

Swimming at Everlast Gym



You will find everything you need to know about Everlast Gym 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 arrive no earlier or later than 10 minutes before your lesson starts but please do not come poolside any earlier than about 2 minutes before your class is due to start.

Arriving swim-ready

Wherever possible, you and your child should arrive swim-ready at the venue i.e. with your swimming costume/trunks on underneath your clothes. All swimmers go via the changing rooms. Last minute nappy changes can take place in the changing rooms. We would recommend a roll up changing mat to change your baby on.

Spectators

For those with children in Swim Academy Level, one parent will be able to wait in the café area. For all other classes, we cannot accommodate additional spectators.

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.

Entering the building

Adults should wear a face covering inside the building and changing rooms but is not required on poolside (unless you are dropping off/collecting a child from Swim Academy) – please leave your mask in your locker with your belongings.

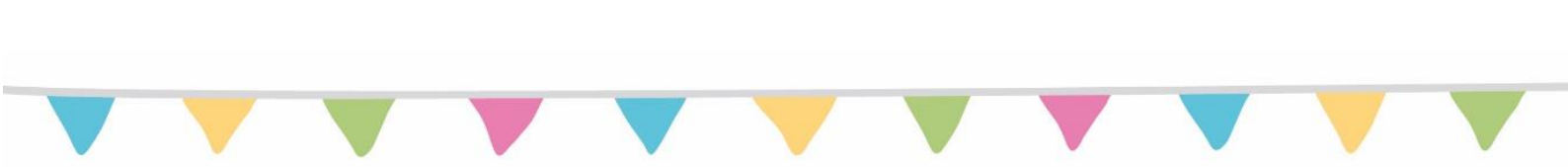
Changing rooms

All swimmers should go via the changing rooms. Lockers are available, however they should be cleaned before and after use. Everlast have left cleaning spray, hand sanitiser and blue roll for cleaning in the changing rooms, however you may prefer to bring your own wipes and hand sanitiser for ease of use. Ideally arrive “swim ready” to cut down on time spent in this area.

On exit, you can use showers (quick rinse off only) and changing rooms.

Entering the pool area

For Baby & Pre-school classes, there is now no requirement to wear a mask on poolside – please leave it in your locker with your belongings (Swim Academy parents please wear a mask when dropping off/collecting and please also note no outdoor shoes are permitted on poolside – remove



them or wear blue overshoes provided). Please arrive on poolside no earlier than 2 minutes before your class is due to start (and Swim Academy, 2 minutes before your child's class is due to finish). Pick up/drop off points will be marked or instructed by your teacher. The one way system will work clockwise around the pool.

Exiting the pool area after your lesson

You should climb out of the pool as instructed by your teacher. When your teacher tells you to, you will move round to the right and filter back into the changing rooms as soon as the next class have entered onto poolside.

Leaving the building

When you are ready to leave the building, please use the hand sanitiser in the changing room and make your way out of the gym.