



# GUIDE FOR ENJOYING YOUR SWIM SESSION

For the healthy and safety of you and those around you, we've put together this handy guide to help you prepare for your next visit.

## Before You Leave Home

- Book your session via our online portal
- Refrain from visiting if you have been or are feeling unwell
- Pack your towel, water bottle and equipment
- Check you have your EFTPOS card and photo ID
- Shower thoroughly using soap
- Dress in appropriate swimming attire with a coat or towel over the top (Change rooms closed)

## When You Arrive

- Arrive no earlier than 5 minutes before your scheduled session time
- Look for and follow all social distancing markings
- Check in with our friendly team at reception
- Sanitise your hands using the provided station
- Follow all staff directions and move directly to pool deck

## Throughout Your Session

- Ensure no more than 3 swimmers are within your lane (including yourself)
- Swim to the left hand side of the lane
- Continue to follow all social distancing and hygiene measures

## Leaving Your Session

- Exit the pool when directed by staff
- Dry yourself thoroughly and dress in warm clothes
- Leave via the directed exit
- Sanitise your hands using the provided station

**Remember, everyone has a role to play in stopping the spread.**

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