

### **BEFORE**

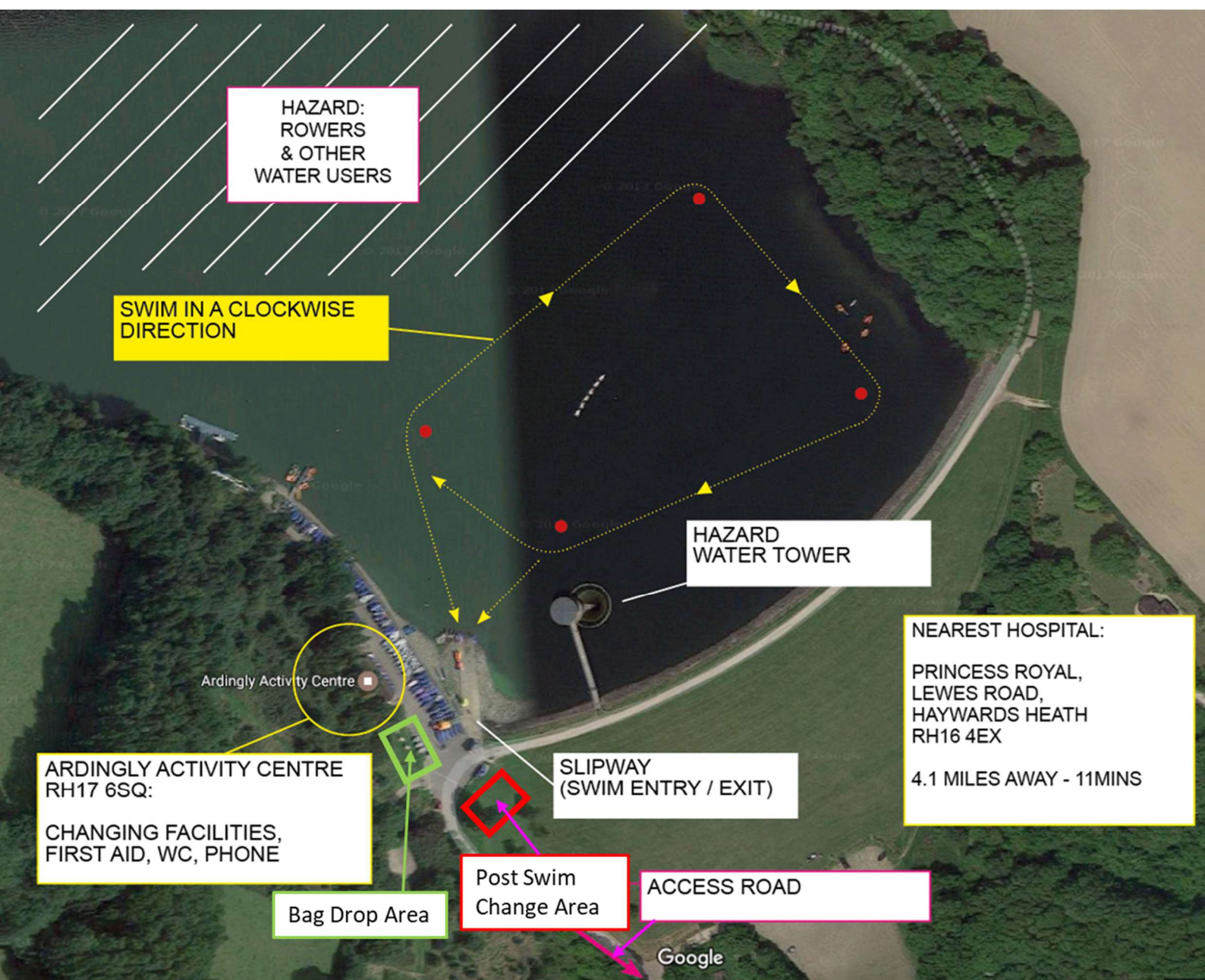
- You must have signed the indemnity & booked & paid for your session
- You must arrive no sooner than 10 minutes before the session starts. If you get there early, please wait in your car
- We have use of the two changing gazebos and the toilet in the centre. In fair weather, members use the Bag Drop area to change.
- Wetsuit & visible swim cap must be worn

### **DURING**

- Bags will be left in the Bag Drop Area: the grassy area in front of the white gazebo shown on the accompanying map
- Once changed, make your way to the slipway & sign in, maintaining social distancing at all times
- 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
- If you need rescuing put your hand in the air to attract attention. The rescue team is provided by the Activity Centre

### **AFTER**

- After signing out with the Spotter make your way to the bag drop to collect your bags
- We have a designated Post Swim Change Area on the grass in front of the bund (see map)



HAZARD:  
ROWERS  
& OTHER  
WATER USERS

SWIM IN A CLOCKWISE  
DIRECTION

HAZARD  
WATER TOWER

NEAREST HOSPITAL:  
PRINCESS ROYAL,  
LEWES ROAD,  
HAYWARDS HEATH  
RH16 4EX  
4.1 MILES AWAY - 11MINS

Ardingly Activity Centre

ARDINGLY ACTIVITY CENTRE  
RH17 6SQ:  
CHANGING FACILITIES,  
FIRST AID, WC, PHONE

SLIPWAY  
(SWIM ENTRY / EXIT)

Bag Drop Area

Post Swim  
Change Area

ACCESS ROAD

Google