

**SWIMMING SESSION PROCEDURES**

(Effective October 2020)

The Aquability Committee is looking forward to welcoming you all back to Stokewood Road. Swimming sessions will recommence on 3 October 2020 and will be on Saturdays from 5.15pm until 6.00pm. However, there are some important new rules we all need to follow.

**DO NOT COME TO STOKEWOOD ROAD SWIMMING POOL IF YOU, ANYONE YOU LIVE WITH, OR ANYONE YOU HAVE HAD RECENT CONTACT WITH, HAS ANY SYMPTOMS OF COVID-19.**

BEFORE YOUR SWIM

* If possible, please wear your swimwear under your clothes when coming to the pool.
* There are currently no requirements to wear a face mask when entering or exiting the building. However, BH Live have advised that this could be subject to change. Therefore, please bring with you a mask in case this rule changes.
* Please aim to arrive by 5pm. **You must wait outside the centre until someone from Aquability confirms that it is okay for you to enter the building**. Try not to arrive early as you will have to wait outside.
* Before entering the building, you will be asked to confirm that you do not have any of the following symptoms: a high temperature; or a new, continuous cough; or or a loss or change to your sense of smell or taste
* BH Live has installed a one-way system. To access the changing rooms, you will be required to enter the double doors to the pool and walk around the side of the pool to the changing rooms.
* **Please ensure that [Marcia/a member of Aquability] has recorded your name and the time of your arrival at the pool. [**She/he] will be seated just inside the pool area. This is required for NHS test and trace purposes.

THE SWIMMING SESSION

* **The swimming session will start at 5.15pm. Everyone must be out of the pool by 6pm at the latest.**
* The hoist will be available and will be operated by a member of staff from BH Live.
* **The maximum number of people who can be in the pool at any one time is 23**.
* While you are in the pool, aim to keep your distance from other members who are in the pool at the same time. We will still be permitting people to swim lengths and also to walk or swim across the pool at the same time, so it is important to be aware of everyone else’s place in the pool.
* Contact should be kept to a minimum in the pool. If you need assistance, please either consider bringing another person with you. There will be limited help available in the pool – we will aim to partner members up with the same helpers each week to minimise the number of people you have contact with.
* **Unfortunately, we cannot currently allow people to come and spectate, unless you are an essential carer for a member who is using the pool.** Anyone coming to the pool with you will therefore be asked to wait outside the building.

AFTER YOUR SWIM

* If you use one of the club’s wheelchairs, this must be cleaned after use, so please let either [Brenda, Marcia or Deborah] know which one you have used.
* You can use the changing rooms. In order to minimise the spread of infection, we would ask you to consider showering at home. If you wish to shower, there are limited facilities available at this time - the shower cubicles are currently out of bounds, but you can use the open shower area in the changing rooms. There are no hair dryers at this time.
* **If you use the accessible changing room and toilet that is poolside, please notify either [Brenda, Marcia or Deborah] –** no-one else is permitted to use this changing room until all the touchpoints have been wiped down.
* Please leave the changing rooms and the building as soon as you are ready. If you wish to chat to any other members, please wait until you are outside the building. **Everyone must be out of the building by 6.15pm at the latest.**
* We are not permitted to offer any refreshments.

* **If you develop any symptoms of COVID-19 after having attended one of our swimming sessions, please notify either Brenda (telephone 01202 425834) or Deborah (telephone 07802 970550; or email** **treasurers@bhaquability.co.uk****) as soon as possible, so they can notify the other members and BH Live.**

By everyone following these procedures, we aim to minimise the risk to you, other users of Stokewood Road and the BH Live staff. However, please bear in mind that neither BH Live nor Aquability can guarantee that you will be safe from any infection, so you must determine for yourself if you will feel safe coming back to swimming sessions.

Thank you.

The Aquability Committee