

Swimming at Montacute School



You will find everything you need to know about Montacute School below – please read it very carefully. If you would like to read about what we are doing to keep you, your child and our team safe, please read this [document](#) which includes our risk assessment procedure, cleaning and hygiene regimes regarding the venue and the equipment we use, as well as temporary changes to the way our lessons will be run.

Arrival time

Please arrive exactly 10 minutes before your lesson starts (no earlier or later).

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. Last minute nappy changes can take place in the changing rooms.

You should bring one bag with only the essentials (keeping valuables to a minimum) which everything should fit in including shoes, coats and belongings.

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.

Spectators

Unfortunately, due to trying to restrict numbers on poolside we can't allow spectators at the moment. Please contact us if you have any special requirements as we may be able to accommodate one extra person occasionally.

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 not on poolside. Please leave your mask in your bag in the changing rooms. We would recommend you wear easy to remove shoes such as flip flops or crocs so you can remove them quickly. Please place your shoes in your bag and do not leave them in this area.

Changing rooms

Make your way to a changing room –only changing directly below a marked changing station. Each changing station has been colour coded to allow for easy cleaning between each session. Orange colour coded changing stations are for those customers with lessons at 15 minutes past the hour and blue colour coded changing stations for lessons at 45 minutes past the hour

After your class, please do a quick towel down and change and leave within 5-10 minutes.



Signing in/Letting us know you are here

Once you have put your belongings in the changing room, make your way towards the pool, ensuring you turn right by the showers. Queue up on furthest social distance marker.

Toilets

Toilets will be available but please note they will only be cleaned every 30 minutes, not after every use.

Entering the pool area

Enter via the showers onto poolside and turn right to find your nearest marker.

Showers will be available.

Please wait poolside until the teacher indicates it is time for you to enter the pool.

Exiting the pool area after your lesson

When instructed by your teacher, exit the pool and turn left. You will walk through the hydrotherapy pool area and go to the furthest marker and wait there until the area is clear of the following class. You can then go back to your changing station. 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 to your car/mode of transport.