

Swimming at Montacute School 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. If you would like to read about what we are doing to keep you, your child and our team safe, please read this [document](#) which includes our risk assessment procedure, cleaning and hygiene regimes regarding the venue and the equipment we use, as well as temporary changes to the way our lessons will be run.

Arrival time

Please arrive 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 we are minimising changing room use to allow time to clean between sessions.

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 with you and make sure you have nappy bags and another bag in which to put the nappy bag to ensure there is no waste left visible.

You should bring one bag with only the essentials (keeping valuables to a minimum) which everything should fit in including shoes, coats and belongings.

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

Unfortunately, due to social distancing we can't allow spectators at the moment.

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.

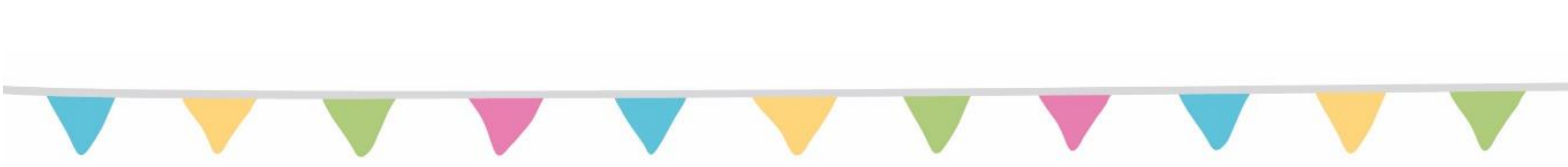
By not allowing spectators, we are able to practice social distancing more effectively.

Parking at the venue

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. Only 2 parent and child pairs



should be in the pool entrance at any one time, to allow for effective social distancing. We would recommend you wear easy to remove shoes such as flip flops or crocs so you can remove them quickly. Please place your shoes in your bag and do not leave them in this area.

Changing rooms

The main changing room doors will be propped open to reduce touch points. Make your way to a changing room – ensuring you observe the maximum numbers and only changing directly below a marked changing station. Each changing station has been colour coded to ensure your belongings are kept separate. Orange colour coded changing stations are for those customers with lessons at 15 minutes past the hour and blue colour coded changing stations for lessons at 45 minutes past the hour. Please note changing rooms on the way in are just for you to remove your clothes and store your bag. You should keep your face covering on to come poolside (please bring a sandwich bag with you to place your bag in by your safe station to stop your mask getting wet).

After your class, please do a quick towel down and change and leave within 5-10 minutes.

Signing in/Letting us know you are here

Once you have put your belongings in the changing room, make your way towards the pool, ensuring you turn right by the showers. Queue up on furthest social distance marker.

Toilets

Toilets will be available but please note they will only be cleaned every 30 minutes, not after every use.

Entering the pool area

Enter via the showers onto poolside and turn right to find your nearest marker.

Do note that showers will not be available so please shower before and after your class at home.

Please wait poolside on a marker, 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

When instructed by your teacher, exit the pool on the opposite side 5 at a time, replace your face covering and turn left. You will walk through the hydrotherapy pool area and go to the furthest social distance marker and wait there until the area is clear of the following class. You can then go back to your changing station. 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, please use the hand sanitiser provided and make your way to your car/mode of transport.