

# Swimming at Oriel Hotel and Spa from December 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 Oriel Hotel below – please read it very carefully.

## Arrival time

Please do not arrive any earlier than 5 minutes before your lesson starts. This should give you enough time to make your way onto poolside 'swim ready' from the Leisure Club reception and prevents lots of people from waiting around at the pool for class to start. The reception door will be locked between lesson times as the Leisure team clean areas in readiness for each class. The Leisure attendant will be open the doors when ready to invite you onto poolside.

## Face Coverings

Face coverings are not mandatory to wear during lesson times, however on entry into the building, whilst changing and on exiting the building please wear your face covering in line with government guidance. Should you be spectating during Swim Academy please leave on your face covering throughout the session.

## Equipment

Puddle Ducks will provide equipment which will be sanitised and cleaned between use. However should you wish to bring your own woggles or sinking rings to class you are welcome to do so.

## Arriving swim-ready

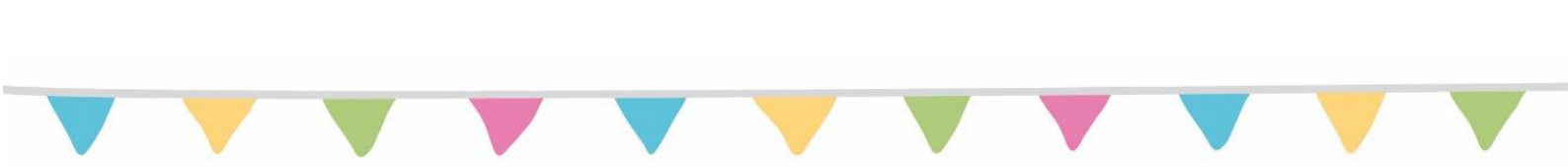
You and your child should arrive 'swim-ready' at the venue with your swimming costume/trunks/swim nappy on underneath your clothes for Baby and Pre School classes. This is to speed up the changing times on the poolside for arrival before your lesson starts.

For Swim Academy swimmers must arrive 'swim ready' on arrival also.

Swim Academy Level 1 - 2 will be taught with an instructor in the water with a visor covering their face. Welsh guidance details that the swimming instructor are to teach beginner levels in the water and support children above the age of 4yrs old and below 11yrs old. Level 3 will be taught from poolside as usual.

For Baby and Pre School parent and child classes our instructor will be teaching from the poolside socially distancing the class throughout the lesson. The class size for baby and pre school has been reduced to enable ease of social distancing with adults supporting their children in the water.

We appreciate that those children still in nappies might need a nappy change just before their lessons. If you would like to take a changing mat and/or towel onto the poolside 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 at poolside.



Please remember to purchase an outer 'neoprene swim nappy' and an inner reusable/disposable swim nappy to adhere to the 'double nappy policy' for swimmers within the Floaties, Splashers and Kickers levels. Teachers are currently unable to loan any spare nappies at the pool. You can find more information about the 'double nappy' requirements on our website and they can be purchased on our online shop to home delivered before your lesson.

Bring only the essentials (keeping valuables to a minimum) and one big bag to put everything in as this will be left poolside.

We advise that you all bring a changing mat that can be rolled up and placed in your bag, which is handy for after the class for changing little ones.

## Use of Showers

Showers will not be available to be used before or after swimming lessons to keep entry and exit time to a minimum.

## Spectators

During our lessons we can allow one adult to one child at the pool. To reduce overall number of people within the pool hall, additional adult spectators will not be able to attend classes for the time being on the poolside. Siblings can be on poolside however, all children attending are always the sole responsibility of the parent. There will be a Leisure Club Attendant at the club however, their role will be to maintain high hygiene standards within the facilities throughout our lessons; they will not be able to look after any siblings spectating during class times.

If you require assistance due to a disability (either your own disability or your child's) then you can bring a spectator to help as necessary.

By not allowing spectators and limiting siblings on poolside we are able to adhere to appropriate social distancing.

## Parking at the venue

Please adhere to social distancing in the car park.

## Entering the building

Please stay in the car park until 5 minutes before your lessons before signing in at reception and then change quickly poolside in the designated area at the top end of the pool closest to the windows placing all belongings in your bag

## Signing in/Letting us know you are here

Our teachers will keep a register of swimmers that have attended class for track and trace.

## Changing rooms

After your Puddle Ducks lessons access to the changing rooms will be available to use. Gym and hotel guests will not be using the changing rooms during our swimming lesson times. Please remember showers will not be in use for the time being. Also Puddle Ducks will have exclusive use of the pool and pool hall during lesson times.



## Entering the pool area

Please sanitise your hands before entering the pool area using the gel on reception. Please wait with your belongings in your bag in readiness to place them at the side of the pool hall as directed by your teacher when it is time for you to enter the pool after changing poolside.

## Exiting the pool area after your lesson

Please collect your bag and get changed in the changing rooms as directed by your teacher. 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 for speedy exit.

## Leaving the building

When you are ready to leave the building, please exit through the Leisure Club entrance, Then make your way to your car/mode of transport in the car park.