

Safe-Use Rules

19 July 2021



Arriving at the club

You must be free of COVID 19 symptoms to enter the building

If you have any health doubts, do not put yourself, other members and staff at risk. Follow Government advice on self isolation

You must use our hand sanitiser in the foyer on entering and wear a mask when moving around the building

In addition, you'll see new dispensers, wipes and sprays for use all around the club. Small bottles are also available in the foyer to take away for a donation if you wish. You should also sanitise hands on leaving

You must use your membership 'key card' to enter

This allows us to electronically gather information for track & trace without handling forms. You must not therefore hold open the front door for others. If you've lost your card or it isn't working contact the office as soon as possible

Swimming costumes, towels & sheets

You must use the laundry shute outside the Cool Room door

We'll continue supplying towels (and sheets when needed) and will wash costumes. Keeping control of all laundry means you can be sure of the highest standards of hygiene. All baskets and collection bins have been removed, do not leave the club without returning used items to the laundry shute

Capacity Restrictions

You must avoid overcrowding

To comply with social distancing rules, we have to restrict numbers using our Communal Changing Rooms, Slipper Room, Showers, Cool Room, Members Lounge, Gymnasium and Free Weights room. Each has a sign on the door showing capacity, if they are full, wait elsewhere or seek an alternative



You must consider when you visit

If members vary their routine beyond the traditionally busy periods of early morning, midday and early evening, we won't have to introduce a reservation system. Please think about visiting at other times and if you live very nearby, call the club to check if it's busy

You must maintain social distancing

Just like in many other venues, keep one metre apart where possible. Spend minimal time in busier communal changing areas. Spend minimal time in communal showers. Limiting your time using facilities will also allow more members to enjoy the club

Equipment Use

You must help maintain hygiene

Sanitise hands before using any gym equipment and wipe all equipment after use. In addition, wipe hairdryers and where possible any surfaces you use around the club

Visitors & Guests

You may sign in guests

You may sign in two adult or junior guests (£5/3.50 charge). Adult guests must not be signed in more than once every two months. There is no restriction on the frequency of junior guests. You are responsible for them when they are in the club. You must sign them in at the Poolside Office, ensure they provide track and trace details and read our safe use rules before using any facilities



Swimming Pool

You must observe lane etiquette

Club etiquette is one person, one lane. Please be considerate

You must accompany non-swimming junior members

Friday late afternoon and weekend mornings can be busy with families.

Space will be limited, so please be patient

Turkish Suite, Saunas & Steam Rooms

You must consider usage

The Turkish Suite, saunas and steam-rooms are now open. You must observe maximum capacity signs. If you decide to use the Turkish Suite, you must wipe benches with disinfectant provided before and after use and you must cover them with a sheet or towel

Gymnasium & Free Weights Room

You must not train or use equipment adjacent to another member

Capacity will be restricted to enable social distancing. Do not exercise right next to anyone else. Use other machines or equipment until there's adequate space to workout safely. Wipe all equipment before and after use



Suspended Facilities

You must not use suspended facilities or equipment

Most areas of the club will be in use, but some restrictions apply. We hope to return to full use of facilities as soon as permitted and as soon as we can maximise safe use. Members are not permitted behind the bar or in the kitchen in the lounge

Following Safe-Use Rules

You must follow advice and instructions from staff

We'll all have get used to new ways of using the club, and we should do so with consideration and respect for each other at all times. There may be a frustrating change to your routine, you may have to wait a little longer if we are busy. Be helpful and kind to our staff. They are tasked with enforcing these new rules to keep us all as safe as possible

Swim Safe

Train Safe

Keep Safe

