

## Changing Rooms

Guidelines for using the changing rooms are:

- 6 changing areas have been made available. Call out or pop your head round the door to check there is a space. Only enter when an area is available or wait outside until one becomes free
- Showers are NOT available unless for medical emergency
- Use a vacant area to change as quickly as possible, don't keep the queue waiting
- Clean the area before and after you use it, use hand sanitizer as you enter the changing rooms
- Children under 16 must be accompanied by an adult/responsible carer to ensure they are quick to change and do not hang around in the changing room. If waiting outside for your child to change, maintain 2m distancing.
- One person or household/family/support bubble per area
- A one-way route is in operation - enter through the north (external) door & exit through the door toward reception
- Always maintain 2m social distancing while changing and wear a mask while inside the clubhouse
- No bags or equipment are to be left in the changing rooms to prevent possible contamination
- Be as quick as possible so everyone gets to change in the warm

**PLEASE NOTE, ABUSE OF THIS FACILITY OR FAILURE TO FOLLOW THE COVID SAFE GUIDELINES WILL RESULT IN THE CHANGING ROOMS BEING CLOSED. WE APPRECIATE YOUR COOPERATION & HOPE YOU WILL ENCOURAGE OTHERS TO COOPERATE TOO. PLEASE REPORT AND NON-COMPLIANCES TO A FLAG OFFICER OR CREW MEMBER IMMEDIATELY.**