**Northwood College**

1. There are no Covid-19 specific rules or instructions regarding parking, other than to maintain social distancing, and to use anti-bac handwash as needed. There will be signposts in the car park directing you to the pool building.
2. Entrance to the pool building is via the normal main entrance. You are asked to arrive 5 minutes prior to the start of your session, and queue socially distanced outside the pool building until you are instructed to enter by the Covid-19 liaison officer for the session.
3. You are to enter the building, walk straight through to the entrance lobby to the pool where the Covid-19 liaison officer for that session will be by the door, with a list of people eligible to swim in that session. If you are not on that list, you will not be able to swim. They will check swimmers off this list as they enter the pool area.
4. There is a handwash station immediately after the entrance.
5. You will turn left immediately after going poolside and place your bags on the benches at the side of the pool.
6. You will arrive ‘beach ready’ i.e. in a swimming costume, with a light top and trousers/shorts.
7. There is no poolside one-way system in force at Northwood.
8. You will have received instructions from your coaches as to which lanes you are swimming in, and your coaches will direct you to which end you will be starting from.
9. If you need to get out of the pool, you must let your coach know. The Covid-19 officer will ask you why you are getting out of the pool and where you are going.
10. If you wish to use the toilet, the disabled toilet just outside the door of the pool can be used. However, the Covid-19 officer must be aware that you are going to the toilet. There can be only one person in the toilets at any one time.
11. At the end of your session, you will need to towel down poolside. There is no access to the group changing rooms. You will need to bring a towelling robe, or clothes that you can wear over your costume. You will then exit the pool building by the fire exit at the deep end of the pool. You will then turn left along the path that runs by the side of the pool building and then return to the car park. Please take care when entering the car park.
12. The Covid-19 liaison officer will be by the exit to ensure safe departure from the building.
13. Parents and Guardians**:** After reviewing the available space for spectating with Northwood , and the likely difficulty with social distancing, the committee have decided not to allow parents to attend at Northwood. We hope you understand this decision.
14. You are required to collect your swimmer from the car park at the end of the session.