The following measures and procedures have been implemented to ensure a return to pool activities are safe and practical at Lifestyle Eastfield.

The measures cover each step of the participant’s journey from arriving to site and leaving again. These measures will always be in place and remain under continual review. SLLC will follow the guidance from the Scottish Government and governing bodies. Procedures will be updated as and when the guidance changes with the gradual lifting of social restrictions.

**General customer rules & key points to stop the spread of Coronavirus**

Do not come to the pool if you are showing any symptoms of COVID-19 (temperature, cough, or loss of taste or smell), you can find the latest guidance on NHS inform [www.nhsinform.scot](http://www.nhsinform.scot)

People who are symptomatic should self-isolate for 10 days and household members for 10 days as per NHS guidance.

No one who is self-isolating should attend a sports facility or activity.

A face covering should be worn before and after your activity, in communal areas of the facility such as reception, changing areas and corridors.

Please use the hand sanitiser provided as you enter the facility.

**Before your swim**

- You should arrive at the facility no earlier than 10 minutes before the start of your session.
- Arrive “beach-ready” i.e. with your swimming costume underneath your clothing.
- Please leave all valuables at home.
- Enter the building via the left hand side doors at the main entrance.
- Use the hand sanitiser provided.
- At the check in desk your name/s will be taken for Test & Protect protocols.
- Follow the floor markings to enter the door onto poolside. Here you will be met by a member of staff who will allocate you a cubicle. Please leave all your belongings in the cubicle. This will be locked by a member of staff.
- Before entering the pool, all bathers are asked to take a quick pre-swim shower. Five showers are available to allow for social distancing. You may need to wait, please be patient.
- Toilets are available however, due to space, these can only accommodate 1 person. You may need to wait outside the toilets. Please do so by leaving plenty of space for passing.
- You can now make your way into the pool.

**During a lane or breadth session**

The pool will be split into 3-double lanes – slow, medium, and fast.

As a guide:

**SLOW LANE** – for those who, on average, swim 25m in 40secs + and mainly breaststroke.

**MEDIUM LANE** – for those who, on average, swim 25m between 30-40 seconds and swim mixed strokes.

**FAST LANE** – for those who, on average, swim 25m in 30 seconds or less and mainly front crawl.
NB – Butterfly is not permitted

For additional safety:
SLOW LANE – swim clockwise
MEDIUM LANE – swim anti-clockwise
FAST LANE – swim clockwise
NB – signage will be available at either side of each lane.

After your swim session
● Make you way back into the changing village to your allocated cubicle, a member pf staff will be on hand to unlock it for you. No post-swim showers are available.
● Put your face mask/covering back on and make your way out of the village following the way you entered from. Make your way back to the entrance leave through the door marked exit.
● Please do not gather in groups in the village.
● Hairdryers will not be available.

How to book
All sessions must be booked and paid in advance. No walk-in bookings will be taken.
Online bookings can be made at  www.sllcbooking.co.uk
If you have an account but have forgotten your password, click forgot link to reset.
If you have never had an online account before you will require your member ID to get started. This is different to the number on your card. If you require this please email us at southlanarkshirelifestyles@southlanarkshireleisure.co.uk

Telephone bookings can also be made for family swim sessions.
Swim, Fitness, ACE or Activage members can book their sessions 7 days in advance.
Pay-as-you-go customers will be able to book 5 days in advance.

We would like to take this opportunity to thank all our customers for their continued support. We look forward to seeing you again!!