

# AQUATICS ABERDEEN PROTOCOL FOR THE RETURN TO SWIMMING



## **We are delighted to welcome you back our swimming pools!**

We would, however, ask that all members and customers adhere to the following protocols and general arrangements.

These rules will help to keep both Aquatics Aberdeen staff and members safe.

Aquatics Aberdeen staff will be on hand to support you and to monitor adherence with these protocols and with physical distancing guidelines.

- Anyone with symptoms of COVID-19 should not visit any Sport Aberdeen venue and should self-isolate in-line with government guidelines.
- All pool sessions must be booked online in advance. There will be no access to the pool without a pre-booked session.
- Members will have access to 8-day book ahead privileges, while pay-and-play customers will be able to book session times 3 days ahead.
- Arrive at the venue no more than 10 minutes before your booked time.
- Physical distancing rules (remaining two meters / six feet apart) must be observed at all times.
- Please bring a face covering with you.

## **Arriving at your venue:**

- Please arrive 'beach ready' and bring only what you need.
- Face coverings must be worn when entering the venue and when not participating in activity i.e. in reception areas, changing rooms etc.
- All members must check in on arrival at the venue reception, this is crucial for track and trace purposes.
- Hand sanitiser will be available throughout the building, please use this when you arrive and regularly during your visit.
- Whilst moving through the building, physical distancing must be observed and adhered to. Please follow directional signs, keeping left at all times.

## **Swimming:**

- For public swimming sessions, stay within your lane at all times
- After your swim, please only use the showers to rinse off, then change and leave promptly, following one-way directional signage and observing physical distancing.

**Thank you for your continued support and assistance  
and enjoy your swim!**