

Swimming at Choices Health Club 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 the venue. This document summarises all of those changes. If you would like to read about what we are doing to keep you, your child and our team safe, please read this <https://www.puddleducks.com/media/9690/faqs-regarding-the-restart-of-puddle-ducks-lessons-from-september-2020-in-relation-to-covid-19.pdf> which includes our risk assessment procedure, cleaning and hygiene regimes regarding the venue and the equipment we use, as well as temporary changes to the way our lessons will be run.

Arrival time

Please do not arrive any earlier than 5 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. Please remove outdoor footwear as soon as possible

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.

We appreciate that those 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 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.

In most cases, you will be asked to change poolside as changing rooms are likely to be out of bounds so please bring only the essentials please do not bring any valuables poolside, as the poolside assistant may need onto move your bag once your class has started so it is closer to hand when you exit your class

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

As we are using the space poolside for changing, spectators will not be allowed, if you need assistance changing your splashers or Kicker, then a 2nd adult may meet you at the steps into the pool to take your baby into the changing rooms for a quick change, they will then meet you back at your 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.

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



Parking at the venue

Please park in the main car park of the Health club as this allows for easier access to the pool entrance

Entering the building

Please use the main entrance & go directly into the changing rooms, remove your shoes before entering the shower area & make your way directly to the poolside up the steps into the pool hall (through the shower bay) & make your way to one of the changing zones, the poolside assistant will direct you

Signing in/Letting us know you are here

The poolside assistant will allow you poolside no more than 5 minutes prior to your lesson, the poolside assistant will be wearing a face mask to keep themselves & customers safe

Toilets

If you need to use the toilet before or after your class, they are situated down the steps from the pool hall, there is one on the right hand side in the shower area & a further 3 taking a left out of the shower area & left again, please ensure hands are washed carefully after use of the toilet

Changing rooms

Changing room use will not be permitted but there are 5 individual changing stations provided, these will be sprayed with anti- bacterial spray after each use, if there is not a cubicle available we would prefer you didn't wait & if possible bring a poncho to change out of your swim wear after class, please shower before & after your lesson at home

Entering the pool area

Please use the hand sanitizer on entry & exit to poolside, this is located on the left- hand side of the Fire Exit door

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. Lessons will still run back to back & the acoustics aren't great at this venue, so if you can keep noise levels & chatter to the minimum please out of respect for the teacher who will need to teach the next lesson whilst you are changing

Exiting the pool area after your lesson

The poolside assistant will be on hand to show you where you can get changed.

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.

Leaving the building

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

