

Strokes Ahead Covid-19 Procedures.

Hi all,

As per todays guidance we have updated our policies and procedures to include some of the changes. We have also reviewed a number of the procedures that were put in place to begin with.

I have noted that a number of people are not adhering to the current procedures in place. Please note that these are in place to keep people safe and if not adhered to I am subject to fines by the government. Any positive cases may impact your child's opportunity to swim.

Changing rooms

- Children aged 8 and over must get changed in their own gender specific changing room.
- If your child is over 8 you must encourage them to change on their own to allow for social distancing and space in changing rooms.
- Fathers must use the male changing rooms and Mums to use the female changing rooms for swimmers aged 7 and under that require assistance changing. (we have a number of older swimmers and it's not appropriate for parents to be in other gender facility).
- You should adhere to social distancing within the changing facilities.
- If changing rooms are full – please wait 2 minutes until there is a space. We will try to stagger lesson end times to facilitate this.
- There is a max of 8 people per changing room.
- Shower at home.
- If you have more than one child with you, please keep your family to one space in the changing rooms to allow space for others.
- If children can change on their own, wait outside the changing facilities before heading to the car.

Swimming Lessons

- Lanes to have no more than 6 children
- Spectators must social distance on poolside, please use the whole of the poolside rather than just the benches at the top end of the pool. – you can stand around the edges if there are no spaces available on the benches.
- Children should come ready for their lessons with swimwear under clothes in order to reduce numbers in the changing facilities at once.
- Follow the clockwise direction around the pool.

- Hats and goggles to be worn in a swimming lesson, we can't lend out any so if you need one you will need to purchase one from us.

We are currently awaiting guidance from swim England to see if anything has changed, but at this point there are no immediate changes other than those listed above.

I do apologise that we have to be stricter with these procedures but I don't want to risk any positive cases that would result in us having to close for 2 weeks. I appreciate its difficult sometimes but I trust you all to make the right decisions when it comes to social distancing and keeping yourselves safe around the poolside.