

# Swimming at Mercure Abbots Well from September 2020



We are so excited to welcome you back to the pool. As with many things in life, there are some new procedures that you need to be aware of at your chosen venue. You will find everything you need to know about Mercure Abbots Well below – please read it very carefully.

## Arrival time

Please do not arrive any earlier than 10 minutes before your lesson starts. This should give you enough time to make your way through to the pool hall and prevents lots of people from waiting around at the pool for your class to start.

## Face Masks

Face coverings are not mandatory to wear for adults or children at the pool however on entry into the building, whilst changing and on exiting the building we encourage the use of these items in line with government guidance.

## Equipment

Don't forget to bring your own swimming equipment:

- Floaties & Splashers: A long woggle and a floating toy
- Kickers, Little Dippers and Dippers: A woggle, sinking toy and a floating toy

\*Limited Puddle Ducks equipment will be available if you forget or choose not to bring your own items. UK Swimming School guidance encourages swimmers to use their own equipment during lessons where possible. Puddle Ducks have linked up with SplashAbout for 'Kit Bundle' offers [here](#).

## Arriving swim-ready

You and your child should arrive 'swim-ready' at the venue with your swimming costume/trunks/swim nappy on underneath your clothes. This is to speed up the changing times on arrival before your lesson starts.

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 changing mat onto the poolside with you and make sure you have nappy bags and another bag in which to put the nappy bag to ensure there is no waste left visible at poolside.

Please bring only the essentials (keeping valuables to a minimum) and one big bag to put everything in as this will be left poolside.

We advise that you all bring a changing 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.



## Use of Showers

Showers will not be available to be used before or after swimming lessons to keep entry and exit time to a minimum.

## Spectators

During our lessons we can allow one adult to one child at the pool. To reduce overall number of people within the pool hall, additional adult spectators will not be able to attend classes for the time being. Siblings can be on poolside however, all children attending are always the sole responsibility of the parent. There will be a poolside assistant present, their role will be to maintain high hygiene standards within the facilities throughout our lessons; they will not be able to look after any siblings spectating during class times.

If you require assistance due to a disability (either your own disability or your child's) then you can bring a spectator to help as necessary.

By not allowing spectators and limiting siblings on poolside we are able to adhere to appropriate social distancing.

## Parking at the venue

Please adhere to social distancing where possible in the car park.

## Entering the building

Please stay in the car park until 10 minutes before making your way to the Leisure Club entrance under the covered walkway. Outside of the front entrance there will be a Puddle Ducks branded A Frame for customers to queue behind whilst waiting for the Poolside Assistant to greet you. Hand gel will be provided on arrival for you to sanitise your hands after you have signed into the Leisure Club. Our Poolside Assistant will then guide you on poolside, you will then be asked to remove your outdoor shoes and then change 'swim ready' whilst keeping socially distant from other customers and pool users. Please then wait with your belongings in your bag then place them at the side of the pool hall when the teacher indicates it is time for you to enter the pool.

## Signing in/Letting us know you are here

The Leisure Club requires you to sign in on arrival and hand gel is provided close by. All lessons will have a Poolside Assistant present ticking off registers, which will be wearing a clear faceshield.

## Changing rooms

After your Puddle Ducks lessons access to the girls and boys changing rooms will be available to use. In addition to this there will be changing spaces located behind full privacy screens on the poolside to enable plenty of social distancing whilst getting changed after your lessons. Baby changing mats are also helpful for dressing small babies in the changing rooms and/or poolside changing areas.

## Entering the pool area

The Poolside Assistant will lead you onto poolside and guide you where to change 'swim ready' whilst keeping socially distant from other customers and pool users. The teacher will indicate when it is time for you to enter the pool.



## Exiting the pool area after your lesson

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 for speedy exit.

## Leaving the building

When you are ready to leave the building, please wash your hands or use the hand sanitiser provided, exit through the usual front entrance, then make your way to your car/mode of transport.