

Return to Swimming FAQ's

The World Health Organisation states that: "Conventional, centralised water treatment methods that utilise filtration and disinfection should inactivate the Covid-19 virus. Furthermore, Swim England's Returning to Pools guidance and PWTAG technical notes have been produced in consultation with Public Health England, supporting the view that coronavirus would be inactivated at the levels of chlorine used in swimming pools.

All swimming pools will be closely following industry guidelines to help our pools be COVID secure.

I want to swim, what do I need to do to attend?

To be able to attend a swimming session you need to register via the Active Leeds APP or website for online bookings, you can then select and book your session. You will also need to bring a pound coin or a token for a locker. Guidelines for online bookings can be found here:

<https://active.leeds.gov.uk/Documents/Booking%20guidelines.pdf>.

Will my usual swimming session be on? What sessions are available?

Please check your local leisure centre timetable on the Active Leeds website/app for session times. To comply with government guidance we have had to change some of our swimming sessions.

Lane swims- Lanes will be at their normal width but have reduced numbers and there will be no overtaking to ensure sufficient space between swimmers. Lanes will be marked as fast, medium or slow. Swimmers who cannot swim a length will not be able to attend these sessions. Children who can swim 50m+ can attend this session if they are accompanied by an adult.

Adult Width Swims- The swimming pool will be sectioned off into widths. There will be depth options (shallow (0.8m-1.5m & deep 1.5m+) available when booking. There are no speed restrictions for these sessions and are suitable for all adult swimming abilities. Swimming will be directed in a clockwise direct round the width.

Family pod sessions- So you can safely enjoy the benefits of family swimming, the pool will be sectioned off into 'pods'. Main pools will be split into sections (dependant on pool size), with each family having their own private area. Small pools will not be open. Families must be people from the same household bubble, max of 6 per pod. You will need to bring your own buoyancy aids, no armbands will be available to borrow. Families can bring their own swimming toys but they must be washed before entering the pool (no balls). Depth can be selected when booking (Shallow or deep), if deep is selected, all the family must be able to swim confidently and competently without aids. Parents to ensure social distancing throughout this session. Ratios must be adhered max 2 under 8's to 1 adult. Normal pool rules apply. Families will be assigned 2-3 changing spaces per pod booking.

Can I just turn up at a leisure centre for a swim?

Not at this time. All activities will have to be booked in advance online via the Active Leeds website or app (up to 9 days in advance). This is to ensure the safety of our leisure centre customers and staff.

My child is over 8 years old, can they come for a swim on their own?

Not at this time. To ensure social distancing is maintained children can only attend swimming sessions (lane swim and family pod swims) when they are with an adult (16years+)

Will changing rooms be available?

All swimmers are expected to arrive 'beach ready' with their swimming kit already on. A changing space will be assigned on arrival where you can take off any clothing over your swimming kit (store in assigned locker). Upon finishing your session, swimmers are expected to change as quickly as possible (the same assigned cubicle). Please exit the changing area via the designated exit (this may be different to entry).

The only time changing facilities will not be available is for '*Lane Swim-no access to changing rooms*' sessions. These are clearly marked on the swimming timetable.

Will showers be available?

To keep to social distancing guidelines and minimise touch points a very limited number of showers will be available to swimmers that need them. However swimmers are encouraged to shower at home before and after their swimming sessions.

Are there lockers available?

Yes. You will be assigned a changing area and a locker to ensure social distancing is maintained. You will not be able to take bags on to poolside.

Why are swimming session 45 minutes long?

Active Leeds recently surveyed a large number of its pool users and 45minutes sessions were the most popular option. 45 minutes allows leisure centre staff to have plenty of time to clean poolside and the changing rooms between the sessions.

Why are there not as many swimming sessions as normal?

We have reduced our swimming sessions to ensure that staff and customers are kept in a safe environment, to comply with government guidance all changing areas must be thoroughly cleaned between sessions. The programme will change as government and industry guidelines are updated.

Why can't I overtake in a lane swim?

Swimmers are asked not to overtake so that social distancing can be properly maintained in line with government and swimming industry guidelines. If you see that the swimmer behind you is faster than you then at the end of a lane you can face away from poolside and allow the swimmer to go ahead of you.

Can I wear a face mask in the pool?

No. A face mask in the pool would be dangerous as it would limit your ability to breath. You can wear a face mask in changing areas and circulation areas of the building if you feel more comfortable.

Can I borrow armbands/toys?

Not at this time. COVID 19 can be transferred from equipment that is not cleaned properly or is damaged. To reduce the risk to swimmers we are asking you to bring your own equipment where it is needed.

Why do different leisure centres have different number of people in the same type of session?

The session capacities are set based on the number of changing rooms available and the size of the swimming pool. The safety of our customers is a priority and we need to ensure there is sufficient space for people to get changed, centres with smaller changing rooms will have fewer people in the pool.

Will my Aqua Aerobics class be the same as normal?

Yes, although the times may change and the sessions will have reduced numbers and equipment to ensure they are COVID secure. The classes will focus on activities that can be done to ensure social distancing. The classes can be booked via the Active Leeds website/App.

Why do I have to book the accessible changing area?

Some of our leisure centres have very limited accessible changing areas. To ensure that our swimmers have access to the facilities they require we ask that you book them so that your changing area is guaranteed.

I am a carer/I come swimming with a carer, how do I book?

Booking is not needed for the carer. Only the swimmer needs to book via Active Leeds website/app.

Can I use the steps into the pool, I'm worried about touching them?

Yes the pool steps will be available to swimmers who require them. Swimmers will be asked to enter the pool from the side using a slide in entry (sit and swivel entry) where possible. If there are not steps in your section then you can still use the steps and make your way across to your area.

Can I bring a water bottle?

Yes, you can bring a water bottle. Currently there are no water fountains available at sites so please fill this at home. Water bottles will have a designated area on poolside and will not be allowed on the edge of a pool as swimmers are encouraged to enter the pool by the edges.

Is the spectators' area available to watch public swimming sessions?

The viewing areas for the pool will remain shut during public swimming sessions to reduce touch points within the leisure centres. If your child or adult had additional or medical needs then a viewing area can be provided for you, please ask at reception.

Why can't I swim butterfly?

Butterfly is a wide stroke. To ensure the safety of all our swimmers, if swimmers are doing butterfly then we would not be able to maintain social distancing. All lanes will be swimming in the same direction and the risk of people catching arms is increased with butterfly.

I normally only swim for 30mins, can I still swim?

We understand that not everyone will want to swim for 45minutes. Please arrive 5mins before the start of the session time to enter the building and leave after 30 minutes, late entry will not be allowed.

I/my child usually attend swimming lessons at an Active Leeds leisure centre, are these back on as normal?

From Monday 14th September we have been piloting swimming lessons for Adult & Child, Stages 2 to 7 inclusive and Stage 8 competitive lessons. These sessions are for existing customers only, and are available at Morley Leisure Centre, John Smeaton Leisure Centre, Holt Park Active and John Charles Centre for Sport, Rothwell Leisure Centre, Aireborough Leisure Centre and Armley Leisure Centre.

If you had a place on any of the afore mentioned lessons pre-lockdown, you do not need to do anything at this point in time. We will be in touch with you direct, to discuss your options.

I/my child usually attend an aquatics club at an Active Leeds leisure centre, are these back on as normal?

Not at this time. We are staggering the restart of the aquatic programme to ensure the safety of staff and our customers.