# Swimming at Fitzalan High School from January 2022



With the reintroduction of social distancing measures we're returning to some of our previous procedures to keep everybody safe. You'll find everything you need to know about Fitzalan High School here – please read it very carefully.

#### Parking

Please park in the Swimming Pool/Sports Centre car park (the first entrance on Lawrenny Avenue – not the main school car park).

# Arrival time/Changing

Please aim to arrive in the building no more than 5 minutes before the start of your lesson. Please can all swimmers arrive 'swim ready' (i.e. with swimwear under their clothes beforehand - we appreciate that those children still in nappies might need a nappy change just before their lessons). Enter through the main entrance, remove shoes in the lobby and proceed to a socially distanced spot poolside. Change for your class there and leave belongings on that spot during the class. After the class, take your belongings to the changing room to change there. Our Poolside Assistant, Heather, will direct you to the changing room that has space.

We need to minimise the amount of time spent in the changing rooms to give our team time to clean them between each class, so unfortunately the showers are out of use. Please be as efficient as you can whilst changing and exiting the building to give us time to clean the changing rooms in between classes.

#### **Spectators**

Unfortunately while these restrictions are in place we can't allow spectators at any of our classes to reduce congestion in the building.

## **Poolside Assistants**

Our Poolside Assistant Heather is always there to help with additional cleaning and anything else you might need.

## **Face Coverings**

Anyone aged 11 or over must wear a face covering to enter and exit the building, before and after classes, unless they are exempt. Face coverings are removed to participate in the class but should be popped on again as soon as possible after you exit the pool (i.e. while changing).

# www.puddleducks.com