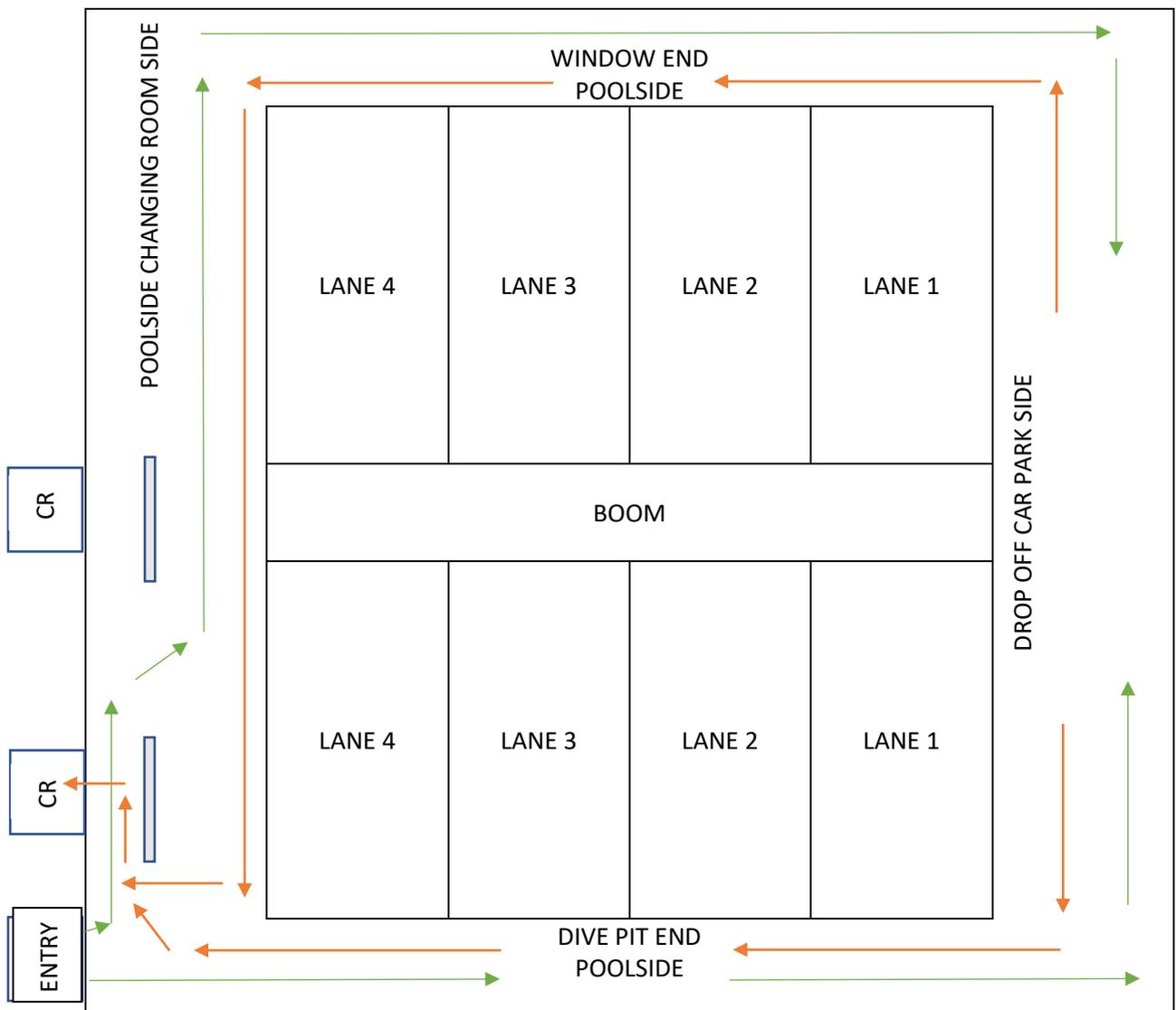


INSPIRE ONE-WAY POOLSIDE SYSTEM

- 1: Entry will be through the door connecting poolside to the first aid room, technical suit, and stairwell.
- 2: Green highlights entry route for DIVE END (straight and left to benches) & WINDOW END (left)
- 3: Lane number signs and swimmer number signs will be on the walls and windows to signify where “your Space” is.
- 4: You will then proceed to get ready: Change | organise kit | wash kit | sit back in space | listen to coach instruction
- 5: Side lanes will place equipment along the side of their lane | middle lanes will stagger – numbers 1-5 will place equipment at start ends and numbers 6-10 will place equipment on the boom
- 6: After the session, you will need to dry off and dress and clean your equipment in the pool water
- 7: A covid Officer will lead you off poolside, through the changing village and out through reception (when leaving poolside, you will always exit on the left-hand side of the barrier into the changing village)



Key: CR = Changing Room | Green = Entry Route | Red = Exit Route

INSPIRE ENTRY & EXIT PROCEDURE



HEALTH CHECK STATION

Step 1:

Use car parking area to the side of the building
Exit and cross onto the path when safe to do so

Step 2:

Once dropped off, walk to the end of the path, and turn right.

This is where our Covid team will check your temperature and you will be asked to sign in.

Please make sure you maintain your social distance.
From here you will then turn left at the end of the path.



Step 3:

We will queue down the side of the building (social distance)

