

# HELLO!

# ACTIVE NATION

## Yarborough Swimming NEW Pool Operating Procedures

This information sheet is here to help answer any questions you may have regarding the start of swimming on Monday 12<sup>th</sup> April.

### **Pre-Swim**

- Swim Sessions are bookable via the app
- You are advised to have a shower prior to arrival (Swim England Guidance)
- Please come 'beach ready' – Swim costume under clothes to allow quick change (Swim England Guidance)
- Sessions can be booked for an hour (45 minute swim time with 15 minutes for changing)
- Those that do not want to book or unable to can check in at reception. You must be added to the system for track and trace and monitoring of numbers.
- Bookings will be taken every 15 minutes and there will be a maximum of 10 spaces during each booking slot to a maximum capacity of 30 swimmers.
- Please note that any PAYG supporters booking at reception must pay by card as there are no cash payments.

### **Arrival to Reception**

- We ask that you enter the venue via the main reception doors and make your way to the main reception desk. There will be social distancing markings on the floor for you to follow.
- Please arrive early as there might be a queue
- A member of staff will be serving all visitors that come in. The additional staff will assist with the flow of visitors and this will be reviewed regularly.
- Reception staff will check if you have a pre-booked session
- If you have not pre-booked then you must be added to the system for Track and Trace purposes. It will also allow us to track the numbers in the pool.
- You will be instructed on how to safely enter the changing rooms following the one-way system and advised to use the dry side changing toilets prior to entering the swim changing rooms if required.

**Yarborough Leisure Centre**  
Riseholme Road,  
Lincoln. LN1 3SP

**Telephone**  
+44 (0)1522 304400

**Website**  
[activenation.org.uk](http://activenation.org.uk)

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PLAY!  
FLEX!  
ENJOY!  
DIVE!  
SWEAT!  
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- Once checked in you can advance to the changing rooms
  - Entrance is via the one way system, passed the dry side changing, back down the ramp, in through the fire exit of the wet change.

### **Entering the Changing Rooms**

- There is a one-way flow in the changing rooms to ensure there is limited crossing. Directional signage will be available to assist
- The cubicles are available to remove outer garments.
- Lockers are not in use in the Changing Rooms – We ask that you gather your belongings and place in one of the available baskets. You should then advance to poolside via the normal changing room entry/exit door, and through the staff corridor.
- You can leave your baskets with belongings in a designated area next to the teaching pool.
- When you leave the changing room and move towards the pool area a hand sanitizing station will be available.

### **Entering Main Pool Poolside**

- Hand sanitizer is available prior to entering the pool
- Sauna and Steam Room are out of use (Swim England Guidance)
- You will be given a coloured band to indicate the session you are in (maximum of 10 people per session)
- Once you have located a storage place for your clothes you can enter the pool from three locations
  - o Shallow End nearside steps for the closer lane
  - o Shallow End far side steps for the far side lanes
  - o Shallow End, middle lane will need to slide in from pool side if possible.
- The hoist will be in place and available for all lane swimming sessions – If required one of the cleaners/Meet & Greet staff will assist you with entering the pool using the hoist.

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## Swimming Activity

- There will be 2 double and 2 single lanes in the Main Pool – a combination of Slow, Medium and Fast Lanes – Lifeguards will manage the lanes based on demand for speed
- Each double lane has a maximum of 10 per lane and each single lane has a maximum 8 per lane – Signage will be available, and lifeguards will manage this with visitors
- Normal lane etiquette will apply and is managed by the lifeguards
- If you require the use of a toilet during a swimming session then you should use the toilets located in the wet changing area.
- One Lifeguard will be placed on Poolside – they will be located on the near side (next to the changing rooms) and in a standing/patrolling position to supervise the pool
- A second Lifeguard will be available off poolside and will be available for assistance. Other team members available will include, Meet & Greet, Cleaner and Gym Supervisors
- Lifeguards will be on radio to call for assistance if required
- Should a Lifeguard be supporting another visitor then they will call another member of staff to poolside to deal with questions – Lifeguards will always maintain concentration on the Main Pool.
- At the end of the 45 minute session the lifeguard off poolside will activate the buzzer for the correct colour to call that session out of the water.
- Please exit from the Main Pool by the Shallow End only
- Once you have exited the pool
  - o Collect your basket containing belongings and while maintaining social distancing move to the entrance to the wet changing rooms.
  - o The showers will be available for washing off the chlorine (showering should be quick) Every other shower will be out of use.
  - o Once showered please move to the designated wet cubicles to change out of swimwear and into clothing. The basket should be left in the cubicle to be collected by the cleaner for disinfection.

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## **Exit through the Changing Room**

- Please respect the one-way flow around the changing room
- Showers will be available for a quick shower
- Cubicles will be available for a quick change
- Hand and Hair Dryers will not be available (Swim England Guidance)
- Please exit the changing room via the same door you entered but on the opposite side.

## **Exit the building**

- Please leave the wet changing rooms and cross over the reception foyer to exit the building via the double fire door in the café foyer area.
- You will now be in the car park and can leave safely

## **Other Information**

- If you require assistance to enter the changing rooms and cannot use steps, you should be escorted by a member of staff up the ramp to the normal changing room entrance door, whilst maintain social distancing.
- Accessible Changing rooms will be available if required
- The teaching pool and the diving pool will remain closed at all times.
- Under 18's can attend lane swimming but they must be competent swimmers and must attend to swim lengths. Under 16's must be accompanied by a parent or guardian over 18.

## **Family Swim Sessions**

- Family Swim sessions will be held in the main and teaching pool using 8 marked zones.

Booking should be made by one family member and there will be 8 slots. Each family will have one zone in the main pool. A maximum of 6 family members can participate in the session. In the teaching pool there will be 2 zones children must be under 5 and a maximum of 5 family members can participate.

Participants must be from family bubbles.

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The family swim session will last for 45 minutes. Normal swim etiquette and rules will apply and will be managed by the Lifeguard

## Pricing

- Lane Swimming – All PAYG participants £4.00
- Family Session - £12.90

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