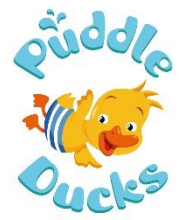


# Swimming at Everlast St Helens Milverny formerly DW Fitness First St Helens from April 2021



As with many things in life, there are some new procedures that you need to be aware of; you will find everything you need to know about Everlast St Helens below – please read it very carefully.

If you would also like to read about what Puddle Ducks are 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. This should give you enough time to get poolside and supports current social distancing guidelines.

## 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. At Everlast St Helens the changing rooms are available for our customers to use; please follow the floor markings and wherever possible adhere to current social distancing guidelines. Please ensure you wear a mask at all times inside the building including when you go through poolside to wait for your lesson to start, kindly note you are not required to wear a mask during the lesson itself.

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 designated room 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 the venue. In addition, we advise that you all bring a change mat/ additional towel 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

Due to the current pandemic there is a 'no spectators' policy at all our pools. By not allowing spectators, we are able to practice social distancing more effectively. 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.

## Parking at the venue

There is plenty of free parking at Everlast St Helens, please ensure you park in the marked bays and wherever possible adhere to current social distancing guidelines.



## Entering the building

Please use the main entrance, following the directional floor markers. Please wherever possible only bring your car seat into the club; storage for buggies is extremely limited. On arrival please scan the QR code available at the reception desk, if you are unable to do this a member of the reception team will be required to manually take your information to comply with current regulations relating to Track and Trace.

## Signing in/Letting us know you are here

A member of the Health Club team will take your name and mark the register so please ensure you attend the registration desk before going to get changed. The team may be wearing facemasks to protect both customers and themselves. There is a hand sanitiser station in the in the Health Club reception for guests to use.

## Toilets

The Toilets are available to use if necessary, in the main changing rooms; please ensure you sanitise your hands before and after entering the changing area. Only 1 person/child are permitted in the toilet area at any one time.

## Changing rooms

At Everlast St Helens lockers are available to use but do require a padlock so please ensure you have one with you to use. Wherever possible please bring only the essentials (no valuables). In addition, we advise that you all bring a change mat/ additional towel 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. Please ensure you take your towels poolside; flip flops or poolside footwear is also recommended. We respectfully request that you take **ALL** nappies home with you and do not leave them in the bins at this venue.

## Entering the pool area

Please wash/ sanitise your hands before entering the pool area. Please follow directional signage at the pool – there will be a one-way system so that those entering and exiting the pool do not mingle. 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.

## Exiting the pool area after your lesson

Please follow directional signage at the pool – there will be a one-way system so that those entering and exiting the pool do not mingle. 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. Please ensure you are wearing your mask at all times when moving around the building and are mindful of the 2 metre distancing guidelines.

## Leaving the building

We ask you to change as quickly as possible. Please wipe down your locker and contact surfaces with the spray and towel provided. Please ensure you take ALL nappies home with you, the bins provided are for gym members use only. When you are ready to leave the building, please wash your hands and make your way out using the one-way system to your car/mode of transport.