoes can be left under the bench in the changing rooms, or carried with you poolside.

You and your child should arrive swim-ready at the venue i.e. with your swimming costume/trunks/swim nappy on underneath your clothes. This is because the changing rooms will not be available for the time being (they're just too small to allow for social distancing). We'll be asking you to change poolside afterwards too (and have some tips below regarding this).

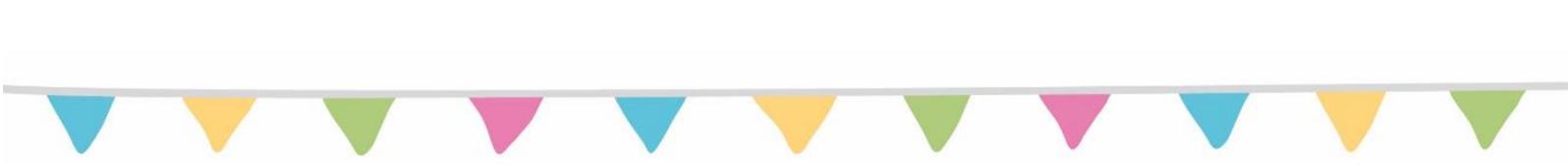
If you have a car seat you can bring it poolside, prams can be left as usual in the corridor outside the changing rooms (space is limited here – if you can manage without a pram please do).

We appreciate that those children still in nappies might need a nappy change just before their lessons. Ideally this can be done in the car before entering the building but if not, please take a change mat to poolside with you and make sure you have nappy bags too.

There will be changing spots marked at 2m intervals poolside. There you can get ready for the lesson and leave your belongings in a waterproof bag. Please bring only the essentials (keeping valuables to a minimum).

Please wait poolside, keeping socially distant from other customers and pool users wherever possible, until the teacher indicates it is time for you to enter the pool.

There will be a Puddle Ducks Poolside Assistant on hand if you need anything.



Equipment

If you wish to bring your own equipment that's absolutely fine. The equipment we'll be using will be as follows*:

- Floaties & Splashers: A long woggle and a floating toy
- Kickers, Little Dippers and Dippers: A woggle, sinking toy and a floating toy

*Limited Puddle Ducks equipment will be available if you forget or choose not to bring your own items. Puddle Ducks have linked up with SplashAbout for 'Kit Bundle' offers [here](#).

Spectators

We can allow one adult to each child swimming at the pool. To reduce overall number of people within the venue, additional adult spectators will not be able to attend classes for the time being. We're really sorry about this; but it's the only way we can maintain adequate social distancing.

If you require assistance due to a disability (either your own disability or your child's), then you can bring a spectator to help as necessary.

Signing in/Letting us know you are here

All lessons will have a Poolside Assistant (wearing a face shield) present ticking off registers.

Toilets

The toilets in the changing rooms will be available as normal.

Changing rooms

We're sorry to say the changing rooms won't be available for the time being. They're just too small to allow social distancing.

After your lesson

As the changing rooms are too small to be used we're asking you to change poolside on your spot after your class. We know this isn't ideal but for the time being there just isn't any other option (sorry). Some tips that might help with changing before and after the lesson:

- Bring easy, comfortable clothing for both you and your child – items like onesies might be easiest for children to get changed quickly and keep them warm.
- Wear shoes you can slip on and off quickly and easily (crocs/flip flops are great).
- Consider a changing poncho like [this one](#) for modesty.
- Imagine you were going to the beach – what would you dress your child in to come home from there?

We will be asking you to try and leave the building within 10 minutes of your class finishing to ensure we have time to clean prior to the next class arriving.

And finally...

We just want to say thank you again for being so patient and understanding with these changes. We absolutely can't wait to see you and your little one!!