

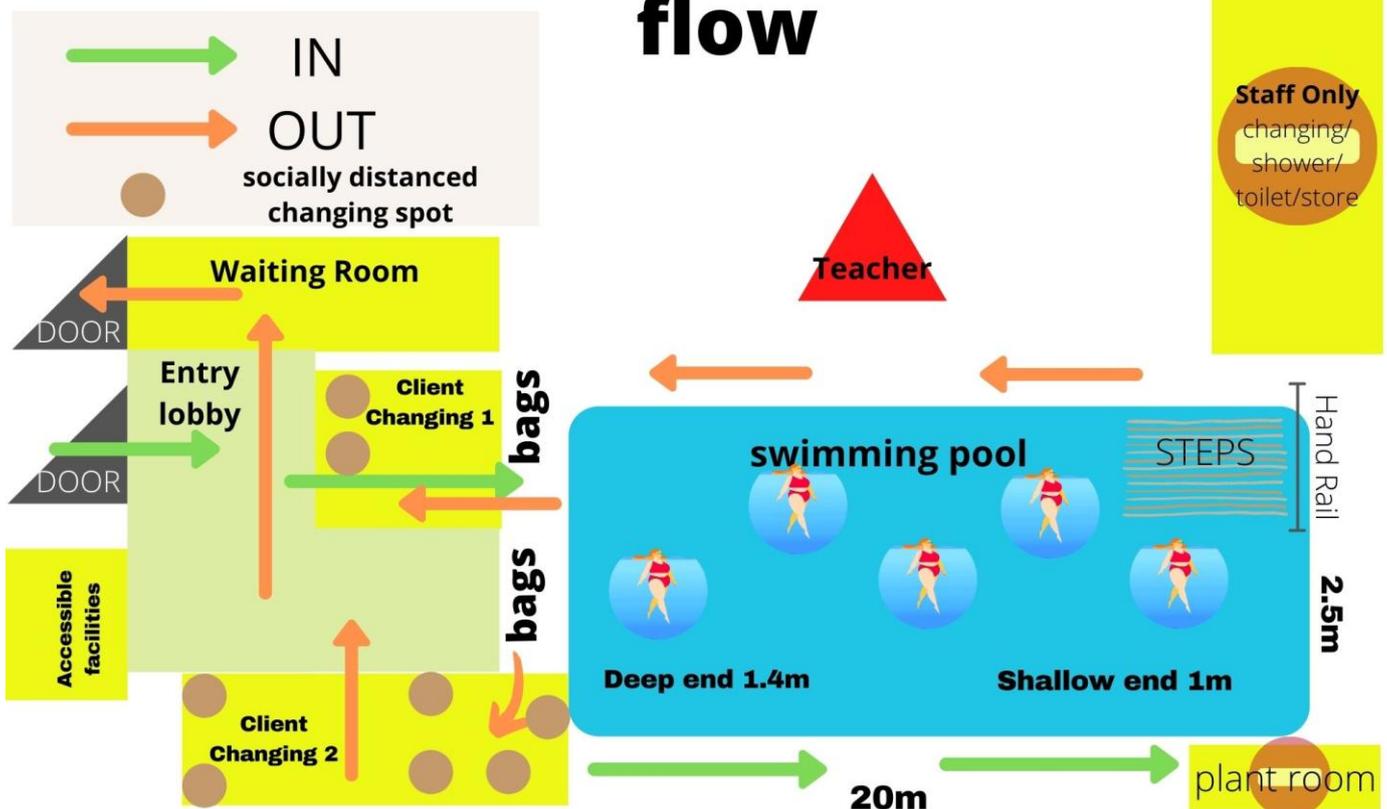
# Grange Farm Swim School Guidelines for Aqua Fit

Please be aware that these guidelines will help to mitigate the risk of COVID when you visit our pool. They do not remove the risk completely and particularly those at high risk or shielding must decide themselves if it is advisable to come.

**DO NOT ATTEND IF YOU OR YOUR PARTY HAVE COVID symptoms or have been advised to self-isolate**



## Aqua Fit COVID secure flow



1. Remove shoes on entering building and use sanitiser provided.
2. Attendees should arrive 'beach ready' 5 mins prior to lesson, after booking through 'Bookwhen'.

<https://bookwhen.com/grangefarmswim>

There is a maximum of 9 spaces. 'beach ready' means your swim wear is on underneath something that is easy to take off (a robe/jumper & leggings).

3. Please bring own equipment (aqua dumb bells/noodles if desired and a filled plastic water bottle). Bring a bag to put shoes/clothes/towel in.
4. Social distancing should be maintained at all times (2m) between staff and clients, including in changing rooms.

# Grange Farm Swim School Guidelines for Aqua Fit

---

5. Remove clothes in Client Changing room 1 as indicated. Only 2 people are allowed in the changing room at a time. Use shower/toilet. Put all belongings in a bag & bring onto poolside. Put bag in container provided. Only enter the pool hall at class start time.
6. Enter swimming pool using steps as required.
7. Within pool ensure 2m social distancing is maintained, as indicated by markers.
8. Enjoy the class! Your teacher will assist you in making sure you maintain social distance while participating.
9. Exit the water and follow the orange arrows to enter Client Changing Room 1 and 2 - use all available space to maintain social distancing. Shower if necessary, change promptly, and exit following orange arrows through to waiting room and out of fire exit as soon as possible.
10. Please assist us by using the wipes available to sanitise all high touch points (door handles, hooks, benches, toilet seat). We have increased our cleaning regime but your assistance is crucial.
11. Exit through fire door from waiting room, ensuring it is closed behind you.
12. Accessible facilities are available at all times to those who require them.
13. All processes and guidelines will be under constant review and may change with minimal notice. Please look out for signs and communications