

## **COVID 19 – CHANGES TO OPEN WATER SWIMMING**

1. Please arrive no sooner than 20min before your session begins - this is plenty of time to get changed. You will be sent away if you arrive too early.
2. The time you have booked is your swim slot, your swim slot is for an hour only, you need to manage your time and be aware of leaving the water after your hour is due up.
3. There is a new car key hook system, please ensure you leave all other valuables in the car as there is no where for us to keep them.
4. Keep your swim distance, if you want to overtake, you must be at least 2m wide of the other swimmer.
5. You must be a member to swim, it's £20 annual membership for the year which is due on your first swim in cash.
6. Your insurance / membership does NOT cover Covid-19, no insurance company will insure against it.
7. You swim at your OWN risk, you must be able to swim 800m in a pool - we would not advise new open water swimmers to start at the moment.
8. Please be kind to all staff - this is new to us all - listen to what we say as it's for your own safety.
9. Please bring correct change for your membership - no change will be given on site
10. When entering the water, please allow time for the person in front to get a good distance from the beach, this will be highlighted
11. On exit, please grab your keys and leave - no social gatherings permitted onsite
12. Only swimmers allowed onsite, no spectators or dogs permitted at this time. Obviously, they can sit in the car but that's your choice.
13. It is advised at this time not to swim if you are completely new to open water, this is to limit contact should you require additional assistance.
14. Wetsuits are advised, but it is your choice. Please contact Ahmed Lamine at West Midlands Wetsuit hire on: 07951 674248
15. No children under the age of 16 allowed.
16. Please park with 2m distance between cars.

There is a new system to enter the water which is clearly marked out on arrival, please ensure you are always 2m apart from each other.

Anyone who is seen to not be playing by the rules will be asked to leave the site and no refund will be given.

If you have any questions please contact Jenny Walker on 07494597930.