

# Swimming at Everlast Fitness Club Birstall 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 Fitness Club 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. This should give you enough time to get ready and be collected by our Poolside Assistant. This will prevent overcrowding and ensure social distancing regulations are adhered to.

## Arriving swim-ready

Wherever possible, you and or/your child should arrive swim-ready at the venue i.e. with your swimming costume/trunks/swim nappy on underneath your clothes. Please ensure your skin is clean of products to keep the pool and filters as clean as possible, as showers should not be used.

Please bring only the essentials (keeping valuables to a minimum) and one bag to put everything in.

Adults should wear a face covering when entering and use the main entrance, head to the right to leisure reception and enter through the manned barrier where a team member from Everlast will check your temperature. You will be required to use the QR code to check in for NHS Track and Trace, or provide your details to Everlast Reception.

Then please head to the changing rooms to assist your child to prepare for the lesson.

## Spectators

Until measures are relaxed further, there will be a no spectator policy.

By not allowing spectators, we are able to practice social distancing more effectively.

## Parking at the venue

The club has a large free of charge car park. Entering the building



## Signing in/Letting us know you are here

The poolside assistant will be wearing a face mask when you arrive to protect you as customers and herself. If your child is in Swim Academy class without a parent in the pool, our poolside assistant will meet you in the changing rooms, mark the register and then take all children poolside to wait for their class. She cannot enter the Male changing rooms, so please meet in the walkway to the pool. **Parents are not permitted poolside during the current time unless they are getting in the pool with their child.**

## Toilets

Toilets are in use and cleaned by the Everlast team. Please ensure your child uses the toilet before their lesson.

## Equipment

Each swimmer will be allocated their own equipment at the start of their lesson. This will be their equipment throughout the class and is not to be swapped with other swimmers. This will consist of a woggle, a ball and a sinking ring (class dependent). This equipment will be used as a marker along poolside to ensure you can keep socially distanced in the pool too.

Equipment is to be fully-submerged in pool water before and after use. You will be encouraged by your Teacher to give your equipment a “bath/wash in the pool” before placing the equipment back onto poolside.

## Changing rooms

The Changing rooms are in minimal use and some disinfectant spray has been provided by Everlast for you to clean your locker and seating area before / after use.

**Parents of children in Swim Academy Levels 3-5 can bring their child into the changing rooms for as minimal time as possible so please ensure your child has their swimwear on, and quick and easy clothes such as a onesie or a poncho.**

**Parents who are swimming with their child, please come wearing your swimwear under your clothes, for fast changing.**

## Exiting the pool area after your lesson

Parents / Children will exit the pool as directed by their teacher, and head straight to the changing rooms, escorted by the poolside assistant if the child is without a parent. Parents should be in the changing rooms no more than 5 minutes before their child’s class finish time to reduce numbers. Once again, please ensure your child has easy clothes to put back on to limit time spent in the changing areas. If these become too overcrowded we risk not being able to use the changing areas at all.

## Leaving the building

When you are ready to leave, please leave the building via the reception area, please use the hand sanitiser provided and make your way to your car/mode of transport.