

Covid19 Guidance for Children's Swimming lessons at Learning4Life

Version 1 - September 2020

As previously mentioned, swimming lessons will be different as we continue to adapt to the “new normal” world we now find ourselves in.

We ask that parents/guardians read and understand the information given below, which details the measures put in place to minimise the risk to our children and their parents, and staff, to help you decide if you wish to apply for a place for your child/ren in Swim School. These have been based on guidance published by Swim England, Swimming Teachers Association and Royal Lifesaving Society.

Suspension of Class Levels

First Steps classes will be suspended. Children who were attending these classes before lockdown will be moved to a Pre Beginner class as they are now 4 years of age. Children who were on the reserve list for these classes will remain on the list unless you ask us to remove your details.

Rookie Lifeguard and Survive and Save classes will be suspended for the foreseeable future due to the amount of contact swimmers are required to have with each other to perform rescues, first aid skills etc. as part of the syllabus.

Pre-Beginner – Intermediate 3 classes

Like many other local swim schools, we will be reducing our lesson times from 28 minutes to 25 minutes to allow for a change over/sanitisation time.

We have also taken a class out of the shallow end (only 1 class will run in the shallow end instead of 2) and reduced our Intermediate numbers in the deep end from 9 to 7.

We shall run a 6 week term (Monday 2nd November – Sunday 13th December).

There will be a maximum of 7 children per class and 2 classes will run in the pool per 25 minutes (one deep end, one shallow end). Pre Beginner and Beginner lessons will take place in the shallow end of the pool, Improver and Intermediate (1,2 & 3) in the deep end.

The cost for the 6 week term will be £43.50. There are credits on the majority of accounts, these can be deducted from the terms fee.

Advanced classes

Lesson times will be reduced from 58 minutes to 55 minutes.

We shall run a 6 week term (Monday 2nd November – Sunday 13th December).

There will be a maximum of 12 children per class, each class will have the whole pool and it will be set up in lanes with ropes put in to separate lanes.

The cost for the 6 week term will be £51.00. There are credits on the majority of accounts, these can be deducted from the terms fee.

Covid19

- No one should attend lessons if they have symptoms of Covid19 (high temperature, persistent cough, loss of taste or smell).
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
- If someone in your household has a confirmed case of Covid19 or are showing symptoms no one from that household should attend.
- We will comply fully with NHS test and Trace process.
- Children and accompanying parents will be temperature checked upon arrival at the pool. If their temperature is above 37.8 degrees, then unfortunately they will be unable to swim and will be asked to leave the school site.
- Parents/Guardians and children aged 11 and over will need to wear a face covering when inside the building (foyer area, changing rooms and poolside whilst changing their child).
- Learning4Life staff will wear visors and/or masks.

Social Distancing

- Parents and children MUST adhere to current social distancing guidelines when on the school site. This includes on the car park, foyer, changing rooms, on poolside and in the water.
- Parents will not be allowed on poolside to view their child/rens lessons for the foreseeable future. Parents will be asked to wait in their cars whilst their child's lesson takes place. Parents must ensure that their contact details are up to date in case Learning4Life staff need to contact you during the lesson.
- Only one parent/guardian will be allowed to accompany their child. No siblings will be allowed to enter the building unless they have a lesson at the same time.
- Swimming belts and armbands will still be provided but parents/guardians will be asked to put these on their child and ensure they are securely fitted prior to the start of the lesson. These will be located at the entrance to the pool and will be sanitized between users. Teachers will wear PPE to remove belts/armbands at the end of the children's lesson.
- Whilst we do not encourage the use of goggles, we understand that some children do prefer to wear them for lessons. Parents/guardians will be asked to put these on their child and ensure they are securely fitted prior to the start of the lesson as teachers will not be able to adjust these for them.
- Teaching staff will teach shallow end classes in the water (Pre Beginners and Beginners). The teacher will instruct to the side of the children, positioned closest to the rope dividing the shallow from deep end, and will wear a visor. There will be no physical contact, unless completely necessary from a safety aspect.
- Unfortunately, if your child becomes upset or will not enter the pool and water willingly Learning4Life staff will be unable to assist and the child will be asked to leave the lesson and the Swim School Receptionist will phone the parent to collect. Please be assured that staff will always verbally encourage and support children to enter the pool, but we are unable to physically assist or comfort for the time being.
- Appropriate signage will be displayed around the building promoting good hygiene and social distancing.

Cleaning

- An enhanced cleaning programme will be in place.
- Changing rooms will be sanitized between class groups.
- Hand sanitation units will be in place upon entrance to the building (by fire exit and foyer area). Children and parents/guardians will be required to use this. There will be additional hand sanitizers on poolside for teachers to use.
- Equipment (floats, belts, woggles, toys) will be sanitized after each lesson. This will be achieved by dipping the equipment in the pool water in net bags whilst the next lesson takes place. Equipment will be rotated between classes.
- Any property left in the changing rooms will be disposed of at the end of the day/evening.

