

- **Non-Swimmer and Beginner 1 groups have been suspended until January 2021 at the earliest as there will be no Instructors in the water.**
- All visitors without a membership/access card must sign in at reception for Track & Trace purposes. Please speak to the receptionist if you need a card.
- The changing rooms are to be used only for toilets and hand washing. The showers are closed. Please arrive wearing swim attire.
- Each swimmer will be allowed one parent/guardian to attend, plus any siblings if alternative off site childcare is unavailable.
- Please queue with 2m spacing at the glass door of the Swimming Pool. Wait for the Lifeguard to invite you in when the previous group has left poolside and the area is clean and safe.
- Proceed down the left side of the pool and round the deep end to the spectator seating, maintaining 2m distance to others at all times. Please see the one way system guide on our website; www.dcsportsclub.co.uk/sports-courses-archive/swimming-lessons/
- The pool will be in 3 equal sections, and group numbers are limited in each section. Swimmers will move clockwise in each lane and social distancing will be encouraged.
- Use of the diving blocks will be prohibited. Backstroke and Butterfly strokes are also prohibited.
- No equipment will be used in the lessons. This includes floats, flippers and play equipment. There will be no play time at the end of the lesson.
- During the lesson, no parents/guardians must not wait in the Swimming Pool lobby or corridors. You must stay on poolside or outside please, using the shallow end fire exit to re-enter the building. Please minimise the need to walk through the building. **Parents/guardians are required to wear face masks on poolside.** These will not be provided by the Sports Club so please come prepared.
- At the end of your lesson, towel down and dress swimmers on poolside (as you might on a beach), leave by the grey fire exit doors at the shallow end and walk around the Sports Centre to the car park and exit. At night this route will be lit. You must leave within 5 minutes to allow for cleaning and a quick changeover please.
- Elderly or vulnerable visitors may request use of the accessible changing rooms, 1 person at a time.

We do understand that changing on poolside and the closing of showers is far from ideal, but there is no safe way to operate our small changing rooms and showers without reducing attendance numbers to a very low level or extending the gap between groups.

Thank you for your cooperation at this difficult time.

Please observe social distancing, wash hands frequently and clean any kit or surfaces you touch with the cleaning materials provided.