

Swimming at Oasis Health Club, Grimsby from October 2020



We are so excited to welcome you back to lessons. 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 Oasis Health Club in Grimsby 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 10 minutes before your lesson starts, ideally this should be reduced to 5 mins. This should give you enough time to get poolside and prevents lots of people from waiting around. As usual access to the pool will only be given when the customers in the lesson prior to you have left the pool.

Please arrive through the main entrance, use the sanitiser on the wall on the left as you enter and (if you have parked in the club car park) log your car registration in the tablet on the front desk.

Keep to the left as you walk down the corridor to get to the changing rooms.

Arriving swim-ready

We ask that 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're asking you to reduce the time you spend getting ready for your lesson and the more you can do at home the better.

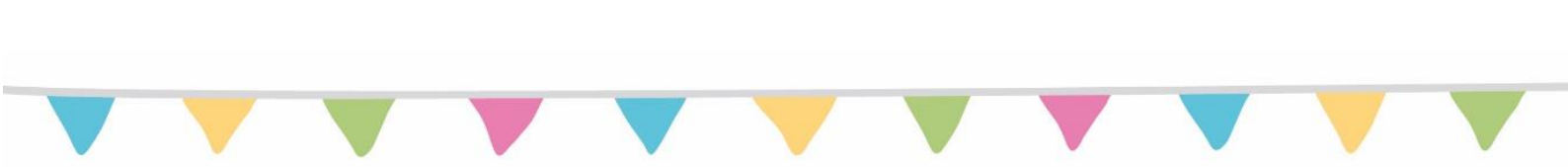
We appreciate that those children still in nappies might need a nappy change just before their lesson. Please bring a changing mat with you and make sure you have nappy bags and another bag in which to put the nappy bag to ensure there is no waste left.

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

Unfortunately, we regret that spectators are not permitted. This is the pool's policy.

If swimming with siblings in different classes (particularly back to back classes) you are permitted to bring another adult with you who can wait with one child whilst the other swims and then dress the first child who swims after their lesson. You will either be able to wait in the cafe or outside/in the car.



If you require assistance due to a disability (either your own disability or your child's), then you are able to bring a second adult to help as necessary. Please speak to the Poolside Assistant on arrival about where to get changed.

By not allowing spectators, we are able to practice social distancing more effectively. Thank you for your understanding.

Parking at the venue

There is plenty of parking available in the car park just outside. Please adhere to social distancing where possible in the car park and in walking from your car to the pool and back.

You will need to record your car registration in the tablet on entry so please have this to hand.

Entering the building

On arrival you will enter through the main entrance to the club. On arrival, please use the hand sanitiser located on the wall on the left as you enter. A face covering **MUST** be worn on entering the building. It does not need to be worn whilst in the swimming but please wear one at all other times whilst in the building.

The NHS Track and Trace poster with the QR Code to scan are displayed at several locations around the club. Please use one of these to record your presence at the club during your visit.

Once your details have been recorded, make your way to the male/female changing room as appropriate. If you are unsure of the way to go please speak to one of the staff members at the Club and they will show you where to go.

Signing in/Letting us know you are here

On arrival please wait at reception for someone to show you the way. Access will only be given 10 mins before the lesson start time. We will have a Poolside Assistant on hand who will be wearing a face covering to protect both the customer and themselves. Please bring a face covering yourself to wear whilst in the building. This can be removed in the pool.


Toilets

Toilets are available in the changing rooms, please be aware of social distancing should you wish to use the toilet as you may need to walk past other customers to get to them. WCs and touchpoints are being regularly cleaned by club staff.

Changing rooms

There are two large gender specific changing rooms, with adequate space to allow social distancing. **Please use the family changing area at the back of the changing room**, using a changing mat or towel to lay your baby on. Or use a mat on the floor for wriggly babies. Please be aware that the changing rooms are also open to members who may be in there at the same time so please don't allow your child to run around. Please respect social distancing with members.

Please get dressed as quickly as possible, we ask that ideally you take no more than 15 minutes to dry and dress after your lesson has ended. We therefore ask, that you do not use the showers to enable a more speedy departure. This means there will be no overlap between one lesson ending



and another starting. Parents and carers, please consider prioritising dressing and drying your little one over yourself. Wear loose fitting clothing that is easy to get on and off or bring a large robe/gown/onesie or similar if you have one.

Entering the pool area

Please wash your hands using the sinks in the toilets before entering the pool area or use a sanitiser. Sanitisers will be available at more than one location at the pool. A sanitiser dispenser is available as you enter the pool area.

Please follow directional signage at the pool – many pools 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 stick to the left when walking down corridors.

When you arrive on the poolside, please walk around to the chairs at the other end of the pool to the jacuzzi (walk behind the teacher alongside the benches) keeping socially distant from other customers and pool users wherever possible. When the teacher indicates it is time for you to enter the pool you are able to walk forward and place towels on the benches if needed. You will enter the pool from the poolside next to the ladder steps. The teacher will advise.

Exiting the pool area after your lesson

Once you have exited the pool, you will need to leave the pool hall through the same door through which you entered. Take care when walking upstairs to get to the ladies changing room and use the handrail (we will be sanitising the handrail frequently).

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.

Please take all nappies and rubbish with you when you leave.

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.

Follow the one way system, sticking to the left. To exit use the same door used to enter the building (past the reception desk)

Thank you so much for your cooperation and helping us keep all customers and team members safe.