

## Updated Pool H&S Rules – December 2020 – Appleton Pool

**All current Government Social Distancing and Public Health England guidelines must be followed at all times by everyone using and entering the School facilities.**

### **Illness:**

Anyone feeling ill or showing signs or any symptoms of Covid 19 or any other illness **should not** attend the facility and follow NHS guidance.

Only one adult to accompany each swimmer inside the premises to reduce the number of people in the building.

No Food is to be brought onto the premises or consumed on the premises at any time.

No one should enter the building more than ten minutes before the start of their swim class.

Parent and children must sanitize their hands at the main entrance. Sanitizer will be provided.

Parents must wear face masks at all times when inside the building, this includes if watching poolside.

You must head straight into the changing rooms (marked Girls and Boys). Mums bringing boys must go into the girls changing room and Dads bringing girls must go into the boys changing room.

Swimmers must arrive “ready to swim” under a onesie or track suit.

Please take all belongings poolside with you in a rucksack/swim bag.

No outdoor shoes to be worn poolside. Please bring flip flops to change into if watching / bare feet if you are accompanying your swimmer into the pool.

Please come through to the poolside five minutes before your class is due to start (No earlier).

You will be shown which side of the pool to sit whilst you are waiting.

Please sit quietly with your swimmer to not disturb running classes.

At the end of classes, children will be returned back to parents who will be waiting poolside, we ask that you quickly dry and leave the premises within a **maximum of five minutes** after your class has ended.

Showers will not be permitted for use, parents are asked to dry and change their children quickly and take them home to bath or shower.

We will provide clear notices around the facility to remind everyone of Government advice and our cleaning of the premises and equipment will adhere to Swim England / STA and Public Health England guidance.

Our Teachers will be teaching from the poolside to maintain social distancing at all times.

All beginner swimmers will have their own parent or carer in the water with them for safety.

We will ensure that our swimmers have plenty of room and will meet all Swim England/STA and Government guidelines with regards to required space to swim.

Capacity will be based on Swim England/STA and Government guidelines and will be continually reviewed.

**No Running** Parents please do not let your children run around anywhere in the building, the changing rooms and toilet areas will be wet and can be slippery. You are responsible for your children and you must stay with them at all times, before and after class to ensure their safety and to ensure they follow social distancing guidelines.

**Photography / Filming:** No photography or Filming at any time.

**Swimming Hats:** Must be worn by all swimmers. Exceptions will be made for children with Special Needs or requirements. If hats are not worn hair must be securely tied up and back.

**Talcum Powder:** Please do not bring talcum powder onto the premises.

**Toilets:** parents must accompany their children to the toilet at all times and ensure it is left flushed and clean for the next user. Ensuring social distancing is maintained at all times.

Full Booking T&C's are shown on our website and all pool safety rules must be followed at all times.

[www.aquaaims.com](http://www.aquaaims.com)