



Covid 19 Swimming lesson procedures Bullet points

General

1. Face coverings to be worn at all times for spectators.
2. There will be limited spectating available.
3. Changing rooms available after the lesson only.

Booking

1. Must enroll via the Swim Team.
2. Pay in advance and over the phone to reduce queuing at reception. 0114 2883792

Arrival

1. All swimmers arrive Beach Ready – swimwear under clothes.
2. Only 1 adult per child (siblings can attend and stay with the parent at all times)
3. Access the building via the Main reception.
4. Arrive 10 minutes before the session start time
5. Check in at reception
6. Wait in the pool vending area.
7. No access to the changing rooms before the lesson
8. Proceed onto poolside via the deep end door 5 minutes before the lesson -swimmers remove outdoor shoes.
9. Parents can accompany the swimmer if required – parents wear blue overshoes provided.
10. All classes are colour coded. Proceed to an appropriately coloured changing/waiting area.
11. Parents to help the swimmer put on armbands/backboards if required.
12. Parents proceed to balcony to watch the lesson - Small pool via yellow poolside doors, Main pool through the deep end door.

During the session

1. 5 teaching stations = 3 x wide lanes in the Main pool and 2 x lanes in the Small pool.
2. Floats on lane ropes are 2 metres apart to ensure social distancing in the pool
3. Teacher places marker cones on poolside to ensure poolside social distancing.
4. Teacher wears a face visor if in the water or on poolside at the same time as the swimmers (no need if swimmers are in the water & teacher on the side more than 2m from swimmers).
5. Teacher remains in their own teaching station all session.
6. Teacher uses their own equipment all session.
7. There's a 5 minute gap between lessons for sanitizing areas and equipment and to avoid congestion in all areas.

After the session

1. Use the changing rooms to get dressed after the lesson.
2. No showers
3. Maintain social distancing.
4. Face coverings should be worn when leaving the building.
5. Leave the building via the main reception



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