



## Covid 19 Bullet points

### 50+, Adult only & Women only lane swimming

#### 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 along with which lane you want to book for – Slow, Medium or Fast.

#### Arrival

1. Access the building via the Main reception.
2. Arrive 5 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. 3 x wide lanes available.
2. Slow lane near changing rooms, fast lane - middle, medium lane at windows side.
3. Maximum bather load is 30 swimmers. 10 swimmers per lane.
4. Direction of travel = **clockwise** for all lanes
5. Butterfly & Backcrawl permitted only if the lane is quiet/empty to avoid collisions. Please ask the lifeguard first.
6. Floats on lane ropes are 2 metres apart to ensure social distancing in the pool.
7. Overtaking is permitted but it would be better if swimmers would stop for a few seconds at the end to allow a faster swimmer to overtake there.
8. It will not be possible to swim side by side and chat at the same time.
9. Neither will it be possible to chat at the end of the pool.
10. The swimfit cards will not be available for use.
11. Stay at the edge of the lane when resting.
12. We are unable to loan any equipment.

#### 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