

Guidance for visiting Tooting Bec Lido

At home

- Book your swim slot on the Places Leisure website or App
- Self assess for Covid symptoms – cancel your slot and do not swim if you have any risk of Covid
- Put your swimming costume on
- Pack a drink (hot or cold depending on the weather) and warm clothes



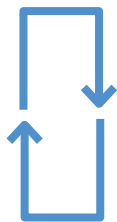
On entering the site

- Sanitise your hands
- Register your arrival at reception
- Put valuables in locker (you will need your own padlock, locker is very small)
- Walk around the pool clockwise
- Find a place to change and leave your belongings by the side of the pool (not in a cubicle)
- Maintain a safe distance from others



In the water

- Choose your lane and enter water (no diving) – shallow end for slower swimmers, deep end for faster swimmers. Max 10 swimmers per lane
- Swim clockwise around your lane
- Keep a distance from fellow swimmers and minimise overtaking
- Move lane if you are too fast or too slow compared to others
- Swim until you are advised by the lifeguard to leave the water (45 minute time limit, weather or health and safety)
- Exit by nearest ladder or straight out... keep walking clockwise back to your belongings



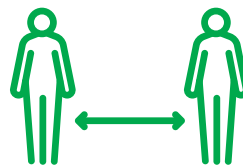
Getting changed and warming up

- Choose an available cubicle (if you wish)
- Put on a woolly hat and layers ASAP
- No indoor showers
- Toilets are available subject to max number (sanitise your hands on entry)
- Have a warm drink



Home time

- No lingering – please leave the site promptly
- Always stay 2 metres (6ft) from others
- If you come down with symptoms within 7 days of your visit, contact Places Leisure so that they can instigate the track and trace process
- Failure to comply with any of this guidance may result in a warning and ultimate cancellation of membership for ongoing breaches



These rules will be updated along Government guidelines. Government guidance will always take precedence.