

## Covid Guidance

**STAY AT HOME** if you have symptoms of Covid-19 or are required to self-isolate

Book your session online.

Observe the 2m markers outside reception.

Use Hand Sanitisers on entry and frequently during your visit.

Wear a **face covering** when inside the building.

On entry show your NUWEB ticket at reception – printed or on your phone

We strongly recommend '**Beach Style Changing**' on entry; *come with your swimming costume on under your clothes and proceed directly to the poolside. There is a covered area to remove outer garments if it is raining.*

Use the toilet facilities as required during your visit.

Consider staggering departure times to minimise the number of people using the changing rooms at one time.

The changing rooms can be used when leaving, minimise your time in there.

If you wish to avoid the changing rooms, we will open the East Gate for you.

***If you don't have a ticket; please wait until 15 mins after the session starts – a sign outside the pool will indicate whether space is available – if there is capacity pay at reception and track & trace.***