

Swimming at Spirit Health Club from September 2021



This document explains what moving to Step 4 of the Government Roadmap means for your swimming lessons from September 2021. You can be assured that, along with our governing body, STA, we will continue to put your safety and the safety of our teams as our top priority.

Arriving at the pool and changing

Before lessons

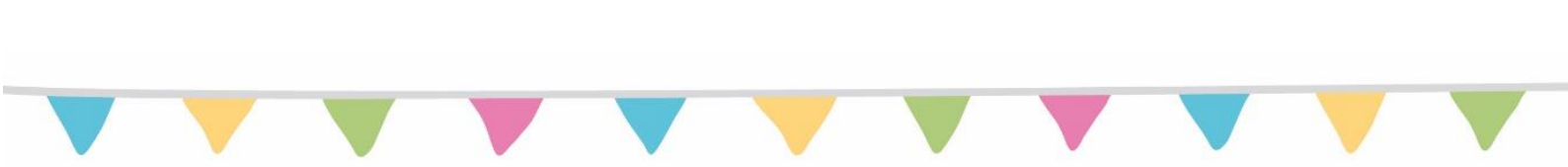
- Please arrive no more than 10 minutes before the start of your lesson.
- To ensure you are not charged for car parking, you should provide your car registration in advance of your first lesson. These are taken by Puddle Ducks over the phone when you book in by phone. If you booked online, please call the office before your first lesson to provide your car registration or ensure you register your car at the main hotel Reception on arrival at your first lesson.
- On arrival, please go to the Spirit Health Club Reception (to the right of the main Reception area),
- Due to the limited size of the changing rooms, **ladies** should arrive swim-ready (with swimwear on under clothes) and undress on poolside, where you will leave your bag during the lesson. Club Reception staff will let you on to poolside. You will need to remove your shoes and take them with you please. The changing room will be available post-swim.
- **Men** should also arrive swim-ready, in order to minimise time spent in an enclosed space with others, but will be able to undress in the changing room. Please leave your bag in a locker in the changing room. Lockers require a £1 coin.
- Ladies and men should quickly shower before entering the water. Ladies should leave their bag poolside while showering, to collect after the lesson.
- Once you are ready for your lesson, please wait poolside until the teacher indicates it is time for you to enter the pool.
- Please note that the pool will be available to members while our lessons take place, so classes will be taught in a roped-off section of the pool.

After lessons

- Both the Ladies and Mens changing rooms and showers will be available post swim. Please change as swiftly as possible.

Spectators

- No spectators are permitted poolside. Spectators are welcome to watch through the windows near the children's play area, outside.
- Those not swimming are also welcome to wait in the restaurant during lessons. There is no need to purchase anything, but there is a 10% discount on food and drink for Puddle Ducks customers. Everyone is welcome before or after class.

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- 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.

Poolside Assistants

- No Poolside Assistant will be present at Spirit Health Club, as cleaning will be carried out by the venue's own team and the Health Club reception will be manned throughout.

Face coverings

- We recommend that customers wear face coverings inside the venue, but not in the pool, unless they are medically exempt. Our team members will still wear face coverings as they move around the building.

Hand washing

- Please continue to wash your hands before entering the pool area. At some venues this may be with hand sanitiser instead of soap and water.