

Swimming at John Whitgift Academy, Grimsby from May 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 your chosen venue. You will find everything you need to know about John Whitgift Academy 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. **PLEASE NOTE: Access to the building/changing rooms will only be given when the customers in the lesson prior to you have left so as not to cause too much congestion in the changing rooms and corridors so please don't arrive for your lesson too early.**

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 at this time.

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 be able to wait poolside or outside in the car. If coming poolside we ask that the adult waiting does not come poolside until the class the sibling is swimming in is in the pool.

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 speak to the Poolside Assistant on arrival about where to get changed.



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 sports centre. **Please wait outside for access no sooner than 10 minutes before your lesson start time.** On arrival, please use the hand sanitiser provided.

Once your details have been recorded, make your way to the male/female changing room as appropriate.

Signing in/Letting us know you are here

On arrival please wait outside for us to allow access. We will come and open the door 10 mins before the start of every lesson. Please be patient and if you arrive early be prepared to wait outside or in your car until at least 10 minutes before your lesson starts. We will have a Poolside Assistant on hand who will be wearing a face covering to protect both the customer and themselves. **Please bring a face covering yourself to wear on entry to the building and whilst changing before and after your lesson.**

Toilets

Toilets are available in the changing rooms, 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 male and female changing rooms.

Changing rooms

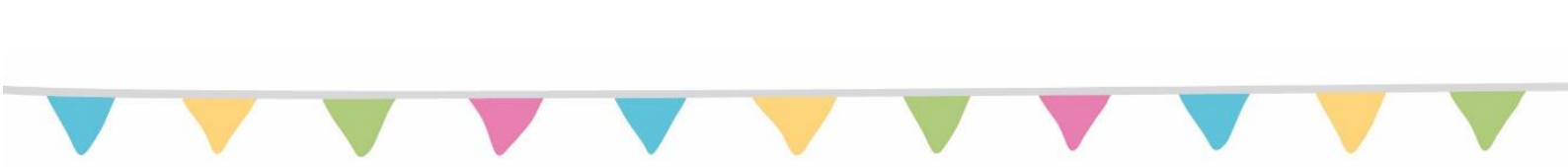
There are two large gender specific changing rooms, with adequate space to allow social distancing. Please use the benches provided, using a changing mat or towel to lay your baby on. Or use a mat on the floor for wriggly babies. Please respect social distancing and use a face covering. The disabled area within each changing room can also be used.

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 set of customers leaving and the next ones arriving. 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 or use sanitise 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 ask the Poolside Assistant if you are unsure of



the way. As you leave the changing rooms to go to the pool for your lesson please turn right and wait at the end of the pool until the teacher invites you to come forwards.

Please wait poolside, keeping socially distant from other customers wherever possible, until the teacher indicates it is time for you to enter the pool. Please wait at the end of the pool opposite the emergency exit (turn right as you come out of the changing rooms).

Exiting the pool area after your lesson

Once you have exited the pool (at the opposite end to that used to enter) please make your way to the changing rooms as quickly as possible.

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 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, press the green button on the right next to the door for it to open.

Please use your elbow/arm to press the button rather than your hand.

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