



Wickwoods
COUNTRY CLUB, HOTEL & SPA

INDOOR SWIMMING ETIQUETTE Updated 1.4.21

Changing

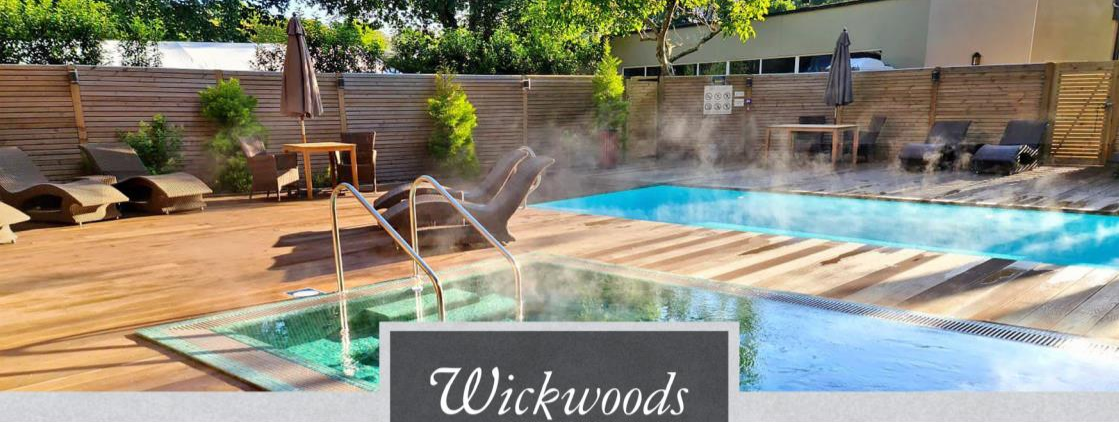
- Please only enter the changing room at exactly your allocated time (either 15- or 45-minutes past).
- Once in the changing room - please adhere to the taped floor markings if changing with another person. A 2-metre distance must always be kept.
- Please shower prior to entering the facilities.

Swimming

- Your 1-hour slot includes a **30minute swim** in the main pool when a lane becomes available.
- We ask that members swim at the beginning of their session in order that all users have the opportunity to swim.
- **If all lanes are busy upon arrival, please be patient.**
- Please note, your 1-hour slot includes the use of the Hydro Pool along with the time it takes you to shower and change. For example, 13.15pm slots must be exiting the changing room at 14.15pm or before.

We are constantly monitoring how are facilities are being used, and regularly considering how we can improve capacity whilst delivering an exceptional experience for all users.

If you experience any difficulties, please speak to a member of staff. We politely request that you avoid approaching other members if any issues arise.



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SPA GARDEN ETIQUETTE Updated 3.5.21

Changing

- You can either make use of the Spa Garden changing facilities or the main changing rooms.
- Please only enter the main changing room at exactly your allocated time (either on the hour or at 30 minutes past).
- Once in the changing room - please adhere to the taped floor markings if changing with another person. A 2-metre distance must always be kept.
- Please shower prior to entering the facilities.
- If you have not received your Spa Garden robe, please ask at reception.

Using the Facilities

- Your 90-minute booking includes a maximum of a **20-min swim** that should be taken once all prior bookings have taken their own swim. Depending on booking time you may find you need to use / enjoy the hydro pool for the first 10-25mins of your booking.
- **Please note the last booking of the day has only 1hrs use.**
- To adhere to the 2-metre social distancing policy, we politely ask members to avoid moving the furniture.
- A maximum of **2** persons in the swimming pool at any one time.
- You are able to purchase refreshments from the bar to consume within the Spa Garden. Please ensure appropriate clothing is worn i.e., a robe over swimwear.

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