

Swimming at the Novotel Cardiff from September 2021



We just wanted to update you on what moving to alert level 0 means for your swimming lessons. We know things have been different regarding teachers out of the water, spectators, changing rooms, mask wearing and more and we are so appreciative of all your co-operation and patience. We hope you agree that our lessons have been the same high quality and fun for you and your little ones but we know we all want to go back to 'normal' as soon as possible.

The Puddle Ducks experience may still not be the same for everyone because some pools may still insist on certain procedures to ensure the ongoing safety of everyone who uses the pool.

What you can be assured of is that, along with our governing body, STA, we will continue to put your safety and the safety of our teams as our top priority. To this end, we wanted to cover the main areas that have been affected by Covid restrictions and how these might now start to look.

We have also updated our FAQs so 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 continuing to take [here](#).

Arrival time

Please aim to arrive in the building no more than 5-10 minutes before the start of your lesson. You're welcome to use the changing rooms before and after your class, but please be as efficient as you can (for instance, if hair dryers are back in use if it's possible to dry your hair at home and reduce the time spent in the changing rooms that would be wonderful).

Please arrive swim ready for your class i.e. with your swimming costume/trunks/swim nappy on underneath your clothes. This will mean you can spend the minimum amount of time possible in the changing rooms beforehand (we appreciate that those children still in nappies might need a nappy change just before their lessons).

When it's time for your class, come poolside and please wait by the window to the weights gym (on your left as you look out the window at the car park).

Spectators

It's ok to bring one spectator per child. **Strictly NO SHOES poolside** please – they must be removed in the changing rooms.

Poolside Assistants

With the removal of social distancing poolside we'll no longer have Poolside Assistants at the Novotel Cardiff; venue staff will continue to carry out all cleaning as necessary.



Face Coverings

Whilst these are no longer a legal requirement in indoor hospitality settings, we will be encouraging the adults who attend our lessons to still wear a Face Covering inside the pool building (but not in the pool) and our team members will still wear Face Coverings as they move around the building.

Entering the pool area

Please continue to use hand sanitiser before entering the pool area.

After your class

It's ok to use the changing rooms – **all nappies are to be taken home** (there are no nappy bins at the pool). Please consider using a reusable [Nappy Wrap](#) under your neoprene Happy Nappy as they're nicer to carry home than a wet disposable swim nappy!