

Aneurin Leisure Trust - Swimming return post COVID-19

Timetables

- Check the facility website/social media channels or contact the facility directly for timetable, user guidance and booking instructions.

Before leaving home and on your return

- Do not come to the facility if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing, or anosmia e.g. loss of taste or smell).
- To reduce time spent in changing areas, please consider the following guidance:
 - Arrive ready to swim (private changing should still be available for those that require it). Once you have finished your swim, leave the venue as soon as you can.
 - Shower at home, pre and post swimming (limited showers will be available at the facility but by arriving wearing your swimwear under your clothing and showering at home pre and post swimming you will help minimise time spent in the changing rooms and help maintain the water quality).
 - Changing areas will have directional signage, limited lockers and zones that are safe to change in.
- Check our customer code of conduct for journey through the building, one-way systems, queuing, spacing, signage etc.
- Exiting the building will be the same way as entry, social distancing must be observed.
- Sanitiser will be provided on entry and exit of the facilities
- If necessary, take any equipment/aids with you (floats, kick boards etc.) ensuring it is clean and identifiable as yours before you arrive.
- Ensure you have confirmation of your booking prior to entering the facility

At the facility

- Please follow the operator's guidance on pre swim arrival, duration of swim and post swim arrangements.
- Whilst in the building and the pool, follow the operator's guidance on social distancing, direction of travel and other risk control measures that are put in place.
- Use hand sanitiser/wash stations wherever made available.
- Spend as little time as possible in the changing rooms, whilst following the operator's guidance on maintaining safe levels of distance.

In the pool

- There will be a one-way system in place on pool side (Appendix 1)
- Maximum bather load will be 10 per double lane (Appendix 1)
- Specific entry and exit point to comply with social distancing guidelines (Appendix 1)
- All lanes to swim in a clockwise manor (Appendix 1)

Speed and overtaking

- Choose your lane using the fast and slow signs and by watching those already swimming. Before pushing off at each turn, check to see if anyone faster is approaching.

Direction

- Please follow the directional sign (Appendix 1)

Space

- Always attempt to maintain appropriate social distance between yourself and another swimmer (Appendix 1)

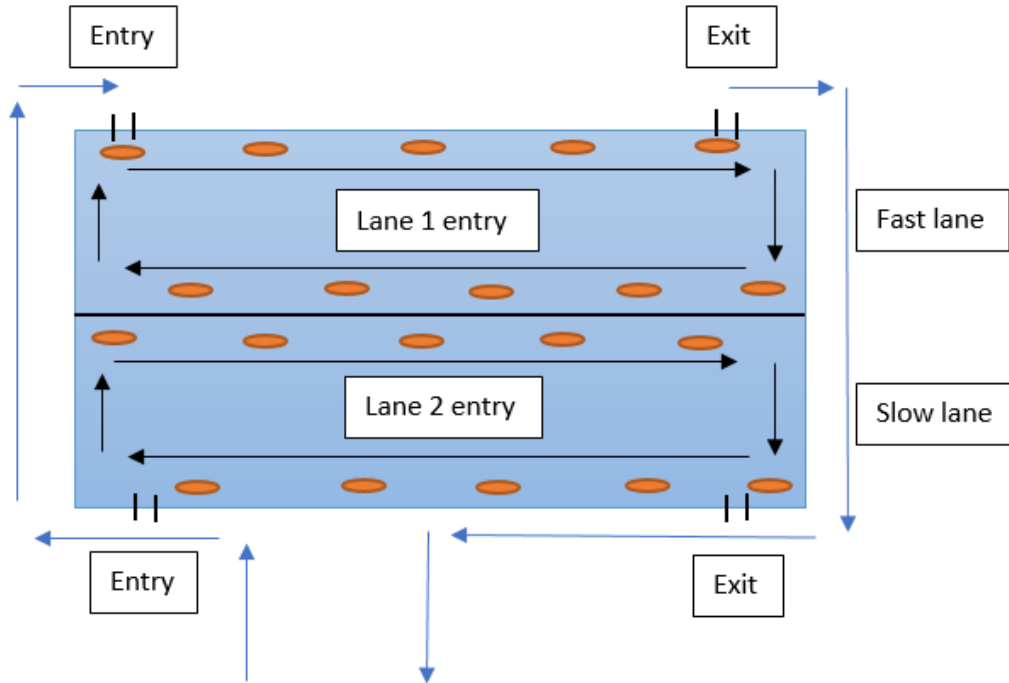
Equipment

- Equipment will be available (floats & pull buoys at the centre). These must be submerged in chlorinated water for 10 seconds to disinfect.
- Swimmer will be expected to use the same equipment through the session and not swap with others
- Equipment must be submerged after use and left on pool side

Resting

- Whether stopping for a rest or catching your breath after completing your swim, please be mindful that others using the lane will want to keep on swimming without stopping; so keep yourself to the edge of the lane allowing others to turn at the wall, turning head away and allowing others to maintain social distancing measures.
- Stay hydrated by bringing your own 'pre-filled' water bottle on to poolside during your swim.

Appendix 1 Lane Swimming ASC



Aneurin Leisure is the trading name of Life Leisure Trust, a company limited by guarantee registered in England and Wales (08951503), and a registered charity (1159092). Its registered office is at Regain Building, Mill Lane, Ebbw Vale, NP23 6GR.