

COVID-19 Swimming Lessons Protocol

This document aims to support Portarlington Leisure Centre in the delivery of instructor led Swimming sessions upon the return to Swimming following the period of closure due to COVID-19 and provides guidance on reducing the risk of COVID-19 transmission within the swimming pool environment.

At the forefront of this information is the customer journey with our swimming lessons for participants and Parents/Guardians to improve your confidence in returning to our Swimming Lessons Programme.

This guide will highlight the continued requirements for safe social distancing and enhanced hygiene regimes, along with guidance on how this will impact on the different experience the swimming lessons participants will have. The guide will include details on what to do before leaving home, on arrival at the pool, checking in your child into their level and details of having completed the Covid-19 questionnaire, having your child beach ready before entering the facility, entering the water, group layouts ensuring social distance is being adhered to, exiting the pool, post swim policy, changing facilities and exiting the building following our one way system.

Other sections will provide guidance and practical advice relating to the control of COVID-19 in Portarlington Leisure Centre and during various activities.

As with all environments there is still a level of risk of COVID-19 transmission in aquatic settings that requires control measures to be implemented. Swimming lessons participants and parents/guardians are not permitted to congregate at the beginning or the end of the lesson. Participants should arrive 10 minutes before their lesson commences and queue in the designated area for their swimming lesson at the side door entrance of the building maintaining the 2 metre socially distance floor markers that are laid out.

We expect all our customers to adapt good respiratory hygiene, covering their nose and mouth when they cough or sneeze, regular sanitizing in stations provided in the centre, and keeping your two-metre distance from other customers. Further guidance on hygiene and social distancing is available from www.hse.ie/covid19

The following guidance relates to all our Public Swimming Lessons.

- **Annette Pierce** is our dedicated officer responsible for COVID-19 considerations making sure that all our information provided is up to date with central or local government recommendation. **Joshua Copeland and Robin Geraghty** are our deputy COVID-19 officers, their details are displayed on our public notice board.
- All our Swimming Teachers will be delivering their lessons from deck, teachers will adhere to government guidance on social distancing.
- Following government guidelines at present, we can only allow 50 people in the pool hall at any one time, following these guidelines we can only allow 1 adult per child to supervise the participants in Level 2, Level 3, and Level 4 no other children are permitted in to the facility during the time of the lessons. Parents/guardians of the swimmers in L2, L3 and L4 must wear a face mask in the viewing gallery and café dock, you must provide your own face mask, if you come without your face mask you will not gain access to the centre.
- The Parents/Guardians in Level 5 and level 6, Rookie Lifeguard, Lane Swimming and Survive and Save Lessons are asked to stay in their cars for the duration of their child's lessons and be at the designated collection point maintaining social distance (the main entrance door of the building) to pick up their child at the time the child's lesson ends. If the child arrives at the designated area for pick up and there is nobody there to get them, please have already advised the child to come straight back in and contact a member of staff that will be in the reception area.
- Participants are **NOT TO ATTEND** any lesson if any cold or flu symptoms are being experienced, if any of the COVID-19 symptoms are present, or if you have been in contact with someone who has been diagnosed with COVID-19 in the past 14 days. If an individual is experiencing symptoms, then the HSE protocols need to be followed.
- All our swimming lessons equipment will be sanitised before and after each activity.
- We will not have Little Swimmers or Level 1 lessons run for the remainder of this course due to not having an instructor in the water. There will be a credit note sorted out for the remainder of the lessons in due course.
- There will be no pre swim showers available before your lesson.

- In our current lessons, we are reducing our lessons group to 50% capacity from our previous courses, and to a 30-minute lesson for each group. Rookie Lifeguard, Lane Lessons and Survive and Save are now 45-minute lessons per group.
- During all lesson time slots, all our participants will not be starting their lesson together like in previous courses. There will be a staggered 10-minute break before each level enters the water, which over the next few weeks will turn to 5 minutes. This is to allow for each swimmer to get changed 2 metres socially distanced from one another, this will be explained more later in this protocol.
- The following numbers for each level are what is acceptable to the two-metre social distance guidelines.
 - Level 2: 4 Participants
 - Level 3: 6 Participants
 - Level 4: 6 Participants
 - Level 5: 6 Participants
 - Level 6: 6 Participants
- For our Lane Lessons, Rookie and Survive and Save Classes we have five swimmers per Lane, or 10 swimmers per double lane with our swimmers adhering to the two metre social distancing guidelines.
- There will be no use of the vanity area or hair dryers for the foreseeable future.
- No vending machine are available.

What you can do at home before arriving at the centre:

- Come down beach ready, have your togs, hat, goggles on you before arriving at the centre.
- Bring your water bottle with you full. (no water fountains available)
- No carpool or lift sharing for those from different households travelling to the centre for their lessons.
- Go to the toilet before leaving home for your lesson.
- Shower before you leave home.

