

# Swimming at Everlast Fitness (Tunstall) 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 that you need to be aware of at your chosen venue. You will find everything you need to know about Everlast Fitness 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 on our website.

## Arrival time

Please do not arrive any earlier than 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 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 to minimise the time spent in the changing area.

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 the changing area 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 in the changing area.

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.

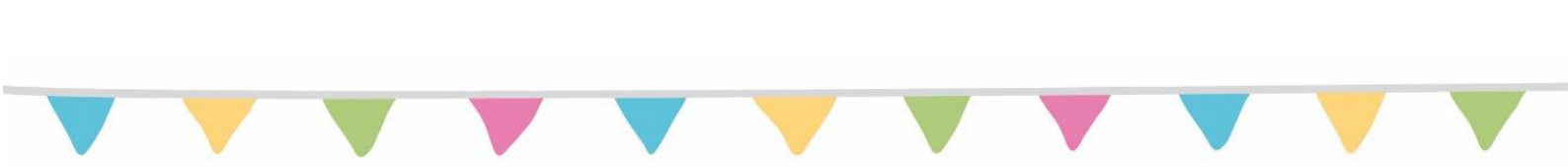
## Spectators

Due to the limited space poolside, and to enable us to practice social distancing more effectively, spectators are not allowed. Only 1 adult should accompany their child to the pool.

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.

Parents are expected to join their child in the water for our baby & preschool lessons and Swim Academy levels 1 & 2.

All other adults accompanying children in Swim Academy Level 3 and above, where you are not required to be in the pool, should accompany their child to the pool for the start of the lesson, taking them in a clockwise direction, and then leave the pool hall to wait in the seating area at the bottom of the staircase. Please re-enter the pool area just before the end of the lesson to collect



your child from the opposite end of the pool, where the jacuzzi is, so that incoming and exiting customers don't cross paths. Please do not cluster by the pool entrance.

A parent 'spotter' is required during the lessons and so we ask one parent in Swim Academy levels 3 and above to remain poolside.

## Parking at the venue

Parking is in the main car park as usual, please adhere to social distancing in the car park.

## Entering the building

Enter the building through the main reception area adhering to social distancing at all times. All customers will need to have their temperature checked at reception and are to use the hand sanitiser provided.

You will be asked to scan the NHS Track & Trace QR code upon arrival. If you are unable to do so then you will be asked to manually provide your details to reception and you may incur a short delay when entering the pool if the reception desk is busy.

As per current Government guidelines, facemasks need to be worn inside the building at all times but are not required in the pool.

Please follow the one-way system as directed by arrows on the floor, staying to the left-hand side on the stairs.

## Signing in/Letting us know you are here

Our teacher will greet you poolside and will take the register as normal before the lessons. The teacher will remain poolside when teaching.

## Changing rooms

Puddle Ducks customers are permitted to use the gym changing rooms but must aim to change as quickly as possible. All belongings must be packed away into a single bag and placed in the lockers or kept with parents in the seating area.

## Toilets/showers

Toilets are available within the changing rooms, please encourage your child to use the toilet before their lesson. Customers are not permitted to use the showers and must shower at home.

## Entering the pool area

Please wash your hands before entering the pool area. In some cases, it might be using hand sanitiser instead of soap and water.

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

After the lessons please proceed to the changing rooms, exiting at the jacuzzi end of the pool. 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 wash your hands or use the hand sanitiser provided and make your way to your car/mode of transport via the gym reception.