

# SPACING // SPOTLESS // SPECIFIC // SPIRITED

## IN THE AQUATICS DEPARTMENT

THANK YOU

### SPACING



Thank you for:

- Only attending site when you have pre-booked a session.
- Ensuring you only swim in your booked pool area (shallow or deep).
- Adhering to queuing and swim guidance at all times.
- Minimising time on site and strictly adhering to your session times.
- Keeping to the Green Tick spaces in communal areas.
- Being careful as you pass other swimmers.

### SPOTLESS



Thank you for:

- Removing or covering your shoes prior to entering the changing rooms.
- Washing/sanitising your hands on entry to, and exit from, the building.
- Bringing your Sportscard to reduce the use of touch-points.
- Attending 'Swim Ready' with hair product, body lotion and make up removed.
- Minimising personal possessions and not using our lockers.

### SPECIFIC



Thank you for:

- Lane Swimming only
- Keeping to 8 in a lane (maximum)
- Adhering to our adjusted child supervision guidance with a maximum of just one adult per child.
- Adhering to our one-way system on poolside.
- Swimming clockwise at all times.
- Being aware of other swimmers speed and allowing to pass/not overtaking other than at the end of lanes.

### SPIRITED



Thank you for:

- Not attending if you or anyone in your household has symptoms of Covid-19
- Telling us if you become unwell whilst at Sportspark
- Cancelling your session if you can no longer make it.
- Being patient, kind and respectful
- Following all guidance