



# POOL USER GUIDANCE

## Do's

- Arrive 'swim ready'.
- Sanitise your hands using the sanitiser station as you enter the building and continue to wash your hands wherever possible.
- Follow the guidance on social distancing, direction of travel and other risk control measures.
- Leave valuable personal items at home. Lockers will not be available to use.
- Bring water with you. Water fountains will not be in use.
- Take into consideration that you have not swam for a few months – go steady and pace yourself.
- Please shower at home. Only poolside showers will be available for a very quick post swim shower. All other showers will not be available.

## DON'TS

- Do NOT come to the facility if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing, loss of taste and/or smell).
- Do NOT use the changing rooms, only if absolutely necessary you can use the toilets but you must maintain social distancing and avoid socialising.
- Do NOT arrive at the centre more than 5 minutes before your allocated time.
- Do NOT make physical contact with other participants.
- Do NOT overtake whilst swimming.
- Do NOT wear PPE in the swimming pool.