

Following Government & Sports England Guidelines the following will be in place:

Please stay away if you or anyone you've been in contact with has symptoms of COVID-19

- All swim sessions must be pre-booked and paid for. Only guests with pre-booked activities are allowed on site.
- Please call 01797 321885 to book each session you wish to attend.
- There will be no refunds. Demand for places will be high and so not showing for a slot takes away the opportunity for another person to swim.
- All swimmers to purchase a block booking (10 swims for £55) to reduce contact
- All swimmers to wear a tow buoy for your safety as you are not able to buddy up
- Use common sense with regards to social distancing and ensure this is applied at all times
- Indemnity forms are available online, you must bring a completed indemnity form on your 1st visit
- The changing rooms & showers are closed, please arrive ready to go or change on the grass by the carpark.
- Come on your own, no spectators
- Follow the public health guidelines for hygiene.
- Follow the one-way system
- Respect other guests' space
- Use the toilet before attending, if toilets must be used, the user must wipe down handle, seat, taps, door handles with antiviral spray and disposable wipes before vacating
- Stay within your skill level and comfort zone avoiding unnecessary risk of injury or exhaustion
- Leave promptly at the end of your activity - as much as we wish you could stay!
- Swimming entry times are based on a staggered booking system.

**Please respect our staff, there are no lifeguards.
Please swim within your ability and fitness level**