All Swimming Lessons Screening Questionnaires must be pre completed and sent into the centre by email to swimming lessons@portarlingtonleisurecentre.ie 24 hours before your lesson **on each day**. If you do not have your screening questionnaire completed and sent back before your lesson you **WILL NOT BE PERMITTED TO ATTEND THE SESSION** and will not be credited this lesson.

On arrival at the centre:

- Arrive only 15 minutes before your lessons begins and queue on the socially distance markers provided at the side door of the building.
- One parent/guardian can queue with their child at the front of the building and check them in to their lesson.
- Upon entering the centre, all swimmers and their parents/guardians should use the hand sanitiser provided. If you are allergic to hand sanitizers, please bring your own.
- There will be a designated area in the café dock for lessons check in.

Parents/Guardians can check them in and then the participant can queue in the designated area for their lesson before entering the viewing gallery to their designated changing area. Level 2 swimmers, their parents can accompany their children into the pool hall to the designated changing area in front of the learner pool to help them get changed, their parents can then exit the pool hall through the viewing gallery door to the café dock area and watch the lesson in the designated seating area in front of the glass in the café dock area adhering from social distance from other parents , Level 3 and Level 4 swimmers can have their parent/guardian accompy them into the viewing gallery/café dock for changing and then sit on the upper level seating available to watch the lesson adhering to social distance measures laid out.

- Level 5, and Level 6 swimmers, their parents/guardians are asked to check their child in to their lesson and to leave the building through the main front door following the one-way system to their cars. We advise parents to stay in the car park and if their child needs them throughout the lesson, the receptionist will contact them by phone.

- If a Level 5, or Level 6 swimmer has a medical condition that needs a parent to help them dress or to stay in the building for the duration of their lesson, please notify reception ASAP, and we can try to facilitate this.
- Once the swimmer is ready for the lesson and have their clothes packed away in their water-proof bag pack, their level which will be colour coordinated will be brought onto the pool deck and bags put in their designated bagging area.
- All contact area points in the changing zones will be sanitized before and after each level enters.
- Please arrive on time for your lesson, if you arrive late, you will be refused access to your lesson.

How each level will run:

Level 5 and Level 6: For the remainder of this course of lessons we will not be running level 5 and level 6 group lessons at the same time.

Either the level 5 or level 6 group will be the first to enter the viewing gallery for their lesson. They will get changed in their designated changing area. Once the 6 participants in the group are ready to take part in their lesson, their teacher will direct them on to pool deck with their water proof bag pack and put it in their colour coordinated area of a Green triangle at the changing village deep end side of the pool deck. They will continue into the water for their 30-minute lesson. Once their lesson is over they will pick up their bags in the designated area and will be directed into the changing village where there will be a designated locker to put their bag in and have a quick rinse down shower (No shampoo, conditioner, body shower gel allowed). They will then take their bags out of the locker provided and directed to the top of the middle aisle following a one-way system where their changing room door is stamped with a green triangle. Once they are changed, they will head out to the front area of the reception and exit the main door to the designated collection point where their parents/guardians should be waiting for them since the end of their 30-minute lesson. As earlier stated, please be at the door at the end of the lesson, so no child is waiting. If no adult is there to pick them up, please have already advised the child to come back in and tell a member of the reception staff.

Level 4: Level 4 participants will start their lesson 10 minutes after the Level 5/Level 6 group. They will get changed in their designated changing area with a parent/guardian who must wear their own face mask and blue shoe covers that will be provided on entry. Once the 6 participants in the group are ready to take part in their lesson, they will be directed on to pool deck by their swimming teacher with their water proof bag pack (black/white bin bag) and put it in their colour coordinated designated area of an Orange Star at their level. They will continue into the water for their 30-minute lesson. Their parents/guardians can watch their child's lessons by sitting on the upper level in the viewing gallery. Once their lesson is over they will be instructed into the changing village by their teacher where there will be a designated locker to put their bag in and have a quick rinse down shower (No shampoo, conditioner, body shower gel allowed). They will then take their bags out of the locker provided and directed to the top of the middle aisle following a one-way system where their changing room door is stamped with an orange star. Their parents/guardian will exit the pool deck at the deep end of the viewing gallery, where they will be directed into the changing village where they will meet their swimmers. Once they are changed, they will head out to the front area of the reception the reception area with their parents/guardians and exit the main front door.

