

## Pool Information Guide

Please take a moment to read the pool rules specific to the pool you attend.

**At all pools**, a double nappy system must be worn in class at all times i.e. swim nappy and swim shorts with leg seals i.e. Konfidence or Happy Nappies. You will not be able to attend the class without this double nappy system. Baby warmas/wet suits do not count as a layer or a nappy.

Please note: **photographs and videos** during the lessons at some pools is strictly forbidden. In all instances permission must be given the whole class and the teacher prior to the lesson. You may be asked not to take photos, please do not be offended child safety is our priority.

Eating or drinking at the pool side or in the changing rooms at all pools is forbidden. Please shower before entering the pool.

Avoid feeding your baby a lot of solids in the hour before the class. (A little milk is ok) Do not bring your child swimming if they are unwell or have any contagious illness (e.g. conjunctivitis or chicken pox, sickness or diarrhoea).

Please arrive at least ten minutes before the class commences to ensure that you and your child are relaxed and have adequate time to change.

### Specific pool information

**Hilton:** The entry barrier will give you a parking ticket, please swap this at reception for an exit ticket so you do not pay for parking. You will need a £1 coin for your locker. Baby change mats are provided. Livingwell is situated at the back of the hotel, but you can park at the front of the hotel and walk through reception also. There is a Costa Coffee to meet up in after swimming.

**Baginton:** Little Splashers visitor badges will be issued on your first lesson and should be kept and displayed for the whole term. You will also be required to sign in at reception and sign the visitor book. Do not park in the bays at the front of the school as these are reserved for school buses.

**Oddfellows:** Is situated on the corner of Warwick Street and Portland Street. Come in through the blue side door at Portland Street which leads directly to the pool on the lower floor. You can not park at the front of the building, but there is plenty of parking down Portland Street at 20p for half an hour, £1 an hour. Or turn left out of Oddfellows and the roads off the traffic lights : Dale Street and Clarence Street have no double yellow lines so the parking is free. Alternatively, park in the Tesco multi-story (back entrance) opposite Warwick street.

On a weekday the Sunderland Suite is hired as a changing room, please take care with your baby when going up and down the stairs. Please take extra care by the spa area. Oddfellows do not allow ANY nappy to be left on the premises, you must take them home. Shoes must be taken off in the hall, a shoe rack is provided. Outdoor shoes must not be worn in the changing area or pool side. Strictly no food must be consumed on the premises. Talc must not be used in the changing rooms as it makes the floors slippy.

**LA Fitness:** Parking is free, but you will need to provide your own padlock (40mm go to Wilkinson they are £2 as members have their own). Please ensure that all water in the changing room is mopped up around you and your baby to avoid slippy floors, it is best that 2 towels one to dry off at pool side and to stand on and the other to dry with.