

COVID-19 INTERIM GUIDANCE FOR OPEN WATER SWIMMING AT THE QUAYS

As from 23rd May 2020, we will be open for experienced, open water swimmers only

Pre-booking is required

No spectators

Please remember to download, complete, and sign your Waiver form before leaving home

Wetsuits, swim hats, and tow floats are not available for hire

Make sure that you have the correct money (£7.00) for your swim

Food & drink not available

As of Saturday 23rd May, the Quays will be open for experienced swimmers only, who adhere to the following Covid-19 measures that we have put in place;

- You must not attend if you, or any of your household have any Covid-19 symptoms, or any of your household are at an increased risk of severe illness from Covid-19 (age 70 +, pregnant, or under 70 with underlying health conditions outlined by the NHS)
- Only those booked onto sessions will be allowed to swim
- Experienced swimmers only
- No hiring of wetsuits, swim hats, or buoyancy aids.
- No spectators (parent/guardian must remain in the car).
- No socialising. After your swim, vacate the Quays as soon as it is conveniently possible.
- Please observe the social distancing rules and regulations at all times.

For those of you who will be swimming @ The Quays on, or after 23rd May 2020, we would appreciate it if you could take a couple of minutes to familiarise yourself with the following brief.

It is important, that in these difficult times, and strange circumstances, we all try and co-operate to the best of our capabilities.

Firstly, and foremost, please be advised that there will be limited changing facilities (one in, one out procedure), and you are advised to arrive changed, and ready to swim.

No wet suit hire @ The Quays, and you are therefore required to source a wet suit accordingly.

Before you set off for your swim

Please download the appropriate waiver form. Complete where necessary, so that all you need to do on arrival is hand it in at the check in desk.

Make sure you have the correct fee for your swim (£7.00), so that coinage does not have to be handled.

No beverages will be available @ The Quays, so your own flask, with a hot drink may be the order of the day.

On arrival

Our aim is to operate a one way system, and to minimise any form of social contact, or gathering.

You will note that each car parking space has been identified by a marker. By parking directly opposite these markers, it will give you, and the next car approximately 2 meters of social distancing for changing.

We intend to space out the formality of registration. There will be two individual tables for the check in process. On the first table, there will be a container where you will be able to leave your completed waiver form, and to pay the swim fee of £7.00. On the second table, the swim bands will be available.

The swim

Entering the water will be as normal from the decking, and the small 400m loop will be in operation.

As soon as you have completed your swim, you will exit the water via jetty two.

A container will be available for you to dispose of your wristband. As soon as you have done this, we would be grateful if you could return to your mode of transport, change in the appropriate manner, and then leave the site as soon as it is conveniently possible.

And finally

You may not agree with the way we have managed the swim sessions in these unprecedented times, but there is room for manoeuvre, and your feedback would be appreciated.

Remember, as we write, there is no telling on how long this situation is going to last, and there is a good chance that we may still see these procedures in place until September, so what we have in place today, may be different tomorrow.

At the end of the day, as long as you get a swim, and you appreciate the need for social distancing, then together, we would have achieved our goal.

It's the new normal (for now).

Stay safe, and see you all very soon.

The Quays administration.

