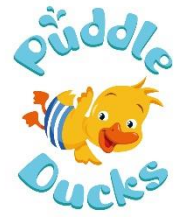


# Swimming at Clywedog School from May 2021



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 Clywedog School 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. 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 to minimise the time spent in the changing area.

Please bring only the essentials (keeping valuables to a minimum) and just one bag to put everything in as this will need to be left underneath the benches in the changing rooms.

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 changing area 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 in the changing area.

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.

## Equipment

Current UK guidance recommends that swimmers should bring their own swim equipment if possible. However, where customers don't want or feel the need to bring their own equipment or where they forget, there will be equipment available for use. Puddle Ducks have linked up with Splashabout to offer you 'kit bundle' offers (please see our website).

You will need:

- Floaties & Splashers: A long woggle and a floating toy
- Kickers, Little Dippers & Dippers: 2 woggles, a floating toy & a sinking toy (1 woggle to be cut in half to make 2 short woggles)
- Swim Academy: 2 woggles & a sinking toy (1 woggle to be cut in half to make 2 short woggles)



## Spectators

Spectators are not allowed at this time and only one adult should accompany each child.

Parents are expected to join their child in the water for our baby & preschool lessons and Swim Academy levels 1 & 2.

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

## Parking at the venue

Parking is in the main car park as usual. Please adhere to social distancing in the car park.

## Entering the building

Enter the building via main reception following the one-way system (the first door you see if the exit, follow the path around the building and enter through the gates), adhering to social distancing at all times. Please use the hand sanitiser available in the entrance.

## Signing in/Letting us know you are here

Our poolside assistant will greet you as you enter the pool hall. The poolside assistant will be wearing a mask to protect both themselves and you as customers. Our teacher will take the register as normal before the lessons.

## Changing rooms

Customers are permitted to use the changing rooms but must adhere to a maximum capacity of 7 adult/child pairs in each changing room. Please change as quickly as possible to allow other customers to use the space if we are over capacity in any one changing room and to allow our poolside assistant to clean the changing area between sessions. All belongings must be packed away into a single bag and stored underneath the benches during your lesson.

## Toilets/showers

Toilets are available within the changing rooms. The showers are not to be used at this time. Customers are advised to shower at home before and after the lessons.

## Entering the pool area

Please wash your hands before entering the pool area. In some cases, it might be using hand sanitiser instead of soap and water.

Entrance to the pool is via the changing rooms. We will be asking each class to enter the pool hall and walk anti-clockwise around the edge of the pool and then form a socially distanced queue alongside the adjacent wall so to avoid the teachers and swimmers in the previous class. After the previous lesson has finished you will be directed to enter the pool by the teacher. You will be asked to exit the pool on the opposite side alongside the changing room wall so that swimmers entering and exiting the pool do not mingle – please ask the Poolside Assistant if you are unsure of the way.



### Exiting the pool area after your lesson

After the lessons please proceed to the changing rooms. Please aim to change as quickly as possible to allow time for our poolside assistant to clean the changing rooms before the next set of customers arrive. 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 wash your hands or use the hand sanitiser provided and make your way to your car/mode of transport following the one-way system.