

Swimming at Palfrey Junior School 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 Palfrey Junior School 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 get poolside and prevents lots of people from waiting around in spaces which may be too small to handle it in the current situation.

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. This is to minimise the time spent in the changing area. All shoes need to be removed in the foyer and placed in your own bag; they must not be worn in the pool hall.

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 changing rooms 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. We advise that you all bring a change mat that can be rolled up and placed in your bag.

It is very important that you remember to bring your own neoprene overnappy as we cannot lend them out at this time unfortunately and your child not be able to enter the pool without one.

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

Equipment

Current UK guidance recommends that swimmers should bring their own swim equipment if possible. However, where customers don't want or feel the need to bring their own equipment or where they forget, there will be equipment available for use. Puddle Ducks have linked up with Splashabout to offer you 'kit bundle' offers (please see our website).

You will need:

- Floaties & Splashers: A long woggle and a floating toy
- Kickers, Little Dippers & Dippers: 2 woggles, a floating toy & a sinking toy (1 woggle to be cut in half to make 2 short woggles)



Spectators

At this current time, and with limited space poolside, no additional spectators will be allowed. This will allow us 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.

Parking at the venue

The main car park at the front of school that we have traditionally used for parking is being used as additional playground space at this time so is therefore not accessible. There are a number of spaces available for parking at the community centre on the school grounds (go through school entrance and follow road round to the left after the pool building) or along the road near to the school but please leave enough time to find a space.

Parking in the delivery bays outside of the pool hall is not allowed under any circumstances.

Please note the road outside of the school is closed for pedestrian use during school drop off times and only reopens at 9.30am so if you arrive extra early for lessons you may get stopped initially.

Entering the building

Entrance to the pool is through the front doors of the pool building. Please wait outside until the poolside assistant invites you into the pool building as they may still be cleaning the changing rooms from the previous class. Hand sanitiser will be available in the entrance foyer for you to use. Please remove all outdoor shoes at this point and adhere to social distancing whilst entering the building.

Signing in/Letting us know you are here

Our poolside assistant will greet you as you enter the pool hall. The poolside assistant will be wearing a visor to protect both themselves and you as customers. Our teacher will take the register as normal before the lessons.

Toilets

The toilets inside the changing rooms will be out of use at this time but the staff toilet further down the corridor is available for use.

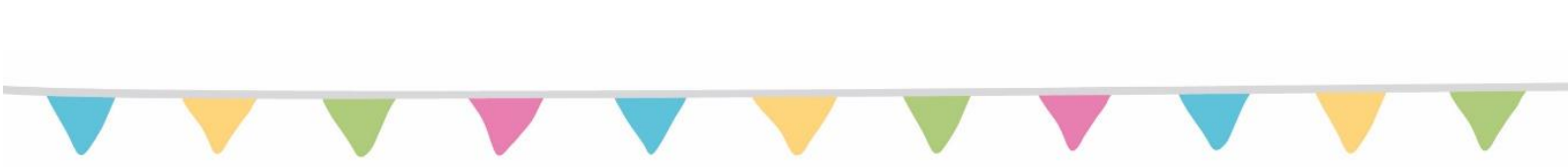
Changing rooms

The changing rooms are available for use. Swimmers are asked to change as quickly as possible and place all belongings into one single bag to be stored poolside away from the changing area to keep this section clear for the next set of customers.

Entering the pool area

Please wash your hands before entering the pool area. The Poolside Assistant will show you where you can do this. In some cases, it might be using hand sanitiser instead of soap and water.

Swimmers will be asked to wait poolside, keeping socially distant from one another, alongside the right hand wall of the pool to avoid exiting swimmers until the teacher indicates it is time for you to



move round and enter the pool for your lesson. Please ask the Poolside Assistant if you are unsure where to stand.

Exiting the pool area after your lesson

At the end of the lesson the teacher will direct you back to the changing area. Please aim to get changed as quickly as possible to allow time for our poolside assistant to clean the area before the next set of customers arrive. 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 using the main entrance/exit point as usual.