Arriving at the pool

- Parents/guardians and their child are asked to remain in their cars until 5 minutes before their lesson start time. When approaching the PE building parents will be asked to form a socially distanced queue to the side of the pool windows and wait for a member of Learning4Life staff to call you in through the fire exit.
It is essential that children and their parents arrive on time for their lesson due to tight timeframes, unfortunately any latecomers will not be permitted entry to their lesson.
- Swimmers are required to arrive “beach ready” with swimwear already on underneath easily removable clothing. There will be no access to the changing rooms prior to lessons taking place. Parents will assist their child in getting undressed at designated, socially distanced, stations on poolside (maximum 5 minutes). They will then be escorted off poolside and out of the building via the fire door exit whilst the lesson takes place. Parents must wait at their designated changing station until asked to leave so that staff can ensure that social distancing remains in place.
- Parents and swimmers are asked to wear flip flops to the pool which can be removed upon entry or will be given a pair of blue overshoes to wear whilst at the changing stations on poolside and for in the changing rooms, as this will help keep areas as clean as possible.
- Parents should ensure that if their child needs a safety belt/armbands that these are securely fastened on their child before they leave poolside.
- Parents must ensure that we have the correct mobile telephone number on our system should we need to contact you whilst your child’s lesson is taking place.
- Parents will be asked to return to their cars whilst their child is swimming and return promptly, 5 minutes before the end of the lesson, to enter the changing rooms from the main foyer area (entrance which was used prior to lockdown).
Children will be sent to the changing room which their parent/guardian is waiting in at the end of their lesson.

Swimming Lessons

- Due to current social distancing guidance, at the moment we will run two classes in the pool per 25 minute session with a maximum of 7 swimmers per group.
- One teacher will be in the water (shallow end) for Pre Beginner and Beginner lessons. The teacher stationed in the deep end will be poolside.
- The teacher in the water will teach to the side of the swimmers and will wear a visor in the pool. There will be no helpers in the water to assist with lessons.
- Lessons will be taught in widths across the pool.

- A set of equipment (float, woggle, toy) will be allocated to each swimmer to use for the duration of the lesson. The equipment will not be shared between any other swimmer.
- All children will be reassessed during the first lesson to ensure that they are in the correct group for their ability. Parents will be advised of any class level changes at the end of the class. No further movements will be made for the duration of the term. If your child is ready to move to the next class level, we will advise of this at prior to reenrolment taking place.
- No new swimmers will be accepted once the term has commenced. They will be placed on our waiting list and contacted once reenrolment for existing swimmers has taken place for the following term.
- Unfortunately, due to the tight turnaround of classes, and to maintain social distancing, there will be no communication between parents and teachers. Progress records will be updated on the home portal, but if you do have any questions please contact the main office and a member of Student Services staff will be able to help.
- Achievement badges will be issued via the main office. Parents will be required to phone the main office to pay for the badge (priced at £3 per badge to include postage costs) and this will then be posted out to your child. Pool staff will advise the main office when a badge has been achieved.

Changing rooms

- Changing rooms will be open for use, however we prefer that parents consider putting a towelling robe on their child after their lesson and showering and drying once you get home.
- Due to current guidelines, there will be 7 swimmers maximum per class, each with one parent/guardian in the changing room. Children aged 8 and over MUST get changed in their own sex changing room for safeguarding reasons.
Upon re-entry to the building, 5 minutes before the end of your child's lesson, the Swim School Receptionist will ask which changing room you would like to use and create a wipe clean list which will enable teachers to direct children to the correct changing room once their lesson has finished. You will then be asked to wait in the changing room until your child returns to you (please ensure you remember their clothes and towel and blue overshoes if you choose not to remove your footwear!)
Pegs will be marked to indicate safe places to change per swimmer and parent.
- There will be no member of Learning4Life staff in the changing rooms so swimmers getting changed on their own must be responsible and capable to maintain social distancing.
- We ask that parents and/or children do not shake their towels or clothing as this could put the virus in the air.
- There will be a one way system in place, entry is to be made via the changing area door (next to the pool door for girls changing, and nearest the gym door for boys changing) and exit is via the toilet door.
- Showers must not be used and will be closed. We ask that swimmers get dry and changed as quickly as possible and vacate the building within 10 minutes at the end of their lesson to enable sanitisation to take place ready for the next users.
- Designated toilets will be available, on a one in, one out basis. We encourage children to use the toilet at home before coming for their lesson as Learning4Life will be unable to accompany children to the toilet if they require it during their lesson.

Timings and Floor Plan Guide for Parents/Guardians

We understand that many children and parents may be apprehensive about returning to swimming lessons and the new guidelines are quite daunting!

We have created a simple time plan below which will help explain how lessons will run to time each week that you come to your class, and what parents will be expected to do!

Times used are as an example only, please use your booked class time when coming to the pool. The example lesson time used is 4.30pm.

- **4.25pm** - 5 minutes before your child's class starts you will be asked to form a socially distanced queue outside the fire exit door. Children and their parents will be temperature checked and welcomed onto poolside and asked to undress your child at designated stations. Please remember to wear a facemask and remove flipflops/wear blue overshoes.
- **4.30pm** - At the start of your child's lesson you will be asked to leave poolside and return to your car.
- **4.50pm** - 5 minutes before the end of your child's lesson you should return promptly, via the main foyer area (entrance used prior to lockdown) where the Swim School Receptionist will ask you to wait in the changing rooms for your child. Please tell the Receptionist which changing room you will be in so that we can ensure your child is sent to the correct room.
- **4.55pm** – your child will join you in the changing rooms. Showers and hair/hand dryer will be out of use.
- **5.05pm** – Please ensure that this is the latest time that you vacate the changing room, ensuring that you use the one way system implemented.

We have also created a floor plan to try and make it easier for you to navigate your way around the building once you arrive on the school site for your child's lessons. We hope this helps!

