

Swim Safe Guidance:



Please familiarise yourself with the contents of this guidance prior to your return to the pool.

An icon of a blue clipboard with a white sheet of paper and a yellow pencil resting on it.	A stylized red virus particle with a central circle and several smaller circles radiating outwards.	An icon showing two blue human figures wearing face masks, with a double-headed blue arrow above them indicating distance.	An icon of a green hand sanitizer bottle with a pink spray nozzle and a pink cross on the front.
<p>Existing procedures:</p> <ul style="list-style-type: none">• Water is treated with chlorine.• Small class sizes max 6.• No outdoor shoes on poolside.• Lanes in use to separate classes.	<p>Covid safety awareness:</p> <ul style="list-style-type: none">• Additional safety signs.• Designated 'Covid Safety Officer'• Staff 'Covid Awareness' trained.• 'Covid Awareness Declaration'.• Track & Trace permissions.• Covid Risk Assessment.	<p>Reducing contact:</p> <ul style="list-style-type: none">• 'Beach ready' if possible.• Staggered 'waves'.• One adult per swimmer.• Face mask enforcement.• Dry changing facility.• No outdoor footwear.• No belongings left.• Wet changing facility.• One way system.• Staff face shields.• Adapted teaching styles.• Fast track exit times.• Showering at home.• Electronic payments / enveloped drop box.• Non urgent queries outside of pool time.	<p>Hygiene:</p> <ul style="list-style-type: none">• Hand sanitizer on entry.• Cleaning stations.• Increased cleaning regime.• Changing zones cleaned between sessions.• No equipment sharing.• Equipment cleansing.• Loan hats/goggles unavailable - purchase only.• All belongings kept together.

Prior to swimming:



Swimmers will only be permitted to swim if they have completed the relevant forms

- A Registration Form (one per family).
- An Enrollment Form (one per swimmer).
- A Covid Awareness Declaration (one per family).

Please only attend your swimming lesson if you are free of Covid symptoms.

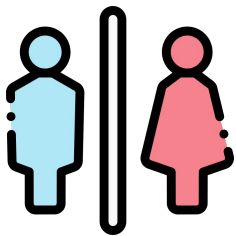
Arriving at the pool:



10 mins

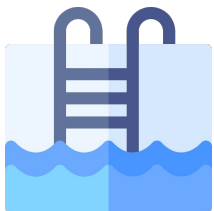
- All start times are staggered in 'waves' at 10 minute intervals.
- A maximum of 12 families arriving at any given time.
- One adult per swimmer is permitted to attend the pool.
- Entry to the building is permitted no sooner than 10 mins before the lesson start time.
- If early you will be required to wait outside.
- Arriving after your start time may result in refused entry.
- Where possible please arrive 'beach ready' (swimwear under clothes).
- Spectators are required to wear a mask inside the building.
- Sanitise your hands upon entry to the building.
- If choosing to sit outside during the lesson you must inform the teacher, remain close by (within 3 mins walk), and be accessible (by mobile phone)

Changing facilities:



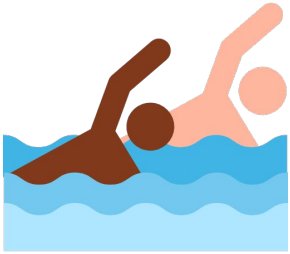
- As always please wear protective shoe covers or remove outdoor footwear.
- Changing facilities will be separated into arrival (dry changing) and departure (wet changing).
- Both changing facilities will be mixed gender and children must be supervised at all times.
- Cubicles can be used for discrete changing where required - please be mindful of others.
- Each changing station will be clearly marked in support of social distancing.
- Absolutely no belongings should be left in the changing rooms, please take everything with you.

Access to poolside:



- Please enter the poolside as close to your start time as possible.
- When entering poolside ALL children must be accompanied by an adult.
- There will be a strict one way system introduced on poolside - please follow the signs.
- Please adhere to social distancing rules, remain seated in the area marked for your 'wave'.
- We ask that parents/carers make all non urgent queries by email or phone call outside of pooltime.

During the Lesson:



- Please arrive on poolside as close to your start time as possible.
- Swimming hats and goggles should be on as teachers are unable to assist with fitting.
- We are no longer able to loan swimming hats or goggles - these can be purchased on the day.
- Lessons will be adapted in support of social distancing.
- Where safe to do so, swimming instructors will teach from poolside.
- If teaching from within the water instructors are required to wear a clear face shield/visor.
- When required in water support will be adapted to prevent face to face contact. ie. an arm length + equipment or approaching from the side of or from behind the swimmer.
- The preservation of human life will always take priority over social distancing. Therefore, if a swimmer is in difficulty, the lifesaver / swimming teacher will respond quickly and where required.
- We will aim to have swimmers at the 'wet changing room' as the next wave of swimmers arrive. With this in mind we are asking for upto 5 minutes 'grace' to allow safe entry and exit.

After the lesson:



- You are required to change in the 'wet changing area' after your lesson.
- Please shower at home - use of showers is not permitted at the pool.
- Each swimmer has a 10 minute slot to use the 'wet changing area'
- A quick easy change of clothes is advised - ie pyjama, loose fitting - rather than tricky school uniform.
- Remember to take everything home - we are no longer able to store lost property.

Cleanliness:



- Poolside equipment will be cleaned between sessions and swimmers will have their own equipment.
- The changing rooms will be cleaned between each 40 min session.
- For added peace of mind each changing room has a cleaning station which you are welcome to use.
- Children must be supervised in the presence of cleaning products. Only adults are permitted to use any cleaning products provided.
- Everyone must do their bit - please ensure good hand and respiratory hygiene at all times.
- 'Available evidence shows that the physical effect of the pool water and an appropriate relationship between free chlorine and pH value should inactivate the virus within 15-30 seconds.' - [PWTAG](#)
- 'Air circulation systems within pool halls are designed to undertake at least four complete air changes every hour. ...air circulation systems are designed to remove the air above the surface, which should assist in removing airborne transmission of viruses.' [Swim England](#)