A member of Active Luton will open the fire exit door and let us into the building

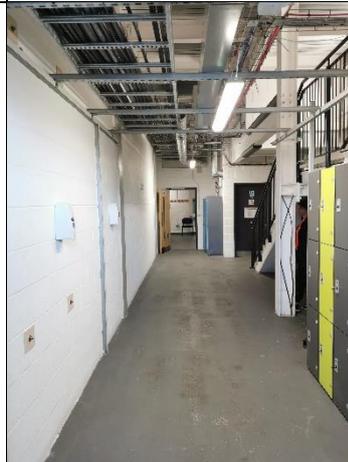
This door will be closed by the staff 5 minutes before the start of the session to get themselves into their lifeguarding chair.

ENTERING THE BUILDING

Step 1:

You will enter the building and use the anti-bacterial dispenser situated on the wall to the left.

You will then walk down the corridor (doors will be open) and turn right onto poolside.



INSPIRE ENTRY & EXIT PROCEDURE

POOLSIDE ENTRY & EXIT

Step 1:

DIVE PIT END ENTRY

(Electrical maintenance was going on at the time of the photos, I can assure you the equipment will be gone when we start 😊)

If we are training at the DIVE PIT END...

LANE 4 will turn left and use the benches (in your number)

LANE 1 + 2 will walk towards the WINDOW and find your number
LANE 3 will walk towards the BACK WALL and find your number

After you are at your station in your bubble, you will need to get ready for the session



Step 2:

DIVE PIT EXIT

When dressed, a Covid Officer will escort you of poolside, you will keep to the left of the barrier and exit through the changing rooms



WINDOW END ENTRY & EXIT

Step 1:

WINDOW END ENTRY

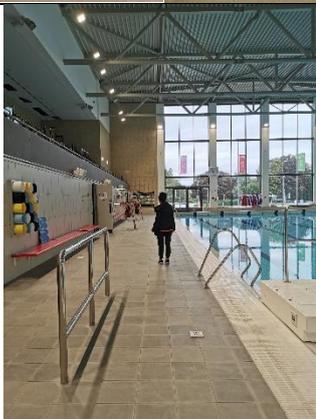
Turn left out of the entry door and walk along pool side sticking to the left-hand side of the first barrier
Once past this barrier, you will then cross over and walk on the right-hand side of the seconds barrier (this is so we do not encounter the swim school)

You will then carry on walking around until you find your lane number and swimmer number

