**Woodside**

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 at Woodside, other than to maintain social distancing, and to use anti-bac handwash as needed.
4. You will need to get a parking ticket (it is recommended you use handwash after using the machine to get the ticket) – this is valid for 4 hours, so will not expire during the session. A parking ticket is not needed for the morning sessions.
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, pass through the open gate, ascend the short flight of stairs on the **right-hand side** (following the blue floor markers). You will then turn right, walk past the main stairs (which are out of use) and enter what was the café. This room must have no more than 10 people in it at any one time, so the centre staff may briefly pause the flow of people entering the building to manage people flow. In the café, there is a door to go poolside. The Covid-19 liaison officer for that session will be by that 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.
7. **Throughout Woodside 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 enter the pool area through the door from the café which takes you next to the training pool. You will walk with the training pool to your right through to the main pool, following the blue markers. You will continue to walk and place your bags on the raised area at the bottom of the seating gallery.
9. There is a one-way system in operation around the pool. 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 enter the changing rooms by the entrance near to the training pool. However, the Covid-19 officer must be aware that you are going to the toilet, and they may escort you to the entrance of the changing room. You will enter the toilet area in the changing rooms to the left of the pillars by the showers, enter the toilet, leave, and then return to the pool on the other side of the pillars. 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 via the entrance at the top of the pool, by the starting blocks. You will walk down the first corridor of the changing rooms, past the showers and lockers, turn right and right again back up one of the neighbouring corridors, again following the blue markers, where the changing cubicles are located. You will use one of these cubicles to quickly towel down and change. Only one person is permitted in a changing cubicle at any one time. Time spent in the changing cubicles will be kept to a minimum.
14. After you have changed, you will exit the changing room by following the blue floor markers. These will take you through a fire exit door in the far corner of the changing room. This leads to a short corridor and another door, which then leads down past the staircase to a fire exit door that takes you out of the back of the building. Please be aware that this is the exit for all users of the centre (e.g. Gym, classes etc.), so you must take care in maintaining social distancing if you are waiting near this point.
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: you are permitted to remain and watch the training session, although social distancing will be enforced. This means that at Woodside there will be 2 seats between every seat in use. At the end of the session you are to leave via the changing rooms as per the route explained above for the swimmers. Please exit the building immediately, and do not wait for your swimmer anywhere in the building.
18. If you choose not to spectate, you must collect your swimmer at the exit point of the building. Please make sure you are aware of the location of this exit point.