

Swimming at Everlast Fitness Newport 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 Newport below – please read it very carefully.

If you would also like to read about what 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. This helps us to reduce congestion and maintain social distancing. Sanitise hands and sign in at Reception. Please scan the QR code to support the Test, Trace, Protect system. Venue staff will carry out a temperature check on all those entering the building.

Face coverings

Anyone aged 11 or over must wear a face covering to enter and exit the building, before and after classes, unless they are exempt. Face coverings can be left in the changing rooms but should be popped on again as soon as possible after you exit the pool (i.e. while changing).

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 reduce time spent in the changing rooms before your class.

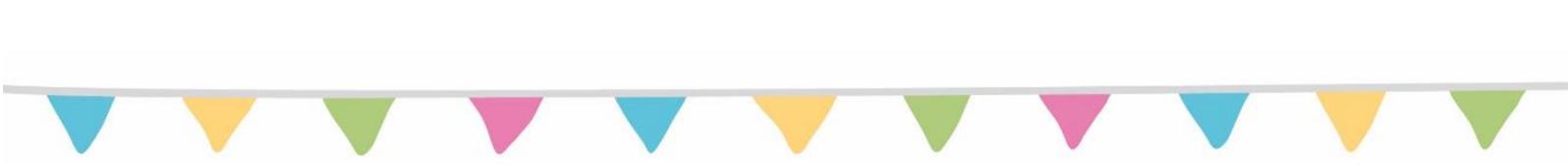
Spectators

We're really sorry but there is a strict 'No Spectator' policy at this pool. For Swim Academy classes a parent can accompany their child in the changing room and deliver them to the class, then please wait in the reception area. We'll have one parent poolside who will be our Parent Spotter (and will come and get you if your child needs the toilet during the class so please remain on site at all times). After the class please collect your child from poolside.

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.

Changing rooms

You can use the changing rooms but please aim to be out within ten minutes of finishing your class to allow venue staff to carry out additional cleaning as necessary.



Entering the pool area

Please follow the Poolside Assistant's directions poolside, you'll be directed to a socially distanced marker to wait for your class. Please stay there until the teacher indicates it is time for you to enter the pool.

Equipment

If you wish to bring your own equipment that's absolutely fine. The equipment we'll be using will be as follows*:

- Floaties & Splashers: A long woggle and a floating toy
- Kickers, Little Dippers and Dippers: A woggle, sinking toy and a floating toy

*Limited Puddle Ducks equipment will be available if you forget or choose not to bring your own items. Puddle Ducks have linked up with SplashAbout for 'Kit Bundle' offers [here](#).

And finally...

We just want to say thank you again for being so patient and understanding with these changes. We absolutely can't wait to see you!!