

Seahorse School of Swimming

Parent/Carer Guide to Swimming Lessons.

Due to coronavirus (Covid-19) we are having to change the way lessons are managed. These procedures are in line with the School risk assessments, Government*, Swim England/STA & RLSS Guidelines.

1. **DO NOT ATTEND** if you or the swimmer has any symptoms of Covid-19:
 - A high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

 - A new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

 - A loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
2. We ask that only one parent/carers attend with each child/children for each family.
3. Face masks are to be worn in the building by an adult or child over 11 and if you are not able to keep 2m apart. Please adhere to social distancing.
4. Hand sanitisers will be available. We ask that everyone sanitises their hands on entering or re-entering the building.
5. Children should arrive on time beach-ready and not use the changing rooms. All belongings need to stay with you.
6. Swim hats should be on ready along with goggles. (If hats or goggles come off, we cannot put them back on). Please teach your child how to put these both on. Please do not lend hats or goggles to other people.
7. Changing rooms will be available after the lessons: a 1m distance must be adhered to and face masks worn by an adult or child over 11.
8. There will be a maximum number per changing room so please be patient as you may need to wait.
9. I ask that changing is completed within 5 mins as we must sanitize changing rooms ready for the next group.
10. Swim England have suggested a quick towel dry and onesie or similar so changing rooms may not be necessary.

*<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home#keep-your-distance-from-people-outside-your-household-or-support-bubble>

11. All equipment/handrails/steps will be cleaned with chlorinated water between lessons as advised by Swim England.
12. On the first lesson back, all children will be given training from their teacher to be able to be safe during their lesson.
13. The teachers have all been trained by Swim England with regards Covid-19 and are aware of the Risk Assessments at each pool. They are also up to date with the current guideline for RLSS.
14. Rob will be the Covid officer at the pool and Lynda is the overall Covid officer.
15. Each pool will have its own guidelines about their one-way systems etc.
16. **PLEASE NOTE:** if Seahorse School of Swimming are contacted by NHS Track and Trace and asked to provide contact details of people who have attended a specific pool or session, **Seahorse School of Swimming will pass on your name and email address to enable the NHS to contact you, unless you have notified Seahorse School of Swimming in writing that you do not want your email address passed to the NHS for this purpose.**

Sunday, 23 August 2020