

# Swimming at The Portland Centre 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 the venue. This document summarises all of those changes.

## Arrival time

Please do not arrive any earlier than 10 minutes before your lesson starts. This should give you enough time to get changed 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 as swim ready as possible at the venue i.e. with your swimming costume/trunks on underneath your clothes.

## Spectators

We will be operating a 'no additional spectators' policy for the time being at this venue and would ask that only 1 adult per child accompanies your child to their lesson. If your child goes into the water on their own ( SA Level 3 ,4 and 5 only) you will be able to wait in the balcony area upstairs whilst your child is in their lesson and you should take them to and from poolside at the start and end of each lesson. Equally if you have 2 children swimming on the same day it is fine to have the same parent in the water for both sessions and the other parent can wait in the spectator area or carry out the changing tasks if the lessons are back to back.

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.

By not allowing additional spectators, we are able to practice social distancing more effectively.

## Parking at the venue

There are no changes to the parking at this venue.

## Entering the building

Please enter the building via reception and sanitise your hands. You will need to wear a face covering when attending your class in the Reception and Corridor room areas within the centre. It can be removed once you get into the pool hall to get changed as face covering are not required when swimming.

Test and Trace is also now in place so you will be asked to scan the QR code if you have downloaded the new Test and Trace Ap on your smartphone or there will be a contact sheet to complete.

Please keep left throughout the centre and wait in the designated area outside of the pool hall (as marked by the blue strips on the floor) if you arrive any earlier than 10 minutes before your class start time. Please do NOT enter the pool hall until 10 minutes before your class start time at the earliest.

## Entering the pool area

Please follow the one-way system around the pool and proceed down the left-hand side of the pool and then walk across to the far side and use either the red or blue changing cubicle blocks as detailed below.

class start time	changing block allocated
09:00	blue
09:30	red
10:00	blue
10:30	red
11:00	blue
11:30	red
12:00	blue
12:30	red
13:15	blue
13:45	red
14:15	blue
14:45	red
15:15	blue

Please leave your belongings in the changing cubicle that you use to get ready to ensure you use the same cubicle for rechanging after your class.

Once changed 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.

## Toilets and Showers

Toilets are available at this venue within the pool hall. Please wash hands before and after use.

Showers are currently NOT available for Puddle Ducks to use so please shower before arriving and at home post your class.

## Exiting the pool area after your lesson

Changing cubicles are available to you for a **maximum of 15 minutes** after your class has finished so please ensure you vacate the cubicles as quickly as possible. Your child will have been given a cleaning wipe at the end of their class and we ask that you use it to wipe the touch points within the changing cubicle after you have finished in it e.g. the door handle and benching. Please dispose of the wipe in a bin as you leave and do not leave in the changing cubicle.

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, please use the hand sanitiser provided as you leave the pool hall and make your way out to your car/mode of transport using the double fire exit doors straight opposite to you as you leave the pool hall