

## **Booking Guide**

### **Arrival**

- You will be manually logged in
- Your details will be checked – name/address/email/mobile/telephone/ payment

### **Gym**

- You will have one hour to use gym facilities
- You will be prompted 5 minutes before your time is up to finish your workout
- At the end of your allocated slot, each person must clean their station/equipment and then leave the facility so that we can prepare for the next group
- There will be a maximum number of people allowed in the gym at any one time
- You will need to follow any signage or directional markings on the floor
- Equipment will be marked off with tape on the floor; if someone is in a marked off area you are not permitted to enter their space
- Once a piece of equipment has been used you must completely clean it off with the sanitizer and wipes provided before leaving the station
- You will be able to move to different workout areas, but you must wait until that area/machine has become free and you should sanitized the equipment before using

### **Main Pool**

- You will be issued with a locker key (social distance)
- You will have one hour to change, swim and change back
- Main pool is laned and split in two (faster / slower) - maximum 10 swimmers per lane
- Swimmers will follow the black lines on the pool floor in a clockwise direction, spaced at 3 metres between each swimmer (controlled entry by Lifeguards)
- If the swimmer becomes tired, they are to go to the side of the pool and exit
- A whistle will be blown 15 minutes before the hour is up then 5 minutes later for the swimmers to vacate the pool
- Each swimmer must vacate the changing rooms by the end of their allocated hour slot
- The use of showers is not permitted at this time

**Pre-book 7 days in advance Monday to Friday **Swimming & Gym** times:**

<b>START</b>	<b>FINISH</b>	<b>CLEAN</b>
6.30am	7.30am	30 minutes
8.00am	9.00am	30 minutes
9.30am	10.30am	30 minutes
11.00am	12.00pm	30 minutes
12.30pm	1.30pm	30 minutes
2.00pm	3.00pm	30 minutes
3.30pm	4.30pm	30 minutes
5.00pm	6.00pm	30 minutes
6.30pm	7.30pm	30 minutes
8.00pm	9.00pm	

**Pre-book 7 days in advance Saturday, Sunday and Bank Holidays **Swimming & Gym** times:**

<b>START</b>	<b>FINISH</b>	<b>CLEAN</b>
9.00am	10.00am	30 minutes
10.30am	11.30pm	30 minutes
12.00pm	1.00pm	30 minutes
1.30pm	2.30pm	30 minutes
3.00pm	4.00pm	30 minutes
4.30pm	5.30pm	30 minutes
6.00pm	7.00pm	

**We really appreciate your co-operation and welcoming you back!**