

## Leisure Guidelines



Due to restricted capacity and opening hours please call ahead on the day to ensure availability of the pool and gym



Please complete 'Trace & Protect' details before entering the leisure facilities



Face masks are compulsory until you are ready to enter the pool – please store your mask safely in your locker



Please follow social distancing guidelines throughout the pool facilities



Please keep to the left throughout the corridors



Swimmers will be assigned a zone – please stick to your zone in the changing room and pool



Please arrive ready to swim/ exercise to minimise time spent in the changing rooms



Please shower before entering the pool – shower temperature is reduced to suited level of chemicals that help protect from pre-existing COVID 19 conditions



Please shower at home after your swim



Hair dryers have been disabled to avoid creating aerosols which increase the risk of infection



No water fountain will be provided in the gym, please bring your own