

# Swimming at The Key Health Club from September 2020



We are so excited to welcome you back to the pool. As with many things in life, there are some new procedures that you need to be aware of at the venue. This document summarises all of those changes.

## Arrival time

Please do not arrive **any earlier than 10 minutes before your lesson starts**. This should give you enough time to get changed and prevents lots of people from waiting around in spaces which may be too small to handle it in the current situation.

## Arriving swim-ready

Wherever possible, you and your child should arrive as swim-ready as possible at the venue i.e. with your swimming costume/trunks on underneath your clothes. This is because the changing rooms will only be accessible for a **maximum of 10 minutes** before class time to ensure maximum occupancy in the changing rooms is not exceeded.

We advise that you all bring a change mat that can be rolled up and placed in your bag, especially those of you who have little ones who would normally use a change table or a bench.

## Spectators

We will be operating a 'no spectators' policy for the time being at this venue and would ask that only 1 adult per child accompanies your child to their lesson. If your child goes into the water on their own (SA Level 3 and 4 only) you will be able to wait in the café area upstairs whilst your child is in their lesson and you should take them to and from poolside at the start and end of each lesson. Equally if you have 2 children swimming on the same day it is fine to have the same parent in the water for both sessions and the other parent can wait in the café area or carry out the changing tasks if the lessons are back to back.

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

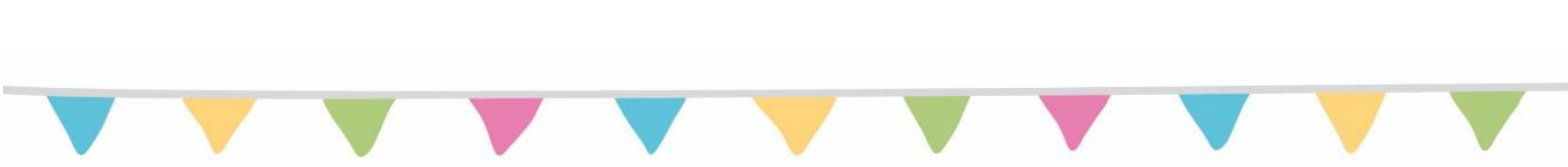
By not allowing additional spectators, we are able to practice social distancing more effectively.

## Parking at the venue

There are no changes to the parking at this venue.

## Entering the building

Please enter the building via reception and sign in as normal at the reception desk. Please wait in the designated area withing the reception. Please sanitise your hands before proceeding to the changing rooms **only once directed to do so by the reception staff**.



Test and Trace is also now in place so you will be asked to scan the QR code if you have downloaded the new Test and Trace Ap on your smartphone.

## Toilets

Toilets are available at this venue within the changing rooms and there is also a unisex toilet in the café area. Please wash hands before and after use and observe the space markers if there is a queue.

## Changing rooms

Ladies and Gents Changing rooms are available at this venue and floor markers/signage should be followed to identify where you can change and still maintain social distancing. The showers are not in use within the changing rooms and the shower cubicles have been re designated as changing cubicles to allow for more changing space. **Lockers and benching will be in use with antibacterial wipes available for you to pre and post changing as required.** Swimmers will have access to the changing rooms **a maximum of 10 minutes before** their class time start and **a maximum of 15 minutes afterwards.** **Strictly No Eating or Drinking of any kind in the Changing Rooms**

## Entering the pool area

Please wash your hands before entering the pool area. Soap and water is available in both of the changing rooms.

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.

## Exiting the pool area after your lesson

Two unisex showers are available poolside for you to use after your swim if required but we encourage showering at home wherever possible. Changing rooms are only available to you for a **maximum of 15 minutes** after your class has finished in order that we can clean before the next class arrives so please ensure you vacate the changing rooms as quickly as possible. We advise that you 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.

## Leaving the building

The café will be open for drinks and packaged snacks after your class for you to takeaway or eat in on one of our socially distanced tables which are available within our café area. **You will need to wear a face covering when visiting the Café and It can only be removed to eat and drink once you are sat at a table.**

When you are ready to leave the building, please wash your hands or use the hand sanitiser provided and make your way out via Reception to your car/mode of transport.