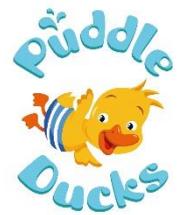


Swimming at Adelaide Grange Pool from April 2021



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. This is because in most venues, the changing rooms will not be available for the time being.

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 (keeping valuables to a minimum) and one bag to put everything in as this will be left poolside (in some cases, customers will be allocated a box/bucket in which to put your bag).

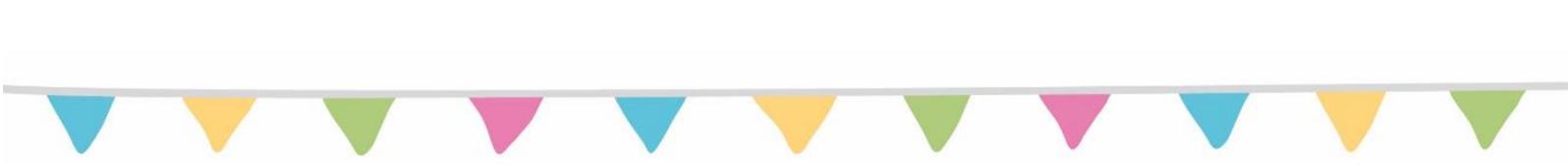
We advise that you all bring a change mat that can be rolled up and placed in your bag, especially those of you who have little ones who would normally use a change table or a bench.

Spectators

Spectators are not allowed poolside at any time I am afraid, if you have a sibling in a lesson, please wait in your car & bring your littler one into the games room to get them ready 5 minutes before their lesson time please

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

Parking is available directly opposite the pool & directly behind the out- building

Entering the building

Enter through the game room door to the right of the usual pool entrance, please remove your shoes immediately, these can be placed on the shoe rack, all other clothing items will be placed in a bag, as there is more space in this area, this is where you will remove your outer layers in readiness for your class, this will help to keep transitions between classes smoother.

Please wash your hands in the bathroom on the right- hand side in the games room, there is a second toilet & wash basin through the doors on the left

Signing in/Letting us know you are here

The poolside assistant 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

There are 2 changing cubicles here, these can be used alongside the space around the poolside area, at the end of your lesson, the changing area's will be marked by a changing mat on the floor, please do not use the shower

Entering the pool area

Please wait in the games room & your teacher will let you know when you can enter, drop your bag on the table on the right hand side & make your way to the end of the pool & the 1st person will take the furthest changing mat area to the right & working backwards, then you will head back on the same side of the pool near to the entrance door to wait for the other class to exit.

Exiting the pool area after your lesson

Please dry & dress quickly around the poolside or use the changing cubicles, a large poncho type towel is useful for this, you will exit the way you came into the pool taking using the mats for safety

Leaving the building

When you are ready to leave the building, please exit using the poolside area where the mats are provided on the floor, turn right to exit the pool