

Get Fit, Have Fun & Meet People

Covid-19 Safety Arrangements

Dulwich College Sports Club is committed to the safety of its customers and staff.

We have carried out a full Risk Assessment based on Government advice and put in place important safety measures. We are confident that we can count on the same commitment to safety from our customers at this time. Please avoid complacency, observe 2m, wash hands often and clean all equipment before & after use.

IMPORTANT If you have symptoms of COVID-19 (C-19), please stay at home and follow Government Policy on self-isolation. If you develop C-19 after visiting the Sports Club, please inform us (with your visit time & date) so that we can follow the Test & Trace protocol. Please respect staff & fellow members by maintaining 2m distance at all times. Please observe the distancing floor markings & queueing or circulation signage.

Hygiene Please wash or sanitise your hands on arrival at the club and every 15 minutes minimum during your visit. Please clean any kit or machines you use. Please bring your own dumbbells, mats and other small items of kit you may need. You may wear a face covering if you wish, but they are not mandatory for Sports Clubs at present. Please use contactless card payment, not cash.

Changing Rooms Not in use except as toilets and hand washing only. Please change at home.

Activity Booking You must now book in advance for the Fitness Suite, Free Weights Room & Swimming Pool (up to 10 days in advance). Please book online* (dcsportsclub.co.uk) or by telephone, not at Reception. There are 15 minute gaps between sessions to allow for essential cleaning and safe exit/access. Please leave promptly. At present there is no limit to how many sessions you can book, but this will be kept under review. Please remember to cancel any unwanted sessions so that other members can attend. Squash, Tennis and Badminton available to book online as normal.

PLEASE DO NOT Book overlapping Fitness Suite & Free Weights sessions. Take any bags or coats into the fitness rooms. Touch any doors or surfaces unnecessarily.

Fitness Rooms Some equipment will be closed each day to allow for distancing, please respect this for safety sake. You may bring fitness accessories, but please keep them safe.

Swimming Pool Book in advance, queue by the glass doors, change poolside, leave via the fire exit doors. Please maintain your distance while in the pool and while entering/exiting the pool. The changing rooms are to be used for toilets and hand washing only, please arrive in swimming attire. Maximum 1 spectator/guardian per visit.

***Online Booking Password** If you require a booking password, please email, sportsclub@dulwich.org.uk

PLEASE MAKE SURE YOU HAVE READ THE COVID-19 SAFETY ARRANGEMENTS
available online: www.dcsportsclub.co.uk



DULWICH COLLEGE SPORTS CLUB

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Web: www.dcsportsclub.co.uk

DULWICH COLLEGE
THE SPORTS CLUB
get fit, have fun, meet people

OPENING TIMES



**Membership Information
& Summer Holiday Opening Times**

Valid from 3 September 2020

Dulwich College Sports Club - Term Time Opening Hours

Holiday opening hours published separately

All activities (except*) must now be booked in advance online or via telephone. The sessions below are divided into bookable sections, mostly 45 minutes long with gaps for cleaning purposes. Please leave promptly. Thank you.

Facility	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reception		07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	09:00 - 18:00	09:00 - 21:00
Swimming Pool (Members)	Children's Swimming Lessons			16:30 - 18:00		16:00 - 17:00	09:00 - 12:00	09:00 - 10:30
	Family Swimming (No Length Swimming)					17:15 - 18:00	14:30 - 15:15	15:15 - 16:00
	General Swim (Lanes + Leisure)	19:15 - 20:00	18:15 - 20:00	18:15 - 20:00	19:15 - 20:00	18:15 - 20:00	15:30 - 16:15	11:30 - 12:30
	Please note that length swimming is NOT permitted in the leisure half of the pool during General Swim sessions							
	Lanes (Adults Only)	20:15 - 21:45	06:15 - 08:00 20:15 - 21:45	20:15 - 21:45	06:15 - 08:00 20:15 - 21:45	20:15 - 21:45*	16:30 - 18:00	10:30 - 11:15 16:15 - 18:00
Swimming Pool (Staff)	Dulwich College Staff Only*(not bookable)	17:30 - 18:30*			17:30 - 18:30*			
Fitness Suite	Morning*(not bookable)	06:15 - 08:00	06:15 - 08:00	06:15 - 08:00	06:15 - 08:00	06:15 - 08:00	9:00 - 17:45	9:00 - 20:45
	Evening	18:00 - 21:45	18:00 - 21:45	18:00 - 21:45	18:00 - 21:45	18:00 - 21:45		
Free Weights	Morning*(not bookable)		06:15 - 07:00			06:15 - 08:00	09:00 - 17:30	09:00 - 20:30
	Evening	17:45 - 21:45	17:45 - 21:45	17:45 - 21:45	17:45 - 21:45	17:45 - 21:45		
Tennis Courts		18:00 - 21:00	18:00 - 21:00	18:00 - 21:00	18:00 - 21:00	18:00 - 21:00	09:00 - 18:00	09:00 - 21:00
Squash Courts		Club Night 18:00 - 20:00	17:30 - 21:15	18:00 - 21:45	17:30 - 21:15	17:30 - 21:15	09:30 - 17:45	09:30 - 17:00
Sports Hall		Bookable Badminton Courts 18:00 - 20:00 Badminton Club Night 1 19:30 - 22:00 (Members only)	Use as available	Badminton Club Night 2 19:30 - 22:00 (Members only) Bookable Badminton Courts 20:00 - 22:00	Use as available	Use as available	Use as available	No Strings Badminton 09:00 - 11:30 (Non members £5.00)

Members may use the Sports Hall, Astroturf and Athletics Track whenever the areas are not booked. Contact Reception for details. No Strings Badminton is free for members, £5 per sessions for A Card holders.

*Half pool only.