

Pool guidance

Booking and timetable

- Check the facility website/social media channels or contact the facility directly for timetable, user guidance and booking instructions.

Before leaving home and on your return

- Do not come to the facility if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing, or anosmia e.g. loss of taste or smell).
- To reduce time spent in changing areas, please consider the following guidance:
- Arrive ready to swim (private changing should still be available for those that require it). Once you have finished your swim, leave the venue as soon as you can.
- Shower at home, pre and post swimming (showers may be available at the facility but by arriving wearing your swimwear under your clothing and showering at home pre and post swimming you will help minimise time spent in the changing rooms and help maintain the water quality).
- Check the operator's instructions on arrival time, parking, travel arrangements and plan your journey accordingly.
- Take hand sanitiser with you.
- Take any equipment/aids with you (floats, kick boards etc.) ensuring it is clean and identifiable as yours before you arrive.
- Ensure you have any booking confirmation required as part of the facility guidance.

At the facility

- Please follow the operator's guidance on pre swim arrival, duration of swim and post swim arrangements.
- Whilst in the building and the pool, follow the operator's guidance on social distancing, direction of travel and other risk control measures that are put in place.
- Use hand sanitiser/wash stations wherever made available.
- Spend as little time as possible in the changing rooms, whilst following the operator's guidance on maintaining safe levels of distance.

In the pool

- Follow the operator's directions for entry and exit to the pool.

Respect

- People of different standards and abilities will use the pool. Please respect their right to enjoy their swim.
- Do not make physical contact with other participants.

Speed and overtaking

- Choose your lane using the fast, medium and slow signs and by watching those already swimming. Please do not overtake whilst swimming. Before pushing off at each turn, check to see if anyone faster is approaching.

Direction

- Please follow the directional signs and move across to the appropriate side of the lane for each length.

Space

- Always attempt to maintain appropriate social distance between yourself and another swimmer.

Strokes

- If you change to a slower stroke as part of your session, think about moving lanes.

Equipment

- Follow the operator's guidance on use of any equipment.

Resting

- Whether stopping for a rest or catching your breath after completing your swim, please be mindful that others using the lane will want to keep on swimming without stopping; so keep yourself to the edge of the lane allowing others to turn at the wall, turning head away and allowing others to maintain social distancing measures.
- Stay hydrated by bringing your own 'pre-filled' water bottle on to poolside during your swim.

Gym Guidance

Booking and timetable

- Check the facility website/social media channels or contact the facility directly for timetable, user guidance and booking instructions.

Before leaving home and on your return

- Do not come to the facility if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing, or anosmia e.g. loss of taste or smell).
- Check the operator's instructions on arrival time, parking, travel arrangements and plan your journey accordingly.
- Shower at home, pre and post Gym session, showers will not be available.
- Take hand sanitiser with you.
- Ensure you have any booking confirmation required as part of the facility guidance.

At the facility

- Please follow the operator's guidance on pre Gym arrival, duration of Gym session and post Gym arrangements.
- Whilst in the building and the Gym, follow the operator's guidance on social distancing, direction of travel and other risk control measures that are put in place.
- Use hand sanitiser/wash stations wherever made available.
- Changing rooms will not be available, please arrive in Gym clothing.

In the Gym

- Follow the operator's directions for entry and exit to the Gym.
- People of different standards and abilities will use the Gym. Please respect their right to enjoy their session.
- Do not make physical contact with other participants.

Equipment

- Gym equipment has been moved to be an appropriate distance apart to comply with social distancing guidelines, please do not move any of the equipment or use a piece of equipment that has been placed out of action.
- If using free weights, mats, balls etc in the Gym, please ensure that you place them back in the place that you found them.
- After using each piece of equipment, please ensure that you use the cleaning solution and blue roll available to wipe it down and dispose of the blue roll in the bins provided.

Direction

- Please follow the directional signs and move across to the appropriate side of the Gym avoiding other users as you pass.

Space

- Always attempt to maintain appropriate social distance between yourself and another Gym user.
- Stay hydrated by bringing your own 'pre-filled' water bottle into the Gym during your session, no cups will be available.