



Leisure Guidelines



Be prepared

Please arrive wearing your swimming costume



Trace n Protect

Fill in our Trace n' Protect form whenever you arrive



Face masks

Keep your wee face mask on until your at your locker



Shower before entering pool

Temperature is reduced to suit the level of chemicals that help protect bathers



Walk on the left

Remember to keep yer distance



Pool zones

Stick to your assigned zone in the changing rooms and pool



After leaving

Afterwards please shower at home



Hair dryers are off

To avoid creating aerosols which increase the risk of infection



Stay hydrated

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

Stay Safe