

Guidelines for Swimming During COVID-19



General Guidelines for all Swimming Sessions

Important: Personal hygiene practices can significantly reduce swimming pool water pollution.

- We encourage all swimmers to shower and use the toilet immediately before coming to the venue.
- Please come ready with your costume under your clothes to minimise the time spent in the changing rooms
- Please sanitise your hands as you enter the changing rooms and follow the one way system in place
- A face covering must be worn when moving around the facility and in areas such as reception, changing rooms and toilets. Face coverings are not required when taking part in your activity.
- Please maintain 2m Social distancing at all times in the changing room, poolside and in the pool.
- Limited showers may be available for pre / post swim rinse, no soap or shampoo can be used at this time. Please do not queue for showers. Hairdryers and vanity areas are not available
- Please wear suitable clean swimwear.
- Bathers who have had sickness and/or diarrhoea should avoid swimming for at least two days.
- Any incident involving contamination of the pool or changing areas must be reported to staff immediately.
- At the end of your session please leave promptly to allow us to prepare for the next session.

Guidelines for Lane Swimming Sessions

- Lane capacities and etiquette guidelines will be provided on Poolside.
- Lane Swimming Sessions are available only to Adults or Young Persons at Secondary School aged 11 and over. Everyone attending must be able to comply with the lane swimming etiquette.
- If you need to take a break, please exit the pool and do not stop at the end of a lane. Social distancing guidance should be observed on Poolside.
- Only overtake at the end of a lane, please let faster swimmers past if they are behind you.
- Floats and other swim aids will not be provided, customers should bring their own.

Guidelines for Family Swimming Sessions

- Groups of up to 6 people can book a section of the Pool for one hour. There must be a minimum of one adult (aged 18+) and one child (under the age of 16) in each section.
- The pool will be divided up into 6 sections, the maximum capacity of each section is based on a minimum of 6m² per person and is different at each Pool. Customers should only swim in their designated section. Access to other sections may be permitted only for the purpose of entering and exiting to pool.
- The adults in each section must not be from more than 2 separate households. Those from a separate household should always maintain 2m Social distancing, in the changing room, poolside and in the pool.
- There is no household limit on the children within each section, but the capacity of each section must not be exceeded.
- Floats and Armbands can be provided.
- Non Swimmers are not permitted in deep sections as detailed at the point of online booking.
- The normal adult: child supervision ratios below will apply in each section.

UNDER 4 years

One Adult : One child with or without armbands
One Adult : Two children with armbands**



4 - 7 years

One Adult : Two children with or without armbands**



Mixed Ages

One Adult : One under 4 and one 4-7 year old, if the under 4 is wearing armbands.**

