

Lane swim

- ✦ This is a lane swim session. The pool is divided into 3 lanes, with a maximum of 3 swimmers per lane. Maximum of 9 swimmers per session.
- ✦ All swimmers must sign in at reception
- ✦ Participants must be confident swimmers able to swim unaided and continuously during the session.
- ✦ Swimmers are expected to maintain 2m distance from the others in the pool where possible. Swimmers should pass other swimmers quickly to limit exposure
- ✦ If swimmers need to rest, they should turn to face the wall to reduce exposure for other swimmers. If an extended rest is required, please consider getting out of the pool.
- ✦ The session includes up to 45 minutes of swimming, with a maximum of 15 minutes in the changing room post-swim
- ✦ The changing rooms are currently unisex and are each divided into areas for use of an individual. Please respect other users of the facility and maintain your 2m distance.
- ✦ Lockers and hairdryers are out of use – please only bring what you need. Valuables only may be brought to poolside.