



RSC SESSION GUIDELINES

PLEASE KEEP YOUR DISTANCE & STAY SAFE!

BEFORE YOU LEAVE HOME:

- Ensure that both you and your parent/ carer have signed the Swim England Covid-19 awareness document.
- Be sure you know **which session** and **which lane** you are allocated to.
- Use the toilet **at home before you leave** the house (although pool toilets are open).
- Put your **swimming trunks or costume on** under your joggers & sweatshirt.
- Wear flip flops or footwear you can get into and out of quickly.
- Remember your towel and goggles, we have none you can borrow.
- The changing rooms are not in use!

ON ARRIVAL AT TEDDINGTON POOL:

- Line up along the wall in front of the entrance to Teddington Pool and Fitness centre.
- Space yourselves out.
- Enter one at a time when RSC staff tell you.
- Shoes off once you are through the barriers.
- Hand sanitise!

ON POOLSIDE:

- Remember to keep your distance
- Go straight through onto poolside to 'check in'
- Walk left up the side along the top at the deep end
- Walk down the blue tiled 'bench' as far as you can before finding your spot to stop
- Quickly take off joggers and sweatshirt and place neatly on the bench – towel on top
- Walk to your lane at the shallow end and get into the water when instructed
- Get straight into your warm up
- Remember to keep your distance
- Toilets are open but try to go before you leave home

DURING THE SWIM SESSION:

- Keep spread out.
- No stopping to chat, no gathering in groups.
- Follow your teachers & any lifeguard instructions.
- Dunk the float in the water before use (clean in chlorine).
- Dunk the float in the water after use and place in a neat pile.
- At the end of the session climb out at shallow end.

AFTER THE SWIM SESSION:

- Poolside showers are only available for a very quick rinse (shower at home).
- Find your clothes – if there is enough space dry off and dress quickly.
- If space is tight at the benches be patient – quickly dry off and move down by small pool doors to dress.
- Leave by the doors on poolside by the small pool steps.
- Remember to keep your distance