

COVID -19 Swimming Guidelines

To help you in advance of your swim session we have put together some guidance to help you and us follow the Government guidelines on the COVID-19 safe use of a leisure centre:

- Please do not arrive more than 5 minutes before your booked session and please arrive with swimwear on under clothes to reduce time in the changing rooms
- Face masks must be worn around the centre and in the changing rooms but can be removed for swimming
- When entering or leaving the building, we politely request that you adhere to social distancing guidelines and any signage throughout the centre
- Please use the Hand Sanitiser Stations when you enter the building
- On arrival there will be a one-way system in place
- All lanes are double width – there is no overtaking and you must stay in your lane and keep 2 metres away from the swimmer in-front
- Showers are not available but toilets are open