**Central**

1. Swimmers will arrive beach ready – you will be wearing a swimming costume, covered by shorts/tracksuit trousers and a light top. If you are not wearing a swimming costume, you will not be permitted entry.
2. Your coaches will have told you what equipment is required.
3. 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.
4. The car park barriers are not in use at **Central**, so you will not need to get the code as was previously required. Also, the ticketing process at Central has been suspended – you do not need to collect a ticket.
5. Entrance to the building is via the normal main entrance. You are asked to arrive 5 minutes prior to the start of your session, and queue on the **Blue** floor markers outside the building, which are socially distanced. You are not to arrive early and wait in the pool. There is to be no entry to the building until you are instructed to do so by either a member of the centre staff or the Covid-19 liaison officer for the session.
6. Once the centre member of staff allows us entry, you are to enter the building, walk to the left of reception through the turnstiles, again following the blue markers. The reception staff will buzz you through. There is a door in the corner, where again, 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.
7. **Throughout Central there are numerous handwashing stations. All attendees are encouraged to make use of these facilities regularly, and especially if your hands have been in contact with a surface area.**
8. You will turn left immediately after going poolside and walk to the other side of the main pool (with the training pool to your left and the main pool to your right), following the blue floor markers. You will then turn right and walk along the far side of the pool, and place your bags on the raised area on the far side of the pool
9. At Central there is a one-way system in operation. This is made clear by the direction of the floor markers. It will at times mean that you will have to walk around the entire pool to get to your destination. However, it is essential that you follow this one-way system.
10. 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. You will need to follow the one-way system, made clear by the blue floor markers, to get to your starting position, where you will wait for further instructions, whilst social distancing.
11. 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.
12. If you wish to use the toilet, you will access the toilets by following the one-way system around the pool. 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.
13. At the end of your session, you will exit the pool, and observing the one-way system enter the changing rooms by going past the viewing platform and turning left, walking past the showers and the turning right into the changing area, again following the blue markers. You will use one of these cubicles to quickly towel down and change. Time spent in the changing cubicles will be kept to a minimum.
14. After you have changed, you will follow the floor markers to the fire exit in the far corner of the changing area. This leads you to a short corridor and a fire exit door, that takes you out into the car park. Please take care when entering the car park.
15. The Covid-19 liaison officer will be by the exit to ensure safe departure from the building.
16. **All attendees are strongly encouraged by the centre management to use the handwash facilities before leaving the building.**
17. Parents and Guardians**:** After reviewing the available space for spectating with the Centre staff, and the likely difficulty with social distancing, the committee have decided not to allow parents to attend at Central (there is only space for 7 people). We hope you understand this decision.
18. You are required to collect your swimmer from the car park at the end of the session.