

## COVID-19 Safety Briefing Ardingly Reservoir:-

- All Swimmers must abide by Government social distancing rules
- Sessions are for competent swimmers only, this is to minimise the need for rescues
- Sessions are open to MSTC Members only, there will not be any taster or guest swims
- You must have signed the indemnity & booked & paid for your session
- Only 40 swimmers in the Reservoir at a time
- Sessions start on the dot and last for 45 mins, Saturday 08.15-9.45 Tuesday 17.30-19.00
- You must arrive no sooner than 15 minutes before the session starts. If you get there early, please wait in the car
- Please arrive changed or change at your car, there are no changing facilities or bathrooms available!
- Once changed, make your way to the slipway & sign in
- Wetsuit & visible swim cap Must be worn
- Stay within the designated swim lane
- Please consider the safety team & if you have a medical condition that may require help please do not swim at this time
- Make your way to the pontoon, where you will enter the water as usual respecting a two metre distance at all times
- **If you need rescuing put your hand in the air to attract attention. The rescue team is provided by the Activity Centre**
- When the session ends exit the water & sign out, you may need to leave if the car park is congested