

# Swimming at Everlast Fitness Club, Selby 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 in Selby (formerly DW Fitness) 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.

## 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 spectator to help as necessary. Please call the office on 07884 933789 in advance to check the arrangements for this before attending.



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.

## 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 right as you enter.

In light of the Track and Trace compliance outlined by the Government it is now a requirement that non-members are recorded either via the NHS App and QR code or via the manual recording of a guest to the facilities. Therefore, on arrival please provide details via either of these two methods. Both methods are not required, simply either scan the NHS QR code OR wait at reception to be logged in a guest/visitor to the facility.

Once your details have been recorded, make your way to the male/female changing room as appropriate. Please take care when entering the changing rooms to be sure no one is coming the other way.

## Signing in/Letting us know you are here

On arrival please wait at reception for someone to allow access. Access will only be given 10 mins before the lesson start time. Please bring a face covering to wear whilst changing before and after your lesson.

## Toilets

Toilets are available as usual, 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. These are located in the changing rooms. Please wipe down taps before and after use. Paper towels are provided to dry your hands.

## Changing rooms

There are two large gender specific changing rooms, with adequate space to allow social distancing. Please use the benches provided, using a changing mat or towel to lay your baby on. Or use a mat on the floor for wriggly babies. A maximum of two babies per bench (one at either end) There are individual cubicles also. Please be aware that the changing rooms are also open to members who may be in there at the same time. Please respect social distancing with them.

Sanitising stations are provided in the changing rooms, please use these to wipe down lockers and changing space before and after use.

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. 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. Sanitisers will also be available at more than one location at the pool.

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 wait poolside, keeping socially distant from other customers and pool users wherever possible, until the teacher indicates it is time for you to enter the pool. Please wait in the area next to the drinking fountain/window. 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 walk round the pool, past the mirrors and spas so as to avoid crossing customers waiting for their lesson.

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. You will be advised where to exit the pool.

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.

The usual exit is to be used, please take care when leaving the changing rooms to be sure no one is coming the other way. To exit, walk behind the reception desk and through the gate (press the green button on the left to open the gate).

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