

Sailfish Swim School Lesson Procedures – Oct 2020

To ensure your safety and the safety of the teachers and staff it has been necessary to introduce 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 will be staggered by 15 mins between teachers. Therefore one teacher may start their lesson at 4pm, the second teacher will start at 4.15pm and so on. Staggering lesson times will help reduce the number of people in the building at any one, 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 as these will be slightly different due to staggering and cleaning.
- 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) 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 doors, handwashing can be done in the toilet area.
- 6) 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).
- 7) 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.**
- 8) 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 is 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**. You will be advised of the colour / family station numbers on your invoice
- 9) Each 'family station' will have anti-bacterial wipes for you to wipe the tables and chair as you feel necessary. Extra bins have been provided for your convenience.
- 10) 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.**
- 11) 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.
- 12) There will be a 5 minute cleaning gap in between each swimming lesson. **At the end of the lesson the teacher will wipe over metal surfaces/handles before a child is able to use it.** Please wait briefly whilst this is undertaken and please do not distract the teacher with questions/queries. Please direct all questions/queries by email to Rebecca at info@bradgatepool.co.uk

- 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 either 2 or 3 children per lesson.
- 16) Teachers will teach poolside wherever possible using techniques learnt through training and will be opposite sides of the pool. They may use visual aids to aid explanation and for praise.
- 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.