



Swimming Pool Guidelines

Members

Bookings

- Our swimming pool will now be open from 6.30am until 10pm (Please note, the last session is 9pm - 9.45pm) and must be pre-booked to ensure we can adhere to our maximum capacity number of 30 swimmers at any given time (this number does not include under 5's)
- Bookings can be made online through the Dalmahoy Intelligent Golf site at <https://dalmahoy.intelligentgolf.co.uk/>
- Should you require your login details to be reset please contact our membership team
- General swimming sessions will be bookable in 45-minute slots, allowing members 10 minutes exit time before the next swimmers enter the poolside
- All swimmers must check-in at the leisure reception and we ask you to check-in more than 5 minutes prior to swim time. Any members arriving earlier will be asked to wait.
- Please note that your swim time starts and ends during your allocated swim slot and carry over time will not be permitted
- Should you not wish to book your swimming session online, please call the leisure team on 0131 333 1845, option 4 (leisure club)

Track & Trace

- As you will have made a booking as a member there will be no need to complete our track and trace procedure as we have all your details stored in the system.
- Should you still like to complete our QR code track and trace, please download the app on the link below and complete the registration form - <https://apps.apple.com/gb/app/evepass/id1516609361>

Towels

- Towels are available for all members and can be collected from the main leisure desk

Lockers

- We have lockers available for swimmers and sufficient social distancing markers have been placed in the changing rooms
- Please respect social distancing at all times

Showers

- The changing room showers will be in operation as they are segregated. The poolside showers are also open and we ask to kindly respect the social distancing guidelines when using

Wet Clothes Dryer

- The wet clothes dryer remains in operation and can be found in the gents and ladies changing rooms.



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Sauna and Steam Room

- The sauna and steam room are open in line with Scottish Government guidance and can be available when you book your swimming pool session. There is a maximum capacity of 2 in both the sauna and steam room and we ask that you socially distance yourself at all times

Decommissioned Units

- The water fountains will be decommissioned until further notice

Swimming pool Lane

- We will have the swimming lane available. Please respect socially distanced swimming with fellow members.

Changing rooms

- Please feel free to use the changing rooms post swim
- Although the showers will be operational, we ask that you exit the changing room prior to the end of your swim session to ensure the safe entry for the next session of swimmers

Gymnasium Guidelines

Members

Bookings

- Our gym will be open from 6.30am and available to book in 1-hour sessions until 10pm (last session at 9pm)
- We have a capacity of 20 in the gym to ensure your safety at all times
- All gym users are permitted to use the changing and shower facilities

Track & Trace

- As you will have made a booking as a member there will be no need to complete our track and trace procedure as we have all your details stored in the system.
- Should you still like to complete our QR code track and trace, please download the app on the link below and complete the registration form -
<https://apps.apple.com/gb/app/evepass/id1516609361>

Lockers

- Lockers are available but we advise all gym users to arrive 'gym ready'

Arrival

- Please ensure you check in with the leisure club reception team prior to using the facilities
- You will be provided a unique PIN code which allows you access to the gym entrance door
- Please be sure to use the hand sanitiser provided prior to entering the access code
- Please note that the PIN access code will be changed regularly



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Social Distancing in the Gyms

- All our gym machines have been organised to allow ample social distancing whilst in use with every second piece of equipment turned off
- Please ensure when moving around the gym area that you respect other gym users' personal space
- Please ensure you wear a mask when moving in between equipment
- Ample distance markers have been set out around each machine

Wipe Down

- Please ensure you wipe down your selected machine prior to and post use
- Ample sanitising products are available in the gym as well as hand sanitiser machines