**Information for Swimming Lessons**

The swimming lessons will look a little different than usual, along with how the pool will operate, but we have worked hard to ensure we can uphold social distancing rules and guidelines so that everyone can feel safe whilst attending

We have put together a set of guidelines for everyone who wishes to attend swimming lessons for all available activities.

**General rules**

* All lessons must be booked and paid for in advance.
* If possible, we ask that you pay by card over the phone. You will be able to do this from Saturday the 3rd October.
* Any adults or children over the age of 11 **MUST** wear a face covering at all times.
* There will be a maximum of five children per lesson/lane to try and maximise distancing between children during the lesson.
* These will be staggered so groups/lanes 1&3 will start at side/end of the pool and 2&4 will start opposite.
* All teachers in the water will be wearing a face shield and carrying a noodle to minimize contact. All swimming aids will be dipped in the pool between lessons to keep them clean.
* The changing room will be cleaned in-between each lesson.
* There will be a one-way system around poolside to increase distancing.
* We kindly ask parents to drop off and pick up any older children that are capable of changing and attending lessons by themselves
* Children should bring their own hat and goggles with them. They should practice putting their goggles on so that they are able to put them on themselves.
* We will no longer be able to lend any spare goggles or hats out.
* New hats and goggles will still be available for purchase at reception.
* To minimize face-to-face contact, if you are wanting to discuss a child’s progress with a lessons coordinator, please email us at info@lowerwickswimmingpool.co.uk

**How Lessons will run.**

**At the start of the lesson**

* We ask that children arrive no earlier than 5 minutes before their lesson.
* They should be beach ready (swimming costume on underneath a top layer).
* They will enter the building through a door on the side of the building into the party room, this will be signposted.
* In the party room, they will take their top layer off and hand it to their parent/guardian or put it into a bag and take it with them onto poolside.
* They will then make their way onto poolside where the floor will be marked and wait for their lesson to start.

**During the lesson**

* For the first couple of weeks there will be no spectating while we get the lessons running smoothly.
* We will be reviewing this as we go and we will attempt to find a safe solution for spectating.
* If your child requires assistance during the lessons, we will go out into the carpark and try and find you. If we can’t we will phone the number we have on our system for them.

**At the end of the lesson**

* The children will go straight into the main changing rooms. Parents can meet them there but will need to be wearing a face covering/shield.
* If there are other siblings, we ask if they are old enough that they do not enter the changing rooms.
* There will be no showers available due to the number of people.
* Changing is allowed but we do have very limited space and would prefer children to wrap up and change at home. Where changing is preferred, we will be following the 1m+ safe distancing, all parents/adults & children over the age of 11 **MUST** wear a face mask at all times in the changing rooms.
* Once your child’s lesson has finished, please meet them in the changing rooms but be aware of the 1m+ social distancing ruling and always wear a face mask

**If your child has any of the following symptoms please do not attend the session  :**

**A high temperature**

**A new, continuous cough**

**A loss or change to your sense of smell or taste**

If they have recently attended the swimming pool and test positive for COVID-19 please notify the pool as soon as possible.