



Do's:

- ✓ Arrive 'Beach Ready'
- ✓ Follow the one-way systems
- ✓ Wash/sanitise hands regularly
- ✓ Only use the toilet if you have too
- ✓ Only one spectating Adult per Swimmer, where possible please leave siblings who are not swimming at home
- ✓ Parents/Guardians to help with swimming hats and goggles, ensuring swimmers are ready for their lesson
- ✓ Parents to look after Swimmer's belongings
- ✓ Bring warm clothes to quickly change into to go home in
- ✓ Follow Government advice Inc. Social Distancing at all times
- ✓ Changing rooms can be used after your swim
- ✓ ENJOY YOUR SWIMMING SESSION! 😊

Don'ts:

- ✗ Don't attend swimming lessons if you have, or have been in contact with someone who is displaying COVID-19 symptoms, please self-isolate for 14 days and get tested
- ✗ Don't use the public lockers
- ✗ Only use the toilets if you have too