**Adwick Tri Club COVID 19 entry and exit instructions swim training Adwick leisure Centre**

**1/Preparation for Swimming**

* Only attend if you have not experienced any of the COVID-19 symptoms within the last 7 days.
* You may be subject to a temperature check.
* Aim to arrive no earlier than 20:50 Monday and Thursday any earlier please stay in your car.
* Arrive pool ready e.g. wearing a dry robe over your swim gear.
* Restrict pool equipment to kick board, pool buoy and drink bottle (Disposable bottles must be taken with you at the end of each session and there are no facilities for re filling your drinks bottles)

**2/ Entering the building (\*not via usual door)**

* Entrance is via the black emergency doors to the right of the main foyer.
* Queues to be formed to the right of the door down towards the school fields with 2 meters social distance monitored by DCLT
* No Spectators allowed access to the building
* Names will be recorded and passed to DCLT for track and trace purposes.
* Groups of 6 people will be granted access at a time
* Access will be allowed up and until 21:05. DCLT will close the door at this time with no access.

**3/ Entering changing area**

* Following DCLT instructions and one-way signage
* cubicles to be used to change and clothing place in lockers
* Instruction will be given by Andy Pidduck when each lane is to proceed to the pool side remembering to adhere to the 2-meter distancing.

**4/ Enter to the Pool Side**

* Entry restricted to 6 persons at a time.
* Each person will be allocated a position in the lane. This will correspond with orange dots indicated on the pool side walls.
* There will be no overtaking allowed during the session, so it is important to establish the correct position in the lane.
* All Lanes will swim clockwise to prevent swimming alongside each other.
* Remember to only take the minimum to the pool side. i.e. hat, goggles, kick boards, pool buoy and drink.
* Please dip your pool buoy and kick board into the pool before placing the equipment at your allocated position on the pool side.

**5/ Leaving the pool area and building**

* Swim exit times will be allocated to each lane and advised
* People leaving before the end of the session need to inform the pool lifeguard to ensure the clean down procedure is complete.
* Follow the same route as entry but in reverse. Directional signs and DCLT staff are there to assist when exiting the building.
* Ensure you have taken all your belongings including rubbish

|  |  |  |
| --- | --- | --- |
| Name | Sign | Date |