

Sailfish Swim School Lesson Procedures – September 2021

To ensure your continued safety and the safety of the teachers and staff it has been necessary to make some changes to how we operate swimming lessons. Changes are based upon recommendations from Swim England and the Public Health Authority.

These are:

- 1) Upon arrival please scan the Test and Trace QR code to check in to Bradgate Pool.
- 2) Lesson times may be staggered between teachers where possible. Staggering lesson times will help reduce the number of people in the building at any one time, ensure changing facilities are not over accommodated and will assist with parking arrangements.
- 3) Lessons will be 30 minutes but please pay attention to your time slot.
- 4) **Please do not enter the building until 2-3 minutes before your allotted lesson time**, if you are early please wait in your car.
- 5) **Masks are optional whilst inside the pool building**; we recommend that masks are worn (by over 11 year olds) inside the pool building, however we understand that you may need to remove it whilst seated at your family station if eating or drinking.
- 6) Please sanitise your hands on arrival and when you leave. Hand sanitisers are positioned underneath the passageway on the way to the pool and inside both entrances, handwashing can be done in the toilet area.
- 7) Please arrive 'beach ready' wherever possible, this means being changed into swimming attire at home and wearing it under your outer garments. Where possible please shower at home beforehand, as changing rooms will not be available prior to your lesson (unless you attend a parent and child lesson).
- 8) Please adhere to social distancing protocols at all times whilst on our premises, maintain a 2 metre distance. **Parents should have responsibility for their own child and should maintain social distance between themselves and other swimmers, parents and teachers.**
- 9) You will be assigned **a colour coded door to enter/exit (BLUE or GREEN)** dependent on which side of the pool your child is being taught. You will also be allocated a choice of 'family stations' for you to use, again dependent on which side of the pool your child(ren) is/are being taught. You will be advised of the colour / family stations on your invoice. It may be necessary to wait a few minutes for a space to become free so please be patient. There are designated waiting spaces outside the colour coded doors, **however please only arrive just before your lesson time.** We are working to create some extra family stations this term, please bear with us.
- 10) Each 'family station' will have anti-bacterial wipes for you to wipe the table and chairs as you feel necessary. Extra bins have been provided for your convenience.
- 11) Once seated please avoid walking round the pool area and observe social distancing inside and out of the building. Siblings are not allowed to sit or play in the garden. **Siblings should sit with you at your family station.**
- 12) Please ensure your child adheres to the rules within their lesson. When waiting at the shallow end they will be allocated a coloured marker to wait at until it is their turn to swim.
- 13) Changing rooms can be used after lessons to change, please consider showering at home to limit time spent in a confined space. **Extra screens have been placed on poolside to allow extra changing and privacy whilst poolside.**

- 14) Each teacher will have their own set of equipment, equipment can be cleaned in pool water and will be cleaned at the end of each lesson.
- 15) Each teacher will have no more than 3 children per lesson.
- 16) Teachers will teach poolside wherever possible using techniques learnt through training and will be opposite sides of the pool. Teachers in some situations may get into the water where they feel it is necessary. Permission will be sought from the parents of the group if this is the case.
- 17) **Please exit the building as quickly as possible after your child has changed** to ensure numbers within the pool area are kept to a minimum at all times.
- 18) Please keep pool doors closed at all times to enable the air handling system to function & circulate the air effectively.
- 19) Due to limiting numbers, **only one parent is allowed to attend with their child/children**. No additional spectators are allowed.
- 20) The loan of goggles/hats/changing mats will no longer be allowed.
- 21) Parents of 'parent and child' lessons should bring a suitable sensory bath toy to use throughout their lesson and activities for personal use.
- 22) It may be necessary for parents of children who are beginners/pre-school age to be in the water for additional support, whilst ensuring social distancing is maintained.
- 23) Rebecca Barker is the 'Designated Covid 19 Officer' for Bradgate Pool / Sailfish Swim School and will ensure that the swim school is up to date with government recommendations. Ultimately decisions on what takes place in the pool is now agreed by the pool operator. Swim England advice checked on 1st September 2021.