

# What to expect – Phased Return



**Arrive on Time**



**Follow the one-way System**



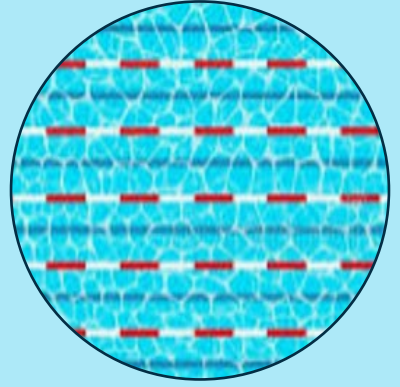
**Shower at home and arrive ready to swim**



**Social Distancing**



**Swimmers will be allocated 'Swim lane Bubbles' Stay in lane position**



**Lane Capacity Will be aligned with Swim England Guidance**



**Session Duration Aligned with Swim England Guidance**



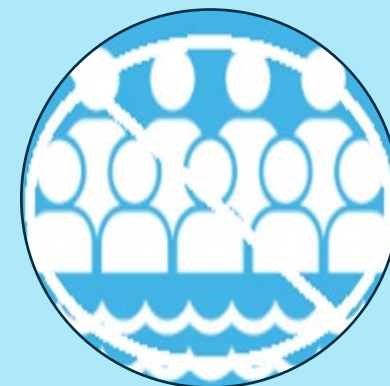
**Swimmer to Coach Ratio Aligned with Swim England Guidance**



**No sharing Equipment**



**Bring your own water In a named Bottle**



**No Spectators**