

# Swimming at The Rings, Haddington 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 The Rings, Haddington 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 DO NOT arrive any earlier than 10 minutes before your lesson starts. This should give you enough time to get poolside and prevents lots of people from waiting around in spaces which may be too small to handle it in the current situation. You will not be permitted into the pool Hall until this time so if you should arrive any earlier please wait in your car.

## 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. The changing rooms at Haddington will not be available for use before your class.

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 to 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.

In most cases, you will be asked to change poolside as changing rooms are likely to be out of bounds so please bring only the essentials (keeping valuables to a minimum) and one bag to put everything in 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

THERE WILL BE NO SPECTATORS PERMITTED AT THE POOL. By not allowing spectators we are able to practice social distancing more effectively. 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, please contact the office to discuss and arrange this.

For children in Swim Academy Levels 3 and above please bring your child poolside and once your child is with the Teacher you will need to leave poolside, you will need to wait out of the building. For Levels 1 and 2 you will be in the water with your child for now so you can wait with your little one poolside.



## Parking at the Venue

Parking will be as before but we ask that you please adhere to social distancing where possible in the car park areas.

## Entering the Building

The Poolside Assistant will let you know when its time to enter the building.

## Signing in/Letting us know you are here

The Poolside Assistant will be recording who is on site via our registers and will be wearing a facemask to protect both the customer and themselves.

## Toilets

There is a toilet in the main house and also near the steam room, if you need to use this prior to class please ask the Poolside Assistant to direct you. We ask that you use the cleaning products provided to wipe down the toilet before and after use for your safety.

## Changing Rooms

You may use the changing areas to get dressed after class if you wish. Your Poolside Assistant will advise you which area to use so we can ensure social distancing is maintained at all times. If you prefer to shower and change at home you can leave the pool hall via the back door.

## Entering the Pool Area

Please use the hand sanitiser provided to wash your hands when entering the pool area. There will be sanitiser available. Please remove your shoes by the door and place them in your bag and move to an area poolside to remove your outer clothing, these should also be placed in your bag.

Please wait poolside keeping socially distant from other customers and pool users wherever possible, until the Teacher indicates it is time for you to enter the pool.

## Exiting the pool area after your lesson

The Poolside Assistant will be on hand to show you where you can get changed. 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/use the hand sanitiser provided and make your way to your car/mode of transport.

Exit will be via the main house front door if you are in the changing area towards the house or via the pool back door if you are changing in the steam room area.