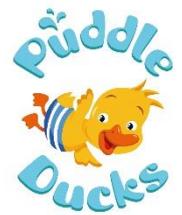


Swimming at Radisson Blu Hotel from April 2021



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 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

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.

Please bring a couple of nappy sacks to take your nappies home with you, please do not leave any nappies at all in any of the waste bins

Spectators

Spectators are strictly not allowed poolside I am afraid. If you have siblings in back to back lessons you will be allowed to sit poolside with your child whilst you wait for the lesson to end, then once your child is dried & your 2nd child is in their class please wait in your car

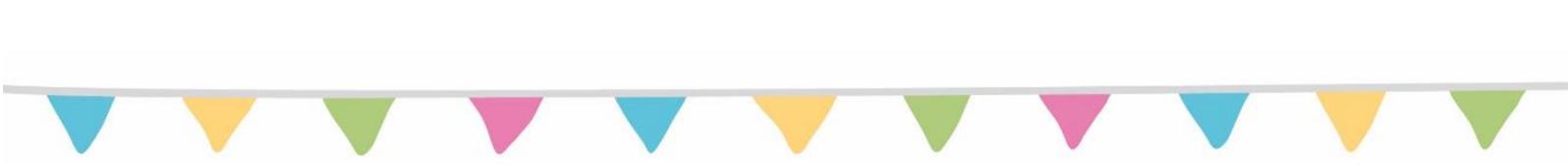
If you require assistance due to a disability (either your own disability or your child's), then you are able to bring a spectator to help as necessary.

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

Equipment needed – You don't need any equipment other than your swim nappies towels & outdoor clothing, you may bring your own woggle (s) & a clean floating toy from home if you prefer

Parking at the venue

Ample parking at the Hotel, please note that the Hotel operates a number recognition system so please remember to register this before you leave after your class with the Hotel Reception desk (you will need to do this each week you attend)



Entering the building

Enter through the Fire Exit, as you approach the Hotel with the reception directly in front of you from the car park, the Fire Exit is on the left- hand side of the building at the end of where the pool is situated, the poolside assistant will allow you to enter a few minutes before your lesson

Signing in/Letting us know you are here

The teacher will tick you off on our register

Toilets

Please feel free to use the toilets before or after your lesson, ensure you maintain social distancing should you need to wait

Changing rooms

Changing after the lesson will be limited to the poolside area, there are 4 loungers poolside that we can use, but please do not place any belongings on the loungers as the next class will also need access to these, there are 2 spaces in the recess behind the poolside shower area (please refrain from using the showers) 2 Pairs may also use the male changing rooms (regardless of gender), we will look to alternate these for fairness to the class groups.

The gym area overlooks our teaching space so we do not advise getting fully changed after your lesson, a towelling poncho is perfect, this way you can easily step out of wet swim wear, then step into some jogging bottoms, pop a coat over the poncho & you are good to go, priority should be for ensuring your baby/child are dried & dressed. Please ensure you keep your baby/child covered with a towel/poncho also. You will be allowed 10 minutes after the lesson to change this will give the poolside assistant time to clean all area's in readiness for the next lesson.

Entering the pool area

We have a one- way system in place enter through the Fire Exit, go directly to one of the designated changing areas, please keep your belongings poolside so we can keep the area clear

Once you enter the poolside area the poolside assistant will ask you to wait away from the class exiting & the teacher will call you forward for your lesson

Exiting the pool area after your lesson

When the class finishes, please register your number plate at the reception desk

Leaving the building

When you are ready to leave the building, please exit the as above , don't forget to register your number plate before you leave at the reception desk