



Process to enter UCD pool

Ensure you have all that you need for your session ready the night before the session. As long as you follow the guidance given to you we will keep this return to the pool as safe as it can be.

- Ensure that your health assessment has been completed.
- Use a labelled Perspex box or similar for your belongings.
- Only bring what you need – dry clothes, shower equipment if using it, hand paddles and filled water bottle labelled with your name.
- There will be no water fountains in use.
- Have a hand sanitiser in your box.
- Do not lift share to and from the pool.
- Arrive at least 15 mins before the sessions.
- Enter through the lower door in UCD near the set down parking. The first day the POB (parent on the bank) will meet you at the door so parents drop the swimmer off outside the pool.
- Sanitise your hands on entry.
- Travel on the left hand side of the corridor to the pool reception and wait there for the POB.
- You must social distance.
- The POB will check you in and guide you to the changing rooms.
- Arrive beach ready.
- Once in the changing room walk through to the pool following the arrows. Turn to the left to enter the pool area and walk around to the opposite side in a clockwise direction.
- Place your Perspex box/basket on the tiles seating area poolside 2 metres apart from the next swimmer.
- Take off your outer clothing and place in your Perspex box.
- Follow the advice of the coach while in the water.
- Once the session is over put on flip-flops, collect your Perspex box and walk 2 metres apart in a clockwise direction towards the changing village via the spectator area.
- You may shower briefly, towel dry and put on clothes before leaving the changing village.
- Use of hair dryers is not allowed - do not bring one.
- Use the sanitiser spray to wipe down your Perspex box and leave the changing village.
- On exiting the changing village please sanitise your hand again.
- Please exit the changing village within ten minutes of completion of your session to allow other sessions to proceed.
- No parents allowed other than the POB

Enjoy yourselves and stay safe.