



## Covid 19

## Bullet points

### 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 swimfit and not aquafit)

### Arrival

1. Access the building via the Main reception.
2. Arrive 15 minutes before the session start time
3. Check in at reception
4. There will be a pre session briefing in the Moorland suite.
5. The changing rooms will be open.
6. Remove outdoor shoes or put blue overshoes prior to entering the changing rooms.

### During the session

1. 2 x regular lanes available at the far side.
2. 1 x dead lane between swimfit & aquafit (to be reviewed).
3. Maximum bather load is 6 swimmers per lane.
4. Direction of travel = **clockwise** for all lanes
5. Floats on lane ropes are 2 metres apart to ensure social distancing in the pool.
6. Coach writes the session.
7. Double end starts.
8. Only suitable covid safe drills permitted.

### 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