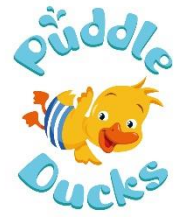


# Swimming at Everton Nursery School & Family Centre from September 2020



We are so excited to return to our classes at Everton Nursery School & Family Centre. As with many things in life, there are some new procedures that you need to be aware of; you will find everything you need to know about Everton Nursery School & Family Centre below – please read it very carefully.

If you would also like to read about what Puddle Ducks are 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 15 minutes before your lesson starts. This should give you enough time to get poolside and supports current social distancing guidelines.

## 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. At Everton, the changing rooms are ONLY available for our customers to use after their lesson.

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 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 the venue.

In addition, we advise that you all bring an additional towel 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

Due to the current pandemic there is a 'no spectators' policy at all our pools. 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.

## Parking at the venue

Parking at Everton Nursery School & Family Centre remains the same and is free. Please ensure you adhere to current social distancing guidelines when using the car park.



## Entering the building

On arrival; please wear a mask when entering the building, sanitise your hands on entry and wherever possible adhere to current social distancing guidelines. Please do not bring buggies or car seats into this venue; these must be left in the buggy park outside.

On arrival you will need to sign in at reception for Track & Trace; these forms are kept for 21 days so this process will need to be repeated in line with government guidelines every 4<sup>th</sup> lesson.

Please follow the normal route to the pool hall; please walk through the changing room and straight onto poolside. You will find socially distanced changing stations on the far wall. Please ensure you bring a bag large enough to fit all your belongings in as due to the current regulations we are unable to provide baskets for use.

## Signing in/Letting us know you are here

Your teacher will take the register at the start of your class, there is a hand sanitiser station at the entrance for you to use.

## Toilets

The Toilets are available to use if necessary, in the main changing rooms; please ensure you sanitise your hands before and after entering the changing area.

## Changing rooms

At Everton the changing rooms are only available after your lesson so wherever possible please bring only the essentials (no valuables). In addition, we advise that you all bring a change mat/ additional towel that can be rolled up and placed in your bag, especially those of you who have little ones who would normally use the changing tables as these are currently unavailable. On exiting the pool after your lesson, please collect your belongings and change in an available cubicle; there is additional space for those who prefer in the disabled toilets please ask the poolside assistant to direct you. Showers and hairdryers are NOT permitted to be used at this time in line with government guidelines.

## Exiting the pool area after your lesson

Once changed please follow the one-way system and leave the building through the fire doors off the pool hall; there will be a one-way system so that those entering and exiting the pool do not mingle. 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

We ask you to change as quickly as possible and take all your belongings and rubbish with you. 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. Kindly note there is no access to Puddle Ducks customers to return to the main centre facilities.