

Keeping our Swimming Members Safe – COVID-19 Swimming Pool & Hot Tub Safe User Guide

In producing these safe operating guidelines, we have liaised with Len Hatcher, our qualified swimming coach and he is providing guidance along with that of the relevant associations including:

<https://www.swimming.org/swimengland/pool-return-guidance-documents/>

Pool and Hot Tub Opening Hours: The pool will be open as before from 7am in the morning to 10pm in the evening.

Sauna: In accordance with the current guidelines, the sauna will remain closed for the time being.

Pre-Booked Swimming and Hot Tub Sessions

- You may only swim and use the hot tub if you have pre-booked a session. All bookings should be made by email or by phone to the hotel reception (email relax@budockvean.co.uk or call 01326250288).
- For the time being, we will only be taking bookings from hotel and self-catering guests, Club Members and Natural Health Spa customers.
- All bookings are limited to a maximum of 1 session per day and members may book up to 3 sessions per week in advance. This is to ensure that swimming and hot tub sessions are shared as equally as possible amongst all swimmers.
- For guests or members who want to see if there is an opportunity for a second session on the same day, please call the hotel reception for last minute availability.
- Guests are encouraged to book well in advance, prior to arrival, to ensure they get the sessions they want. Please email or call the hotel reception.
- We are currently not open for “pay-and-swim” to members of the general public, who are not guests nor members nor spa visitors. This will be reviewed in future after we reopen to understand what capacity we have for this.

How Will the Swimming & Hot Tub Sessions Work?

- Under the guidance, for general, mixed swimming, we can have 1 person per 9m². Our pool is approximately 100m², allowing potentially a maximum of 11 people. However, because we cater for mixed swimming needs, including those who want to swim for exercise and those who may be swimming more for fun or for social reasons, we have opted to provide more space and divide the pool into 3 lanes using pool lane dividers. Each lane will be approximately 15 metres long by 2.3 metres wide.
- Each session will provide access to the pool and hot tub for 1-hour, including a 20-minute session in the hot tub. You can spend the whole period in the pool or have 40 minutes in the pool and 20 minutes in the hot tub. When you book, you will be given a time for your hot tub session as well as your access time.
- The 1-hour sessions will start at 7.00am and the last session will be at 8.45pm. This provides 12 sessions per day and 252 sessions per week.
- In-between each 1-hour session, there will be 15 minutes when the pool will not be used, to allow our staff to come in and clean-down and sanitise common touch-points as well as the toilet.
- We kindly ask all our pool users to kindly respect each other’s space, stay within your lane and to please help us keep the pool area clean and safe, by adhering to the timings. Please come out of the hot tub on-time and please leave the pool hall on-time.
- During each 1-hour session, we will be able to cater for 3 households, one in each lane. A household could be a single person, a couple or a family group. The household must be a

group who live in the same house together. The maximum for any group using a single lane will be 6.

Considerations Before Leaving Home and Arrival at the Swimming Pool

- Any members and guests suffering from or showing symptoms of COVID-19 or who live with someone suffering from or showing symptoms of COVID-19 must self-isolate & stay away from the hotel and the swimming pool.
- Members and guests who are vulnerable or who have underlying health issues are advised to heed government advice to stay at home & self-isolate.
- Members are requested to park in the two parking areas closest to the Pool Members' Entrance and should enter by the Members' Entrance only to minimise the flow of people through main hall and lounges of the hotel.
- Members should access the facility by pressing the button on the entry phone next to the Pool Members' Entrance. This will be answered by the hotel reception. Please provide your name and, where you have one, your membership number.
- All swimmers must wear a face mask when entering and exiting the hotel and in all public areas of the hotel at all times. They may only remove their face mask when changing prior to entering the pool and hot tub and must put them back on when changing at the end of their session, prior to leaving the pool hall.
- We will hold open all the doors accessing the pool with the exception of the Members Entrance, as we still have to have some regard to security.
- All pool users are kindly asked to maintain a minimum distance of 2 metres whenever possible.
- Swimmers will find a wall-mounted gel dispenser handily placed on the wall directly opposite and inside the Pool Members' Entrance, and there is another unit on the wall on the right just inside the entrance to the pool hall. Please do hand sanitise or hand-wash both as you enter and before you leave, as well as regularly in-between.

Changing Facilities

- One toilet will be available to swimmers (the toilet in the gents changing room), which will be cleaned between sessions. We will prop open the changing room door to allow easier access to this toilet.
- The toilet has a wall-mounted gel dispenser and a wall-mounted paper towel dispenser, along with a pedestal bin.
- The pool changing rooms will remain closed for the time being.
- The showers will also remain closed for the time being.
- Guests should shower and change in their bedrooms and come to the pool hall with the swimming towel and dressed in the robes and slippers provided in the room.
- We recommend that Members come to the pool "beach ready", having showered and changed at home.
- Three privacy screens have been set up with a small bench. Members and Spa customers should come changed and "beach ready" and can use the temporary changing areas to remove clothing in the pool area, using their own towels or beach style changing robes.
- All swimmers can leave any belongings there whilst they swim and Members and Spa customers can change back into dry clothes prior to leaving.
- Members should shower at home after swimming and guests can shower in their own rooms.

After you have Finished your Swim.

- Please leave the pool hall on time at the end of your 1-hour session.
- Members are welcome to stay at the hotel and enjoy some food and drink. May we remind all Members to pre-book lunch, afternoon tea or evenings meals? You do not need to book if you are wanting to stop for a cold or hot drink. Please order at the bar.