

GUIDANCE FOR SWIMMING



**EDGBASTON
PRIORY CLUB**

UNDER COVID-19 RESTRICTIONS

Welcome

We look forward to welcoming you back to swim in the indoor and outdoor pools.

This temporary guide to swimming during Covid-19 is based on the Government and Swim England Guidelines and will be regularly updated as further restrictions are lifted and new guidance produced.

From 11th July, you may swim in the outdoor pool and from 25th July the indoor pool will reopen. The sauna, steam room and outdoor spa will remain closed.

WHO CAN SWIM?

All categories of members, except clubhouse members, are able to use the swimming pools.

Any child under the age of eight needs to be accompanied in the pool by an adult. When a child is over eight and is a competent swimmer, one spectator per child is allowed. Weak and non-swimmers must be accompanied by an adult at all times in the water.

Please do not leave your home to swim if government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you have been advised to shield from the coronavirus.

WHEN ARE THE POOLS OPEN?

The opening hours of the pool are as follows:

- **Weekdays: 8am to 9pm**
- **Weekends: 8am to 7.15pm**

To swim you will need to book a session via MyCourts. You will not be able to arrive at the club and swim without having a pre-booked lane.

To ensure we are compliant with the government and Swim England guidelines, it is compulsory for the club to control and monitor numbers and access to the pool.

HOW DO I BOOK A LANE?

The outdoor pool is divided into four individual lanes; the indoor pool into three lanes. These lanes will be bookable via the MyCourts system for 45 minute periods in the same way that you book fitness classes. Simply log-in to MyCourts, go to fitness activities on the menu bar and choose outdoor or indoor pool. There will be four spaces in each session for the outdoor pool and three spaces for the indoor pool. Spaces represent lanes.

Each lane can accommodate up to four people from the same household. That means a family of 4 can occupy a lane, a couple from the same household can occupy one lane or an individual can occupy a lane. If you are swimming as a household, only one member needs to book a lane.

ENSURING FAIR ACCESS

To ensure everyone has a chance of using the swimming pool, whilst adhering to the social distancing guidelines, the temporary booking rules for swimming will be as follows:

- Bookings will open at 8am each day
- Members can book two sessions in advance across a seven-day period.
- Only one session is permitted per day ie. you cannot book your two advanced sessions on the same day.
- If there are spaces available on pool sessions on the day, you may book an additional session.
- The booking system only allows for one name to be entered onto a space on the session. If you are booking for a family group or couple you only need to enter one name. The Lifeguards will be poolside to ensure compliance with numbers and social distancing.
- When you come on to site, go to the Indoor Tennis Centre (or the clubhouse from 25th July) and check in to your pool session using your member card at the screen, as you would for your class. If you do not register your attendance you will be registered as a no-show.

CANCELLATIONS AND NO-SHOWS

- Any member who does not attend their session will lose their booking rights for one week from the following Monday after the No-Show.
- Any member who makes two late cancellations (defined as within 24 hours of the session starting) in a 7 day period will also lose their booking rights for a week from the following Monday after the two late cancellations.

These temporary rules are in place to prevent empty spaces in the pool. Places in the pool are going to be very precious, so we do ask all members to think of others by turning up to booked sessions and not cancelling so late that no one else is able to book on.

HOW WILL I ACCESS THE POOL AND CHANGE UPON ARRIVAL?

Up until 24th July access to the outdoor pool is as follows:

- Please access the grounds via the Priory Road car park where you will be required to have a temperature check and show your membership card. Please arrive at the club in plenty of time to avoid losing precious time in the pool.
- Make sure you go to the Indoor Tennis Centre and register your attendance at the screen just by Reception to avoid receiving a no-show.

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- Access to the pool will be via the back of the clubhouse behind courts 21 and 22. A one-way system will be in operation and plenty of signage and staff on site to guide you.
- Temporary changing cubicles have been set up around the poolside to provide privacy.
- Please try to come ready for 'beach style turn up and swim'. This means having your swimming costume under your clothing.
- The temporary changing facilities will be safe and secure for members who do need to change here. However, the more people that come beach style turn up and swim will help us reduce the amount of time people congregate in changing areas and increase our ability to maintain social distancing.
- Once you are changed you will need to have a pre-swim shower in the outdoor shower. You will not be allowed to swim in the pool, unless you have taken a pre-swim shower.
- After the pre-swim shower you will be shown to your designated lane.
- The lifeguards will inform you when your allocated time is at an end.
- Once your session has finished, please leave poolside, use the outside shower to wash off any chlorine, change quickly and leave poolside.

From 25th July access to both pools will be as follows:

- Access to the club and changing rooms will be by the clubhouse reception.
- A one-way system will be in operation, Please follow the signage and staff guidance.
- There will be changing facilities available in the family changing rooms and the outside changing rooms will still be in use for members who do need to change here. However, the more people that come beach style turn up and swim will help us reduce the amount of time people congregate in changing rooms and increase our ability to maintain social distancing.
- Social distancing will be required within the changing room with appropriate signage.
- Please ensure you come ready for 'beach style turn up and swim'. This means having your swimming costume under your clothing.
- Once you are changed you will need to follow the correct route to the indoor pool first here it will be mandatory to pre-swim shower. You will not be allowed to swim in the pools unless you have taken a pre-swim shower.
- After the pre-swim shower you will need to follow the signs to take you to your designated lane.
- The lifeguards will inform you when your allocated time is at an end.
- Please leave poolside and follow the signs back to the changing room.
- You will only be allowed to shower to wash off the chlorine, change quickly and leave.
- Hairdryers will be out of action.

HOW DO I STAY SAFE? (BOOK, ARRIVE, SWIM & GO)

To ensure we comply with the social distancing guidelines, please ensure you maintain safe distance at all times, observe the signage and any direction from staff on site.

To reduce time spent in changing areas, please consider the following guidance from Swim England:

- Shower at home, pre and post swimming (showers may be available at the facility but by arriving wearing your swimwear under your clothing and showering at home pre and post swimming you will help minimise time spent in the changing rooms and help maintain the water quality).
- Use your own equipment/aids with you (floats, kick boards etc.) ensuring it is clean and identifiable as yours before you arrive. The club can provide any floats or kick-boards but it will not be able to provide goggles.
- Spend as little time as possible in the changing rooms.
- People of different standards and abilities will use the pool. Please respect their right to enjoy their swim.
- Do not make physical contact with other participants.
- Always attempt to maintain appropriate social distance between yourself and another swimmer.
- Stay hydrated by bringing your own 'pre-filled' water bottle on to poolside during your swim.

IS THERE ANY COACHING AVAILABLE?

Our swimming programme is scheduled to return in September. One -to-one coaching is currently under review and will be assessed once we open and as further restrictions are lifted.

USEFUL CONTACT DETAILS

If you have any issues booking lanes please contact Sue Harris:
sue.harris@edgbastonpriory.com

For any other queries contact James Kennedy or Ben Murphy and James Corbett

james.kennedy@edgbastonpriory.com
ben.murphy@edgbastonpriory.com
james.corbett@edgbastonpriory.com

We look forward to welcoming back to the pools.

The EPC Team

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