

WIMBORNE WAGTAILS SWIMMER INFORMATION
from September 2020

- Do not come to the leisure centre at any time if you have any symptoms of covid 19 or you have had recent contact with anyone who has had covid.
- Please bring with you a covid kit - face mask, hand gel and/or antibacterial wipes, tissues.
- There will now be two swim sessions each week, at 11 am and 12.15, and you will be allocated to one of them. It isn't possible for you to choose which group you are in. Please arrive on time. So from 10.45 for session 1 and 12.00 for session 2.
- QE has organised a one-way system in the building and there is a different way into the pool and out of the building after swimming. Please follow the signs for "classes" which is round the side of the building and ask if you're not sure where to go. There is no checking in at reception now so one of the Wagtails helpers will be taking a register of who's there at the side and guiding you. There is a ramp for wheelchair access.
- Please arrive at QE with your swimming costume/trunks under your clothes having showered in advance. At QE you now have to get undressed at the side of the pool and hang your swimming bag on a hook by the pool. After swimming you will be allowed to use the changing rooms but QE ask people not to shower after swimming as this helps stop infection being passed on. Hairdryers can't be used and you need to keep social distance in the changing room. Please get changed as quickly as you can and then leave the changing room and the building straight away. The exit will be different to the entrance but still at the side of the building.
- The Wagtails swimming coaches will be there to help but can't be in the water as this breaks social distancing rules. If you have a carer who swims with you they can still do so.
- Lifeguards will be there as usual and they will help anyone who gets into difficulties while swimming, work the hoist etc. Non swimming carers are asked to wait outside unless they are needed to help with changing. If so, they can sit in chairs provided poolside. The observation areas are closed so other carers can either sit poolside or wait outside.
- QE has organised the pool into 3 wide lanes. You will be given a lane to swim in and it is important that you keep in your lane and as far apart as possible when you pass another swimmer.
- Liz and Jacqui have been talking to QE about changing the layout for some of the pool in session 2 so non swimmers or those who do not use the deep end can still come to Saturday swimming.
- Each group will have about 45 minutes swimming time. We ask that you keep swimming as much as you can because we will have social distancing problems if swimmers stop at the ends of the pool.
- There is no problem if you want to get out before your swim session ends. Lifeguards and helpers will show you where to go when you get out of the pool.
- Please bring your own drinks and snacks - the cafe and the vending machines at QE are not open. There are benches outside the centre you can use to chat to friends.
- QE staff have worked hard to make the leisure centre as safe as possible for swimmers. The Wagtails committee has spent a lot of time thinking about the needs of our members and we hope we have covered everything. But, at the end of the day, we can't guarantee you will be safe and you all have to decide whether you feel comfortable coming back to swimming.