

# Attending your session

To ensure we keep our users and staff safe and healthy, we ask that you abide to our "Covid Code of Conduct" during this time found on our website. Please see below information for the processes in arriving to various sessions at the Centre.

## Swimming

- Please arrive 'beach ready' with swim wear under your clothing
- Report to reception, and please keep left at all times within the building.
- Reception will give you a locker fob, a coloured band to correspond with your session time, and inform you to get changed on the left or right hand side of the changing rooms.
- Shower using the drench showers either before walking out onto pool side or those on pool side next to the entrance for changing
- The lifeguard will direct you through the one way system into the pool
- Use the same side of the changing rooms once your 45-minute session is over.
- Leave the changing rooms and make your way back to Reception, keeping left
- Place your locker key and coloured band in the returns box at the exit gate
- Swipe out if you have an active card or the reception will open the gate (speak to reception if you currently don't have this)
- Exit the gate and the building to the left

## Fitness Inductions

- Please arrive to your session in gym wear. Lockers will be provided for change of footwear
- Report to reception on arrival
- If required request a locker fob (no deposit required)
- Reception will contact the Fitness Instructor taking the Induction, open the gates and direct you to the Fitness Suite.
- Please keep facemask on until in the Fitness Suite
- The Fitness Instructor will meet you at the Fitness suite door
- Inductions take approximately 45 minutes' dependent on your goals.
- When the induction has finished please make your way out of Centre through the exit barrier at reception
- Place your locker key in the returns box at the exit gate
- Swipe out if you have an active card or the reception will open the gate (speak to reception if you currently don't have this)
- Exit the gate and the building to the left

## Fitness Session

- Please arrive to your session in gym wear. Lockers will be provided for change of footwear
- Report to reception on arrival
- If required request a locker fob (no deposit required)

- Reception will direct you to the gates where you can swipe in to your session (speak to reception if you currently don't have this)
- Make your way directly up to the Fitness Suite, keeping your facemask on until in the Fitness Suite
- Sessions are 45 minutes long and monitored by the fitness instructor. An instructor will issue you a coloured band corresponding with your session time.
- When session has finished, please return your coloured band to the Fitness Instructor.
- Place your locker key in the returns box at the exit gate
- Swipe out if you have an active card or the reception will open the gate (speak to reception if you currently don't have this)
- Exit the gate and the building to the left

## **Class Attendance**

- Please arrive to your session in gym wear. Lockers will be provided for change of footwear
- Report to reception on arrival
- If required request a locker fob (no deposit required)
- Reception will direct you to the gates where you can swipe in to your session (speak to reception if you currently don't have this)
- The Receptionist will Inform you of the studio allocated for the class and direct you to the area
- Please keep facemask on until in the activity area
- Make your way directly up the stairs to the Studio, keeping left at all times
- When session has finished please make your way out of Centre through the exit barrier at reception
- Place your locker key in the returns box at the exit gate
- Swipe out if you have an active card or the reception will open the gate (speak to reception if you currently don't have this)
- Exit the gate and the building to the left

## **Badminton & Table Tennis Court Hire**

- Please arrive to your session ready changed. Lockers will be provided for change of footwear
- Report to reception on arrival
- If required request a locker fob (no deposit required)
- Reception will inform you of which court you have been allocated
- Reception will open gates for you and direct you to the Court area
- Please keep facemask on until in the court area
- Bookings are for 1 hour
- When your session has finished please place all equipment to the middle of the court for cleaning and make your way out of Centre through the exit barrier at reception
- Place your locker key in the returns box at the exit gate
- Exit the gate and the building to the left

Thank you for your understanding and assistance when visiting. We hope you enjoy your activities with us. If you have any further questions please contact Reception 01832 277208.