**Information for Early morning lane swim**

**General rules**

* All sessions must be booked and paid for in advance.
* Any adults or children over the age of 11 **MUST** wear a face covering at all times in and around the building.
* There is now a time limit on sessions, all sessions are booked for 50 minutes
* Start and finish times are staggered to avoid overcrowding at reception and in the changing rooms.
* The maximum in the pool at one time is 16 (4 per lane)
* There will be a one-way system around poolside to increase distancing.
* Participants are reminded that if they are feeling unwell or are showing any signs and symptoms of Covid19 that they must not attend the session.

**How Early morning lane swim will run**

**At the start of the session**

* We ask that participants arrive no earlier than 5 minutes before their session.
* Participants should be beach ready (swimming costume on underneath a top layer).
* Participants will enter the building through reception where they will be marked as attending and given a coloured band that correlates to their allotted swim time
* Participants will then make their way onto poolside via the corridor. Participants will then leave their bags and personal items either on the bench on poolside or in the spectator’s gallery and this can be collected at the end of the session.

**At the end of the session**

* Participants will go into the changing rooms to change
* Showers are available
* The changing rooms contact points will be cleaned between each session
* Changing is allowed but we do have very limited space and would prefer a wrap up and change at home. Where changing is preferred, we will be following the 1m+ safe distancing, all adults **MUST** wear a face mask at all times in the changing rooms.