

Swimming at St Michaels 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 your chosen venue. You will find everything you need to know about St Michaels Middle School below – please read it very carefully.

If you would also like to read about what, as your chosen swim school, 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](#).

Arrival time

Please do not arrive any earlier than 5-10 minutes before your lesson starts. This should give you enough time to get poolside 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 swim-ready at the venue i.e. with your swimming costume/trunks/swim nappy on underneath your clothes. This is because in most venues, the changing rooms will not be available for the time being.

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 and last minute nappy changes can take place in the waiting area changing room. Please sure you have nappy bags and another bag in which to put the nappy bag to ensure there is no waste left visible anywhere.

You will be asked to change whilst waiting in line on your marker to go poolside as changing rooms will just be used as a waiting area so please bring only the essentials (keeping valuables to a minimum) and one **waterproof** bag to put everything in as this will be left poolside.

We advise that you 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

For those with children in Swim Academy Level 3-6, one parent will be able to spectate from the Spectators gallery. Please wear a face covering. For all other classes, we cannot accommodate additional spectators unless you have a sibling swimming in another class – please speak to us in advance about this so we can make special arrangements with you.

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 spectators, we are able to practice social distancing more effectively.



Parking at the venue

There are no changes to parking at this venue, however please adhere to social distancing where possible in the car park.

Entering the building

Adults will require a face covering to wear at all times other than when you are in the pool. If you have the NHS Covid-19 App, please scan the QR code on display. You should use the normal pool entrance door to enter the building. Please use the hand sanitiser on entry into the building. Only 2 parent/child pairs at a time in the entrance area to remove shoes, however **please place your shoes in your bag** and not on the shoe rack as you will not be exiting the building the same way. Please then look for the poster to show you which changing room to enter. If your child is in a baby and pre-school class, or Swim Academy Level 1-2, or Lydia's Level 5-6 class you will enter via the female changing rooms and queue up on the markers. If your child attends L3-4 or Michaela's Level 5, you should enter via the male changing rooms and queue up on the markers. Again, **all belongings should be placed in your waterproof bag**, not in any lockers as you will not be exiting via this changing room.

Signing in/Letting us know you are here

The Poolside Assistant will greet you at the entrance to poolside and ask you to wait there until the previous class have exited the pool. Our Poolside Assistant will be wearing a Face Visor to protect both customers and themselves.

Toilets

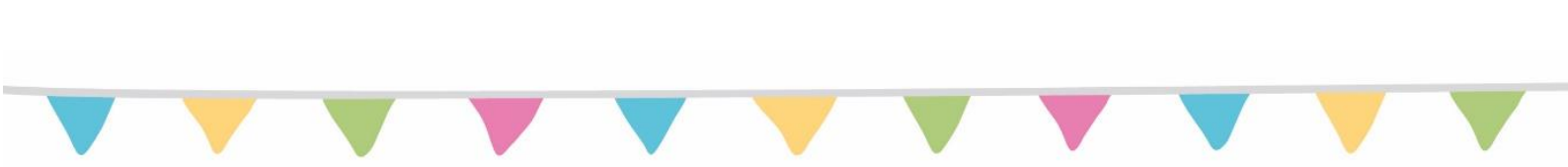
Toilets will be available in both entry and exit changing rooms, however please do be aware of social distancing when using them. Please encourage your child to use the toilet before their class. Any children needing the toilet mid-way through a lesson please ask a team member which changing room you should use before leaving poolside (depending on time it will either be the entrance or exit changing rooms).

Changing rooms

On entry, changing rooms are just a waiting area, so customers should arrive "swim ready". Note this area will not be sanitised so do not use or touch benches. On exit, customers will move to the other end of the pool into the large school changing rooms. The Poolside Assistant or teacher will guide each class to the correct changing room (again each class will remain entirely separate from the other). Please note that as we want to keep each class separate the changing rooms will be mixed sex so we would recommend a large towel poncho for changing under. Showers should not be used. Each changing station will be clearly marked and we would ask you to please only change in these areas which have been measured out carefully to facilitate adequate social distancing and to ensure regular cleaning.

Entering the pool area

The Poolside Assistant will tell you when you can enter onto poolside and guide you to the correct poolside safe stations. Please follow directional signage at the pool – this pool will use a one-way system so that those entering and exiting the pool do not mingle – please ask the Poolside Assistant if you are unsure of the way.



Please keep socially distant from other customers and pool users by staying by your safe station, putting your bag against the wall out of the way so it is not a trip hazard for anyone walking past. At this point you should remove your mask. Your teacher will indicate when it is time for you to enter the pool.

Exiting the pool area after your lesson

You should exit at the poolside by your allocated safe station, collect your belongings and replace your face mask. The poolside assistant/teacher will be on hand to show you how/when to exit and to which changing room. Showers should not be used and we ask that you change quickly and leave within 10 minutes to allow us to clean between sessions. 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

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

Exit will be at the other end of the changing rooms straight onto the playground. Please refrain from allowing children to play on the school equipment – it is reserved for St Michaels Middle School pupils only. Turn right and walk round the school, through the gate which will bring you back round to the car park.