

COVID-19 POLICY

Our priority is to keep our clients and staff safe so please take a moment to read our new guidelines:

Please do not come to the pool if you or your child has coronavirus symptoms or are in a period of isolation in line with the Government's guideline.

- Please ensure you adhere to the Government and Public Health England's regularly published guidance on any changes to the current COVID-19 status.

At the pool:

- Initially things will look different to what you are used to, please bear with us as we all learn to cope with the new normal. If you have any concerns then please speak to the person in charge who will have made themselves known to you.
- For the time being you will not be able to remain on poolside to watch your children swim. You will be asked to remain in your car during lessons. Parents will be required to wear a face mask if they have to enter the pool area for any reason.
- Changing rooms may be available at certain venues to be advised.
- Lessons will run differently to allow for cleaning time.
- Please arrive 5 minutes before your lesson and only enter the pool building when directed to or at the time of your lesson. If you are early, please remain in your car. If you arrive after the scheduled start time of your lesson you will not be able to join the lesson
- You and your child will have your temperature checked before entering the pool environment. We will also be checking the temperature of our instructors before each session.
- You will be required to use your own hand sanitiser before entering the pool environment.
- Follow any signage at the pool, keep to any one way systems and use the correct entrance and exit and listen to any announcements by staff
- Come pool ready and be prepared to shower at home before and after your lessons as there will be limited changing facilities, if any. Please ensure your child has used the toilet before arriving. Parents please take any outer clothes and shoes from your child before they enter the pool area
- Each swimmer must bring their own equipment: swimming hat, goggles, float and armbands, if worn. Equipment must be rinsed and disinfected before you arrive and you should disinfect it again when you return home. Your child may have only just come out of

armbands before lockdown, therefore please be aware that if they cannot swim 25m unaided with bilateral breathing then they will be required to wear armbands on their first session, before being assessed. Please ensure you bring armbands with you as we are not able to provide them for you at this time.

- You must maintain social distancing of 2 metres where possible and please do not congregate in groups.
- In order to effectively implement a track and trace system, we will need to record the details of any individual who brings a child to the pool if it is not the regular parent/guardian.
- If your child needs support, first aid or rescue whilst in the water or poolside, social distancing guidelines will be suspended.
- Adjustments may need to be made to your child's hat, goggles and armbands poolside if necessary. The instructor will sanitise their hands first.
- We cannot rule out every risk of Covid-19, although we will take every necessary precaution