

Pool Rules

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

Illness/Covid 19 Symptoms:

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

Only one adult to accompany each swimmer into the building, no siblings watching poolside.

NO FOOD is to be brought into the premises.

NO running anywhere on the premises.

NO photography or filming.

NO mobile phones to be used in the changing rooms.

You are responsible for your children and must stay with them at all times whilst on the premises.

Do not enter the building more than ten minutes before the start of your class. Wait outside please if you arrive earlier.

ON ARRIVAL:

Changing rooms will not be available for use before class at Appleton or Quilters Pools. Earls Hall are available. Showers are not to be used before or after class.

EVERYONE (including parents) getting into the pool water must arrive ready to swim under a tracksuit or onesie or easy to remove clothing. Wear slip on shoes/flip flops (easy to remove/put back on) and bring your bags poolside.

Do not come into the building more than ten minutes before your class time is due to start.

Queue along the corridor that leads to the pool entrance, until the teacher calls you in.

Please have swim hats on ready if children have long hair. Goggles are not needed for beginner swimmers. All equipment is provided.

After Class:

Please dry and leave as quickly as possible as soon as you are dry. Maximum of five/ten mins. Please do not hang around and wait for friends, please wait outside the building in the fresh air.

Please all follow the rules, they are in place to protect and help everyone.

Quilters Saturday Parent & Baby Class.

Just a few tips to make the class a bit easier for you on arrival/after class first week.

Just one parent to each baby in the building & in the pool.

No spectators are permitted.

Please come into the building no more than five / ten mins max before your class time is due to start.

Parent & Baby come ready to Swim with swim wear already on under easy to remove clothing and shoes.

There is NO access to the changing rooms before class to get ready to swim.

Bring a carry chair / baby seat for baby to sit safely in whilst you are waiting and changing before and after class.

Bring a baby changing mat as changing tables are not available at the primary school pool.

Prams / pushchairs are not permitted poolside.

Process on arrival:

We will tick baby in on the register and you will be asked to sit on one of the chairs poolside and get ready for class.

Please bring a large bag big enough to fit all of your belongings, which will be placed on the table poolside whilst you are swimming. Baby carry chairs will be placed under the table.

Parents please wear a T shirt.

After class pick up your bag and carry chair and go into the school changing rooms to dry. These are Marked boys & girls.

If you need help to carry any items into the Changing rooms our Lifeguard will assist you.

Dads please use the boys and Mums please use Girls changing rooms.

They are typical school changing rooms and do not have private cubicles, use of showers, hair dryers or Baby Changing tables.

Please use your own changing mat placed on the floor (so baby does not roll off the bench) and dry baby first and then sit them safely in their carry chair whilst you then dry and dress yourself.

All used nappies must be taken away with you and not left in the school bins.

Hope this helps. If you have any questions please do call.

Looking forward to seeing you for your first class. 😊