

Swimming at Portfield School



You will find everything you need to know about Portfield 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 arrive no earlier or later than 10 minutes before your lesson starts.

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. Changing cubicles will not be available on the way in.

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 and you can do a quick change on your waiting marker in the changing room. Please make sure you have nappy bags and another bag in which to put the nappy bag to ensure there is no waste left.

You will be asked to change whilst waiting in the corridor/in main changing room area as changing cubicles will not be available on entry to ensure we can keep on top of cleaning. Changing rooms will just be used as a waiting area initially so please bring only the essentials (keeping valuables to a minimum) and **one large waterproof bag** to put everything in as this will be left poolside.

We advise that you 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.

Spectators

One person is now allowed to spectate from poolside (note you can remove your mask once you sit down).

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 at all times. Please use hand sanitiser then line up on a marker by the poolside door. Whilst waiting on your marker, remove any clothing and place in your bag to ensure you have easy access to them on exit. The teacher will give you instructions on when to enter poolside. Again, **all belongings should be placed in one large waterproof bag**, not in any lockers.



Changing rooms

On entry, changing rooms are just a waiting area, so customers should arrive “swim ready”. On exit, cubicles will be available for changing. Showers should not be used. You should have a quick towel down and change – please be ready to leave within 10 minutes of your lesson finishing. This is to allow Portfield School to clean any touchpoints ready for the next users.

Entering the pool area

Your teacher will tell you when you can enter onto poolside. Please turn left on entry – this pool will use a one-way system so that those entering and exiting the pool do not mingle – please move around the pool to allow the previous class to exit the area.

Moving around the pool, you should go to the furthest poolside marker, removing your mask and putting your bag against the wall out of the way so it is not a trip hazard for anyone walking past. Your teacher will indicate when it is time for you to enter the pool.

For Swim Academy, you will drop your child off and continue round the pool with your belongings to observe from the other end of the pool.

Exiting the pool area after your lesson

You should climb out of the pool by your marker, collect your belongings and replace your face covering. 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. Showers should not be used and we ask that you change quickly and leave within 5-10 minutes to allow us to clean between sessions. 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 use the hand sanitiser provided and make your way back out of the changing rooms.

Once out of the changing rooms, turn right and put on your shoes (we recommend flip flops/crocs). You will continue to follow the corridor to the end and exit the building. Once out turn right which will take you back to the car park.