

## Covid19 Guidance for Children's Swimming lessons at Learning4Life

Version 7 – February 2022

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 28<sup>th</sup> February with a cautious approach as restrictions are lifted.

### Covid19

- No one should attend lessons if they have symptoms of Covid19 (high temperature, persistent cough, loss of taste or smell) or have produced a positive LFT.  
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
- Current Government guidance should be followed in relation to self-isolation and quarantine.
- 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).

### Social Distancing

- Only one parent/guardian will be permitted per swimmer
- Whilst the Government has removed the need for social distancing, anyone coming on to the Wordsley School site will be encouraged to respect other users and their space, being mindful that some people may not be as comfortable with the lifting of restrictions as others.

## Cleaning

- Hand sanitation units will be in place upon entrance to the building. Staff, children and parents/guardians will be required to use this.
- Equipment (floats, belts, woggles, toys) will be sanitized after each lesson. This will be achieved by dipping the equipment in the pool water.
- Any property left in the changing rooms will be disposed of at the end of the day/evening.

## Arriving at the pool & Changing rooms

- Swimmers are required to arrive “beach ready” with swimwear already on underneath easily removable clothing, no earlier than 10 minutes before the start of their class
- 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 on poolside as this will help keep areas as clean as possible.
- Changing rooms will be available before and after lessons.
- The changing rooms are an enclosed space therefore we recommend that face coverings should be worn by anyone over the age of 11 years (unless exempt)
- There will be no member of Learning4Life staff in the changing rooms so swimmers getting changed on their own must be responsible.
- Showers should not be used
- Users should vacate the changing room as quickly as possible
- There will be 9 swimmers maximum per shallow end class and 7 maximum in the deep end, 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.

## Swimming Lessons

- We will continue to run two classes in the pool with a maximum of 9 swimmers per group in the shallow end, and 7 deep end. Classes will increase from 25 minutes to 28 minutes in duration (58 minutes for Advanced and Survive & Save)
- One teacher and one Pool Assistant will be in the water (shallow end) for Pre Beginner and Beginner lessons. The teacher stationed in the deep end will be poolside.
- 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.
- Spectators will be allowed back on to the poolside for both shallow and deep end classes provided that there is room to sit on the bench. Facemasks should be worn by spectators for the duration of the lesson.
- Children will be called into the pool, buoyancy aids put on children who require them, and registers taken, parents will be called in to view a few minutes later once the children are all in their classes.
- Swimmers can return to being moved mid-term once assessed by their teachers, we will no longer be operating class ‘bubbles’.

- Whilst we try to accommodate requests from parents, we are unable to guarantee specific teachers for your child's class. Due to staff sickness, we may have to operate with a cover teacher to keep classes running. We are unable to provide prior notices of any staffing changes due to this sometimes occurring last minute.
- Achievement badges will be issued via the main office. Parents will be required to pay online for the badge (priced at £3 per badge) and this will then be sent down to the pool ready for collection the following lesson. Details on how to pay online will be included in the badge confirmation email sent via Coursepro. Pool staff will advise the main office when a badge has been achieved.