

Covid19 Guidance for Children's Swimming lessons at Learning4Life

Version 5 – September 2021

The Government has made it clear, that lifting restrictions does not mean that the risks from Covid19 have disappeared. Instead, they say “it marks a new phase in the Government’s response to the pandemic during which people need to manage the risks to themselves and others as the country learns to live with the virus”.

They also set out how the following behaviours are beneficial:

1. Meeting in well ventilated areas where possible, such as outdoors or indoors with windows open.
2. Wearing a face covering where you come into contact with people you don't normally meet in enclosed or crowded spaces.
3. Washing your hands with soap and water or using hand sanitizer regularly throughout the day.
4. Covering your nose and mouth when you cough or sneeze.
5. Staying at home if unwell, to reduce the risk of passing on other illnesses onto friends, family, colleagues, and others in your community.
6. Considering individual risks, such as clinical vulnerabilities and vaccination status.

Bearing this in mind, Learning4Life will operate its Swim School from 6th September 2021 with a cautious approach as restrictions are lifted and the winter months set in and procedures will remain as follows for the foreseeable future.

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 (even if you are fully vaccinated)
- We will comply fully with NHS test and Trace process.
- 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 and observing their lessons).
- Learning4Life staff will wear visors and/or masks.

Social Distancing

- 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.

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 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 stations on poolside (maximum 5 minutes).
- Parents of children who swim in the shallow end of the pool (Pre Beginners and Beginners) will be allowed to stay on poolside during their child's lesson, with the exception of week commencing 18th October (see below). Deep end parents will be asked to leave poolside whilst their child's lesson takes place.
Parents of children in deep end classes (Improvers, Intermediates, Advanced) to watch their children on poolside week beginning 18th October. Shallow end parents will be asked to leave poolside whilst their child's lesson takes 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. Children of parents who are observing the lesson on poolside may leave together.

Swimming Lessons

- We will continue to 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 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.

- 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.
- 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. 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.