

# Swimming at Launceston Farm



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 do not arrive any 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 on underneath your clothes. Last minute nappy changes can take place on poolside at a changing station.

All changing will take place poolside and for now, we will not be using screens to cut down on touch points. Please bring only the essentials (keeping valuables to a minimum) and **one waterproof bag** to put everything in, including shoes/coats as this will be left poolside.

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, spectators are not allowed at present due to needing to cut down numbers on the poolside.

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 mask when inside the building, however this should be left in your bag before getting in the pool. We would recommend easy to remove shoes such as flip flops/crocs. Please place shoes/coats in your bag and do not leave them in this area.

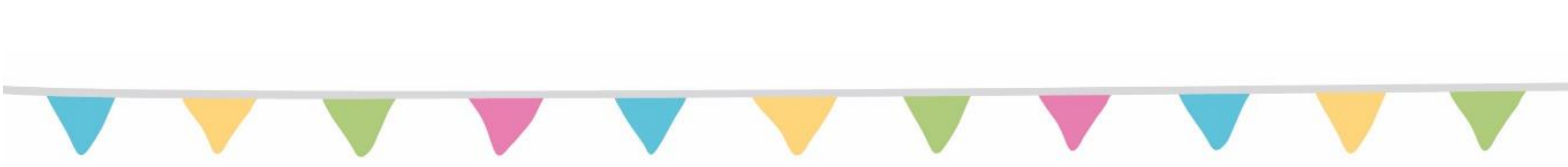
## Changing rooms

All changing takes place on poolside, however for the moment we will not be using screens due to the need to reduce clutter/touch points. We would recommend a large towelling poncho to change under. Please note we will have 1 cubicle available per class for male use only.

## Entering the pool area

Please use hand sanitiser on entry into the building.

Please go left on entry to poolside and follow the one-way system so that those entering and exiting the pool do not mingle – please ask the Poolside Assistant if you are unsure of the way.



Please find the correct colour coded changing station, remove any clothing and your mask, place in your bag and leave on the changing station.

### Exiting the pool area after your lesson

You will exit on the opposite side of the pool and wait for the following class to enter the pool before you can then go round the pool and return to your changing station. The poolside assistant will be on hand to show you where you need to go. 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 wash your hands or use the hand sanitiser provided and make your way to your car/mode of transport.