

Swimming at Everlast Gym 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 Everlast Gym 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

We would recommend arriving early and waiting in your car - please do not come into the building any earlier than 10 minutes before your lesson starts (but at least 5 minutes before – late arrivals will cause major problems for our system). 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 trying to cut down on time spent in changing rooms.

Please note for Swim Academy L3-6, your child should arrive ready to swim and you should go directly to the café area, as they will enter poolside via the café door. Everyone else should go through the relevant changing room.

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 you can do a quick change in the changing room. Please make sure you have nappy bags and another bag in which to put the nappy bag to ensure there is no waste left.

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 3-5, one parent will be able to wait in the café area. For all other classes, we cannot accommodate additional spectators.

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. Please enter via the usual front entrance to the gym.

Signing in/Letting us know you are here

A Everlast Gym team member will greet you at the desk. If you have the NHS Covid-19 App, please scan the QR code on display on the reception desk. If you do not have the NHS app, please note that Everlast gym will require you to complete a form with your full contact details – please allow extra time for this.

We will give you a card that you can use for the lockers. Please look after this card and do not lose it, as we will not be able to lend out or replace cards.

Toilets

Toilets will be available as usual in the changing rooms, however please do be aware of social distancing when using them. Note they will be cleaned in line with Everlast cleaning rota and not between every use. If your child needs to use the toilet part-way through a lesson, you will be informed by the teacher and should walk through the changing rooms to collect them from poolside. If they need the toilet with only 5 minutes to go before the end of the class, they should not return back to the poolside. Wearing a mask will be important as there may be people from the following class waiting in the changing rooms.

Changing rooms

All Swim Academy Level 3-6 classes should arrive “swim ready” (swimming costume with onesie or similar) and go directly to the café area on arrival (toilets can be used but please allow extra time for this) and wait for the Puddle Ducks teacher to open the café door to allow them onto poolside. Please ensure that you are on time and not late as this door should ideally only be opened by Everlast or Puddle Ducks team members. One parent/carer should wait in the café area for the duration of their child’s class. Two minutes before your child’s class is due to end, please come through the changing rooms onto poolside and wait on the furthest marker (area close to the sauna) for your child to come to you. You can then use the changing rooms, although please note Everlast gym have requested that Puddle Ducks customers **do not use the showers** (this is to cut down on time spent in this area and reduce touch points).

For all Baby & Pre-school classes and Swim Academy Level 1 & 2, you should enter poolside through the changing rooms. You can use lockers, however they should be cleaned before and after use. Everlast have left cleaning spray, hand sanitiser and blue roll for cleaning in the changing rooms, however you may prefer to bring your own wipes and hand sanitiser for ease of use. You should arrive “swim ready” to cut down on time spent in this area.

On exit, you can use changing rooms, however showers should not be used. You should have a quick towel down and change – please be ready to leave within 10 minutes of your lesson finishing.



Entering the pool area

You should keep your mask on (we would recommend you bring a small sandwich bag or Tupperware container to store your mask in poolside to stop it getting wet). Please arrive on poolside no earlier than 2 minutes before your class is due to start (or L3-6, 2 minutes before your child's class is due to finish). Walk past both jacuzzis and stand on the furthest marker and wait for your Puddle Ducks teacher to call you over. The one way system will work clockwise around the pool.

Moving around the pool, you should go to the furthest poolside safe station, removing your mask and placing it in a bag/container to stop it from getting wet. Your teacher will indicate when it is time for you to enter the pool.

Exiting the pool area after your lesson

You should climb out of the pool by your allocated safe station, collect and replace your face covering. When your teacher tells you to, you will move round to the right and filter back into the changing rooms as soon as the next class have entered onto poolside. Showers should not be used and we ask that you change quickly and leave within 5-10 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, please use the hand sanitiser in the changing room and make your way out of the gym.