



Covid 19 Bullet points_2/10/20

Aquadeep/Aquafit (main pool)

General

1. Face coverings to be worn pre & post session.
2. There will be limited spectating available.
3. This session is for competent swimmers only.

Booking

1. Must book in advance for the session. 0114 2883792.
2. Please tell reception, Your name & contact details (make sure you book for aquadeep/aquafit and not swimfit)

Arrival

1. Access the building via the Main reception.
2. Arrive 10 minutes before the session start time
3. Check in at reception
4. The changing rooms will be open.
5. Remove outdoor shoes or put blue overshoes prior to entering the changing rooms.

During the session

1. Half the pool available for use
2. The pool is sometimes shared with another structured session.
3. Maximum bather load is 15 participants.
4. Instructor plans the session.
5. Participants maintain a 2 square metre personal work space

After the session

1. Showers are available.
2. Use the cubicles in the changing rooms to dress.
3. Please dress and leave as quickly as possible so that cleaning can take place.
4. Face coverings should be worn when leaving the building.
5. Leave the building via the main reception