Lane 1 will be on the LONG WINDOW SIDE

Lane 2 + 3 will be on the SHORT WINDOW SIDE

Lane 4 will be on the BENCHES

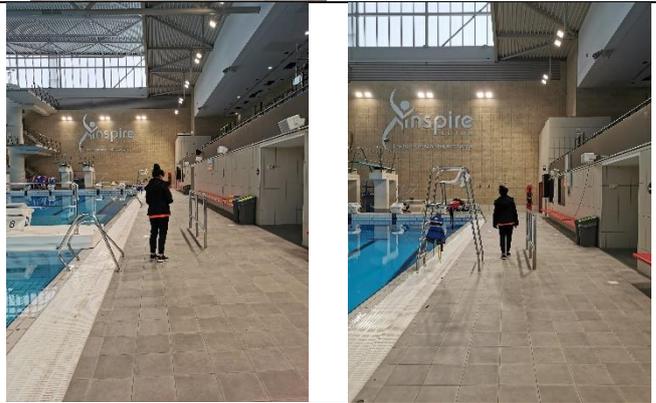
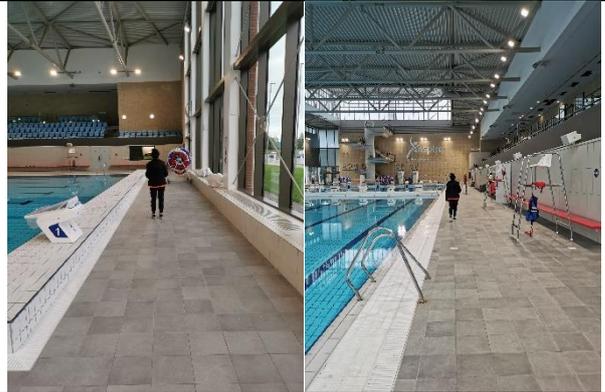


INSPIRE ENTRY & EXIT PROCEDURE

**Step 2:
WINDOW END EXIT**

When dressed, you will exit poolside keeping to the left hand side of the pool (keeping off the guttering), and stay left as you go past the barriers.

When you get to the second barrier you will walk around it and loop back to get into the changingrooms



EXITING THE BUILDING

Step 1:

CHANGING ROOMS

You will be escorted by a Covid Officer around what is essential the internal perimeter - straight, right, left, and then straight to exit the changing rooms

Step 2:

EXITING THROUGH MAIN RECEPTION

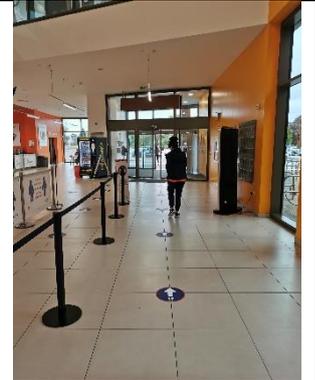
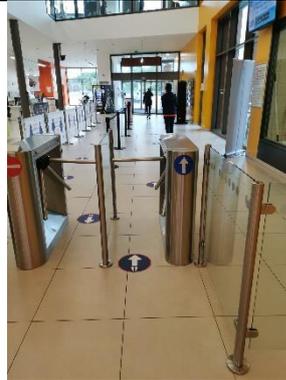
Following the Covid Officer, you will follow the arrows on the floor. There will be a barrier separating "oncoming/ queing" public community pool users.

When you get to the stairs and turnstiles, there is a crossover of public users joining their que for the community pool or using the stairs. It is imperative you concentrate and follow the lead of the Covid Officer, this will be a high traffic area.



INSPIRE ENTRY & EXIT PROCEDURE

You will exit through the usual turnstile on the right and again follow the arrows on the floor.



Step 3:
HAND SANITISE AND EXIT
Use the hand sanitiser upon exit, again be careful and concentrate as public members will be entering.

Diving Blocks are out of use and covered up.
Do not touch them



Label all your equipment.
Any left behind will be discarded
No mesh bags