

# Using the Changing Rooms



- Maintain 2m distancing from other people.
- Observe signs and instructions.
- Face coverings are compulsory whilst in the changing rooms, they can be purchased £2 from the front door.
- Use sanitiser before entering and upon leaving changing rooms.
- We recommend no more than 15 people at any one time to ensure social distancing.
- You must shower prior to and after swimming, additional showers are available in the Rasul Room.

Please try to keep use of the changing rooms to a minimum, arrive ready for your class or session wherever possible, your assistance is appreciated.

A Face covering must be worn in public areas.

Report any concerns or issues to a team member immediately.



See the Covid-19 page on our website for more details  
<https://www.thorntonhallhotel.com/spas/covid-19.html>