

## RE-OPENING COVID-19

- > The pool is open to lane swimming and competent swimmers only. Defined by the ability to swim 4 lengths unaided and with very little or no rest.
- > There will be fast, medium and slow lane options. Please use the most accurate lane for your ability.
- > Please come "beach/gym ready" and shower at home. Limited shower and space available.
- > Please bring your own pad lock if you must require use of a locker.
- > Masks must be worn in changing rooms at all times.
- > The gym will be open to current and new members only.
- > There will be no booking system in place for either the pool or gym as we don't expect at any point to be at capacity based on pre lockdown usage.
- > Bookings will be required for both Aqua-fit classes and Sunbed use and prepaid.
- > Try not to touch surfaces and if you do wipe them down with the spray/wipes provided and sanitize your hands. All gym users must wipe down the equipment they use.
- > In the gym please exercise inside the defined white boxes or on any available machine only.
- > No bags, coats or towels to be brought into the gym or left on changing room benches. Towel hooks are available on poolside for swimmers.
- > Please respect capacity notices, staff and all fellow users.
- > Do not use the facilities if you are suffering with any flu or cold like symptoms.
- > There will be no sauna, steam room or spa bath until further notice
- > There is no towel hire until further notice
- > We will be taking payment cards only.
- > Please at all times maintain a 2 metre distance where possible