

# Swimming at Queen Mary's Grammar School from December 2020



We are so excited to be able 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 Queen Mary's Grammar School 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 it in the current situation.

## Arriving swim-ready

Only one changing room is available at the moment, so please be prepared to possibly change on poolside in one of our pop-up changing tents. You and your child should arrive swim-ready at the venue i.e. with your swimming costume/trunks/swim nappy on underneath your clothes or a robe. This is to minimise the time spent in the changing area.

All shoes must be removed in the foyer and placed within your own bag, they must not be worn in the pool hall. Please consider wearing flip flops or other slip-on shoes to make this easier.

To ensure a quick changing process, please bring only the essentials (keeping valuables to a minimum) and just **one waterproof bag** to put everything in as this will need to be left poolside.

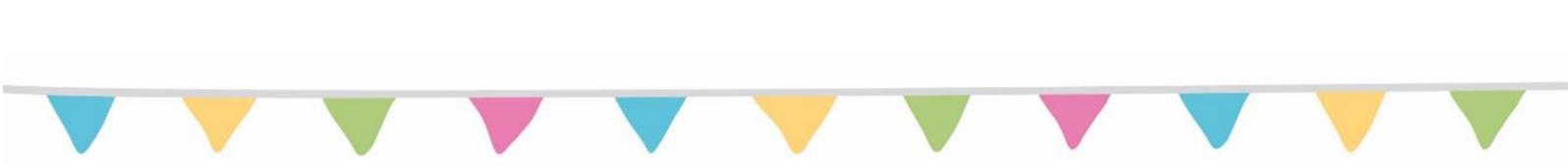
We appreciate that our younger children still in nappies might need a nappy change just before their lessons. Ideally this can be done in the car before entering the building but if not, please take a change mat to the changing area with you and make sure you have nappy bags and another bag in which 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

**No spectators** are permitted at this time, with the exception of siblings who are both swimming in lessons who are able to sit poolside whilst their parent is in the water.

If you require assistance due to a disability (either your own disability or your child's), then you are able to bring a spectator poolside 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.

For Swim Academy Level 3 and above, where you are not required to be in the pool, then you should enter the pool hall to assist with changing and then immediately exit the building via the fire exit. You can view the lessons from outside through the large poolside windows and then can re-enter the pool hall to help your child change after lessons. We do need you to remain close to the pool building in case of emergency.

### Parking at the venue

Parking is in the main top car park as usual. Please adhere to social distancing in the car park.

### Entering the building

Access to the pool hall has changed and will now be via the rear entrance of the pool building, bypassing the usual entrance and changing rooms entirely. Please walk down the staircase or ramp from the car park passing the blue seating area and music suite along the way. Please adhere to social distancing at all times and use the hand sanitiser available in the entrance.

### Signing in/Letting us know you are here

Our poolside assistant will greet you as you enter the pool hall and direct you to where you will need to change. The poolside assistant will be wearing a face mask to protect both themselves and you as customers. Our teacher will take the register as normal before the lessons.

### Face coverings and NHS Track & Trace

Adults will be required to wear a face covering upon entering the pool building and whilst changing but they are not required to be worn in the pool.

We will be displaying NHS COVID-19 Test & Trace QR codes for you to scan using the app so you can now check-in easily using your smart phone. If you don't have access to this app or don't have your phone with you please don't worry, as we have manual records via our registers of who attended.

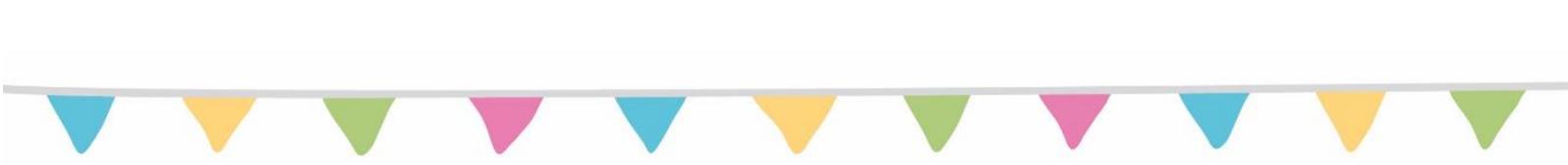
### Toilets/showers

A toilet is available within the pool building, please ask a member of our team to direct you to it. Please ensure your child has visited the toilet before lessons if required.

### 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.

We will be asking each class to form a socially distanced queue in front of the large poolside windows, avoiding the teachers and swimmers in the previous class. After the previous lesson has finished you will be asked to place your bags nearby the seating area and then enter the pool when directed. You will be asked to exit the pool alongside the spectator wall so that swimmers entering and exiting the pool do not mingle – please ask the Poolside Assistant if you are unsure of the way.



### Exiting the pool area after your lesson

After the lessons please proceed to the changing area. Please aim to change as quickly as possible to allow time for our poolside assistant to clean the changing area before the next set of customers arrive. We advise that you bring easy, comfortable clothing for both you and your child – items like robes or onesies are easiest for children to get changed into 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 fire exit.

Thank you for your support in keeping everyone safe at this time. We hope you enjoy your lessons.