

# Odyssey Health Club COVID-19 Pool Information

Welcome to the return to swimming guide from Odyssey Health Clubs.

Our team have been working tirelessly during lockdown to ensure we have all the necessary precautions in place to re-open our pool once the government gave us the green light.

For those of you who came to the club pre-lockdown, you would have seen the club had extensive systems in place to ensure our members were kept safe and felt confident to continue their exercise regimes. We have taken this on a stage further and implemented some additional precautions in line with Swim England Operator Guidance. The full guidance is 23 pages long, therefore we have included below some of the important information that we feel members should be aware of, as well as specific measures the club are putting in place.

**Please ensure you have read the below information in full before attending the club for a swim.**

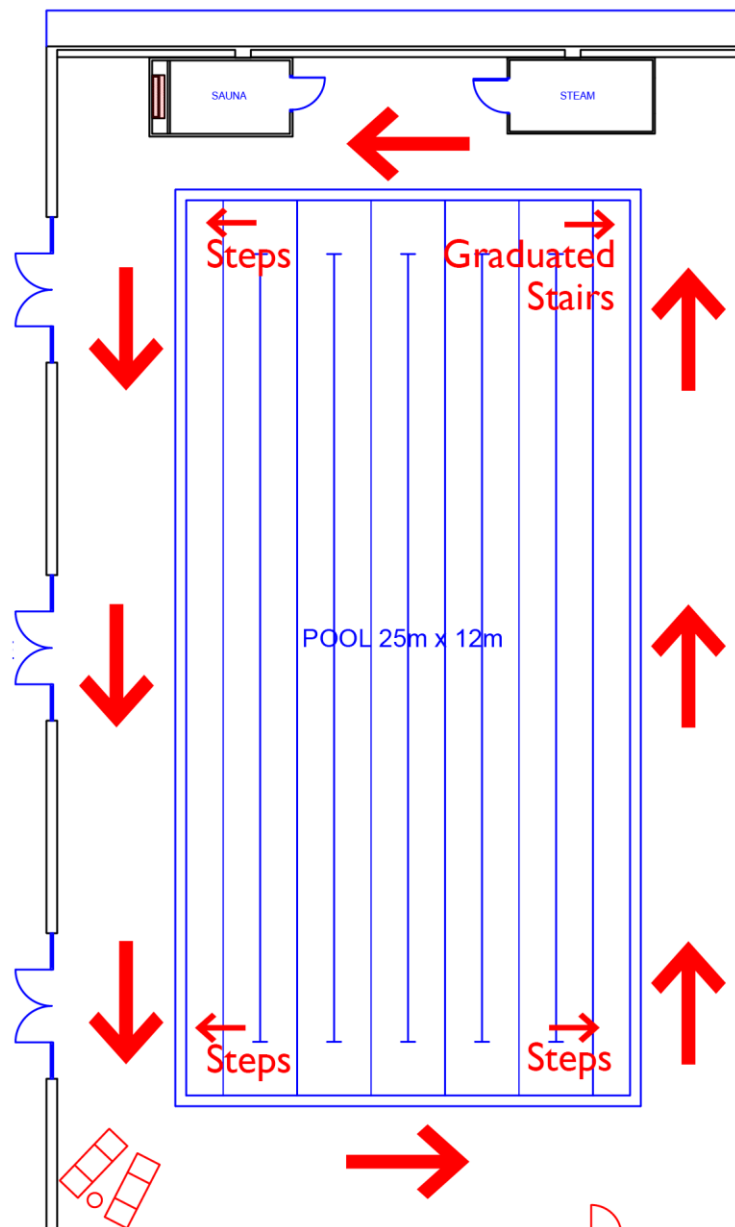
- The Pool Water Treatment Advisory Group (the group responsible for swimming water quality standards in the UK) have confirmed that as long as a pool is correctly treated in line with standard operating procedures, that COVID-19 should not be transmissible through pool water. The pool chemical levels will be checked regularly to ensure the levels are correct.
- All activities have been risk assessed (aquacise, swim club, floatfit etc). Swimming lessons (1-2-1) will resume at the earliest opportunity and other group water-based activities will be restarted once it is deemed appropriate.
- The club team will monitor pool-user head counts regularly, however the current guidance allows for up to 33 people to be in the water simultaneously based on our pool space and for lane swimming we have not seen anywhere near these numbers previously so don't anticipate this being an issue.
- Signage will in place for changing rooms, poolside and in water direction and we ask every member to adhere to these please.

- For anyone planning to swim, we ask you arrive 'beach ready' i.e. with their swimsuit on under their normal clothes. This will reduce time spent in the changing rooms, which are an area of closer proximity relative to the rest of the club.
- Lockers and showers will be available but we do advise that members shower at home if possible, again to avoid time spent in the changing rooms.
- There are sanitising stations at entrances and exits to changing rooms and we would urge all members to utilise these.

## Changing Room, Poolside and In-Water Direction

### Diagram and Key Points:

- Poolside will be a one direction system with everyone moving in an anti-clockwise direction.
- The stairs nearest the changing room entrance are to be used by mobility impaired members only. This will limit contact with the hand rails. The railing on these steps will be sanitised regularly. We would ask all other members to enter the water using the other three sets of steps or directly into the lanes from the ends of the pool.
- There will be three single lanes for swimming in all moving in a single direction (please see signs at the end of the lanes).
- The three lanes are 2m in width and there is a maximum of eight swimmers in each of the single lanes.
- Swimmers will pass each other at less than 2m. This has been deemed acceptable in the Swim England guidance due to the minimal time and the environment.
- The three lanes will be slow, medium and fast. We ask you observe these speeds and swim in a lane appropriate to your speed to avoid unnecessary overtaking.
- There will be one double lane that will be for walking or slow swimming in.
- The sauna, steam room and poolside shower will be out of action until it is deemed appropriate to look at reopening these.
- All guidance will be reviewed as government guidance is updated.



We fully appreciate that some people may have further concerns and may want to ask further questions. We are fortunate that our part-time swimming coach Kevin, is also employed by the governing body of swimming and was part of the team that put together the guidance for pools re-opening across England and he is more than happy to answer any questions you may have.

Please email him via [kevin.pickard@odysseyhealthclubs.com](mailto:kevin.pickard@odysseyhealthclubs.com) and he will be around the club over the coming weeks if you want to speak in person.