**Information for Parent & Toddlers**

**General rules**

* All sessions must be booked and paid for in advance.
* If possible, we ask that you pay by card over the phone.
* Any adults or children over the age of 11 **MUST** wear a face covering at all times.
* There will be a maximum of 6 participants per class to try and maximise distancing.
* All equipment will be cleaned after the session.
* The instructor will be on poolside wearing a face shield and will discourage shouting or singing during the session.
* The changing room will have been cleaned before use.
* There will be a one-way system around poolside to increase distancing.
* Participants are informed that if they are feeling unwell or are showing any signs and symptoms of Covid19 that they must not attend the session.

**How Parent & Toddlers will run**

**At the start of the session**

* We ask that participants arrive no earlier than 10/15 minutes before their session.
* Participants should be beach ready where possible (swimming costume on underneath a top layer).
* Participants will enter the building through reception where they will be designated a changing room (6 in Ladies, 6 in Men’s) and the times will be staggered to allow time to clean between each group.
* Participants will then make their way onto poolside. Participants can then leave their bags and personal items in the changing room. Participants are encouraged to only bring essential items with them.

**At the end of the session**

* Participants will go into their designated changing rooms to change.
* The changing rooms contact points will be cleaned between each changeover of groups
* Changing is allowed. We will be following the 1m+ safe distancing, all adults **MUST** wear a face mask at all times in the changing rooms.