



Guidelines for ALL Activities

- ALL sessions must be pre-booked and pre-paid using [Arundel-lido.com](https://www.arundel-lido.com) (Home Page – How to Book) or [Arundel-lido.as.me](https://www.arundel-lido.as.me)
- Participants should arrive no more than 5 mins prior to their allocated time
- Participants should arrive 'Beach / Session Ready' (swimwear under their clothes)
- Register of names to be checked for bookings and payments on arrival
- No Booking = No Participation
- ALL staff, customers & visitors will have their temperature taken on arrival
- High Temperature = No admission
- ALL staff and visitors are asked to use Hand Sanitizer provided on arrival
- **Social Distancing must always be maintained around the site**
- Hand Sanitizer is available around the site for participants, staff, and visitors
- The Wooden Benches can be used with social distancing measures in place
- Bags are left at customers' risk (Lockers are not available for use this season)
- Toilets are in use, but ONLY 1 PERSON per toilet area
- The Grass Areas may be used during your session, but NO BALL GAMES
- Pre-packed food, Ice Creams, Cold and Hot Drinks will be available from the Kiosk (Contactless Payment where possible is preferred)
- ALL customers must leave the site by their session end time

NOT IN USE THIS SEASON:

NO SUN LOUNGERS

NO SHOWERS

NO SMALL POOL

NO USE OF THE CABIN

NO SUN UMBRELLAS

NO LOCKERS

NO OLD CHANGING CUBICLES

NO TABLES & CHAIRS





Family Aqua Aerobics / Family Fitness

Anna will take you and your family for a swimming adventure with activities designed to get the whole family active and enjoying the pool. Perfect for adults and children aged 3-11 (but outside these ages is fine too!). Head out to the wild west to corral those horses or take an under the sea adventure to find buried treasure - the themes for each session will vary. Where will the journey take you?

- **Follow “Guidelines for ALL Activities” plus.....**
- Participants to follow the entry and exit points recommended by the Instructor
- Instructor to lead the session from Poolside
- ALL Pool Gates to be kept open to reduce ‘touch points’
- All equipment to be rinsed in pool water after each session
- **Social distancing guidelines to be maintained throughout the session**

Aqua Aerobics

Emma will instruct you through a fun aqua aerobic session suitable for all fitness levels to participate.

- **Follow “Guidelines for ALL Activities” plus.....**
- Participants to follow the entry and exit points recommended by the Instructor
- Instructor to lead the session from Poolside
- ALL Pool Gates to be kept open to reduce ‘touch points’
- All equipment to be rinsed in pool water after each session
- **Social distancing guidelines to be maintained throughout the session**





Swimming Lessons

Our qualified instructors will lead a swimming lesson to develop the individuals' swimming ability, strokes, and water confidence. Swimmers should book into a suitable session, Beginners / Intermediate / Advanced

- Follow "Guidelines for ALL Activities" plus.....
- Participants to follow the entry and exit points recommended by the Instructor
- ALL Pool Gates to be kept open to reduce 'touch points'
- Instructor to lead the session from Poolside where possible
- All equipment to be rinsed in pool water after each session
- **Social distancing guidelines to be maintained throughout the session**

Lane Swimming including Early Birds & Late Swallows

Early Birds and Late Swallows are for Adults ONLY (Over 18). All lane swim sessions are for swimmers who can swim 25m non-stop.

- Follow "Guidelines for ALL Activities" plus.....
- ALL Pool Gates to be kept open to reduce 'touch points'
- Swimmers to enter the pool using the steps at the deep end
- Lifeguards to monitor and manage the speed of lanes to maintain distancing
- Maximum of 10 people per lane
- Swimmers MUST be able to swim 25m without stopping
- If a swimmer stops, s/he must – at the Shallow End - face the wall or leave the pool
- NO chatting and gathering at the ends of the lanes
- Swimmers can pass only if no swimmers are swimming towards them
- Entry Area can be used by non-swimmers for mobility, subject to Social Distancing
- Swimmers to exit the pool using the steps at the shallow end
- NO BREAKFAST or WINE CLUB GATHERINGS
- **Social distancing guidelines to be maintained throughout the session**





Family Bookable Sessions

Family bubbles can hire a section of our Main Pool.

- Follow “Guidelines for ALL Activities” plus.....
- Make sure you book the appropriate Segment of the pool (see below)
- Each segment can be hired by only one household ‘bubble’
- ALL Pool Gates to be kept open to reduce ‘touch points’
- Swimmers to enter/leave the pool using the steps in their designated area
- Under-8’s MUST have an adult in the water with them
- NO BALL GAMES
- **Social distancing from other family groups to be maintained throughout**

SEGMENTS OF THE POOL

<p>1 – Entry Area (Dolphin) Depth 1.0m</p>	<p>2 – Shallow End (Hoist) Depth 1.0m – 1.2m</p>	<p>3 – Mid – Deep End Depth 1.2m – 1.5m</p>
		<p>4 - Mid – Deep End Depth 1.2m – 1.5m</p>

- Segments 1 & 2 for younger families (Entry Area and Shallow End 1.0m – 1.2m)
- Segments 3 & 4 for older children (Mid Pool – Deep End 1.2m – 1.5m)





Boot Camp

This activity is run by a qualified instructor from Five-Seven Fitness and is following the COVID-19 Guidelines set out by their industry. All sessions are suitable for all levels of fitness, but over 18's only

- **Follow "Guidelines for ALL Activities" plus.....**
- **Equipment to be sprayed and wiped with Antibacterial spray before and after use**
- **Social distancing guidelines to be maintained throughout the session**

Private Hire – Mermaid / Water Polo / Tuff Fitty

Private Hire sessions are for club groups only and all bookings can only be taken at the Lido Manager's discretion, with a full risk assessment for each activity.

- **Follow "Guidelines for ALL Activities" plus.....**
- **Instructor to monitor and manage the session**
- **ALL Pool Gates to be kept open to reduce 'touch points'**
- **Instructor to lead the session from Poolside where possible**
- **All equipment to be rinsed in pool water after each session**
- **Social distancing guidelines to be maintained throughout the session**

