

## COVID-19 Swimming Lesson User Guide

To support the social distancing measures within our centres and to allow for additional cleaning in between classes, lesson times will be changed so there will be fewer classes. In some cases, there may be a change of area/pool where your child has their lesson – this is to allow more space for swimmers. In some classes you will see reduced numbers.

In addition to our COVID Secure measures, we have some additional information specific to our academy which we ask you to read before attending site and your class:

- Please do not arrive more than 5 minutes before your child's lesson
- For the safety of all our customers and staff spectators (aged 11 years and over) are to wear a face covering. We understand that some customers who may be exempt from wearing a face covering for medical reasons
- When entering or leaving the building, we politely request that you adhere to social distancing guidelines
- Please use the Sanitiser Stations when you enter the building
- To minimise the numbers around poolside we request only one parent/carer per swimmer please try and avoid bringing additional siblings. However, we understand that this is not always possible and if you are bringing additional siblings/children with you, where feasible please limit this to two extra children with the adult and swimmer. Please be advised they will need to sit isolated with you
- If your child is 8 years old or over, you are also welcomed to wait in the car if you prefer during the lesson (please ensure your contact details are up to date)
- Pupils will be required to attend lessons 'beach ready' and already changed into their costumes. This will avoid the need to use the changing rooms prior to the lesson starting and we ask that you bring minimal 'baggage' with you
- On arriving, there will be a one-way system in place, directing you and your child to the lesson.
- Currently no other activities will take place in the same pool when lessons are running and in some instances lesson numbers have been reduced. This will create the additional space that will be required to accommodate lessons and maintain social distancing requirements.
- Swim Teachers will be required to teach from the poolside and therefore in some Stages, additional floatation equipment will be provided for swimmers.
- Showers are not available after your lesson and although changing cubicles will be available, we would ask you to consider popping a onesie/towel/poncho onto your child and leave the centre promptly, avoiding the changing room areas and so help social distancing measures.