Level 3: Level 3 participants will start their lesson 10 minutes after the Level 4 group. They will get changed in their designated changing area with a parent/guardian who must wear their own face mask and blue shoe covers that will be provided on entry. Once the 6 participants in the group are ready to take part in their lesson, they will be directed on to pool deck by their teacher with their water proof bag pack and put it in their colour coordinated designated bagging area of a blue circle at their level. They will continue into the water for their 30-minute lesson. Their parent/guardian can sit in the upper seating in the viewing gallery for the duration of the lesson socially distanced to other parents. Once their lesson is over, their parents/guardians will exit the viewing gallery from the deep end and walk around pool deck and meet their swimmers on the entry to the changing village. They will pick up their bags in the designated bagging area on pool deck and then be instructed into the changing village and will be directed to the shower area where they will leave their bags in the designated lockers and have a quick rinse down

shower (No shampoo, conditioner, body shower gel allowed). They will then take their bags out of the locker provided and directed to the last aisle of the changing room aisle following a one-way system where their changing room door is stamped with a blue circle. Once they are changed, they will head out to the front area of the reception with their parent/guardian and exit the main front door.

Level 2: Level 2 participants will start their lesson 10 minutes after the Level 3 group. They will get changed in their designated changing area in front of the learner pool with a parent/guardian who will be wearing their own face mask and blue shoes that will be provided on entry. Once the 4 participants in their group are ready to take part in their lesson, they will be brought on to pool deck with their water proof bag pack and put it in their colour coordinated area of a red square at their level. They will continue into the water for their 30-minute lesson. Their parents/guardians can exit the pool hall through the viewing gallery exit to the designated seating area in the coffee dock adhering to social distance measures from other parents and swimmers entering the centre. Once their lesson is over, their parents/guardians will put on their face mask and the blue shoe covers and enter the pool hall through the viewing gallery, pick up their child's bag from the bagging area and continue on to the pool deck and meet their child at the entry to the learner pool. They will then be directed into the changing village to the shower area where they will leave their bags in the designated lockers and have a quick rinse down shower (No shampoo, conditioner, body shower gel allowed). They will then take their bags out of the locker provided and directed to the last aisle of the changing room aisle following a one-way system where their changing room door is stamped with a blue circle. Once they are changed, they will head out to the front area of the reception with their parent/guardian and exit the main front door.

Lane Lessons:

On arrival at the centre for this session, you will be asked to queue outside the side entrance door maintaining social distance ten minutes before your lesson begins. There will be a receptionist checking your names, in the café dock. Level 7 swimmers will start their lesson 10 minutes before Level 8 Swimmers.

The swimmers will then queue in the designated area in the front café dock before entering the viewing gallery to get ready for the lesson. No parents are permitted in due to government guidelines of number restrictions, unless their child has a medical condition and needs help changing, if so the parent/guardian needs to contact reception ASAP. Once the swimmer is ready to take part in their lesson, they will bring their waterproof bag pack (black/white bin bag) onto pool deck and put in the designated bagging area on pool deck until after the session.

There will be 5 swimmers per lane or 10 per double lane, the swimmers will remain social distanced from other swimmers when getting instruction from their teacher.

Once the Level 7 group are in the water the Level 8 group will be brought into the changing area in the viewing gallery and the same procedure applies as for Level 7.

Once the 45 minute lesson is over, 5 swimmers closest to the changing village will exit the water and pick up their bag and enter the changing village where they will be instructed to place their bag in a locker provided in front of the showering area and have a quick rinse down (no shampoo, conditioner, body shower gel allowed) before following the one way system to their numbered cubicle. Once the first five swimmers have exited the shower area, then the next five swimmers can get their bags and have a quick rinse down, once they have cleared the shower area the level 8 swimmers will be staggered in two groups of 5 into the shower area.

Rookie and Survive and Save Lessons:

On arrival at the centre for this session, you will be asked to queue outside the side entrance door maintaining social distance ten minutes before your lesson begins. There will be a receptionist checking your names, in the café dock. Bronze swimmers will start their lesson 10 minutes before Silver and Gold Swimmers. Bronze swimmers will then queue in the designated area in the front café dock before entering the viewing gallery to get ready for the lesson. No parents are permitted in due to government guidelines of number restrictions, unless their child has a medical condition and needs help changing, if so the parent/guardian needs to contact reception ASAP.

Once the swimmer is ready to take part in their lesson, they will bring their waterproof bag pack (black/white bin bag) onto pool deck and put in the designated bagging area on pool deck until after the session.

There will be 5 swimmers per lane or 10 per double lane, the swimmers will remain social distanced from other swimmers when getting instruction from their teacher.

Once the Bronze group are in the water the Silver and Gold group will be brought into the changing area in the viewing gallery and the same procedure applies as for the Bronze Level. The same applies for Survive and Save Lessons.

Once the 45 minute lesson is over, 5 swimmers closest to the changing village will exit the water and pick up their bag and enter the changing village where they will be instructed to place their bag in a locker provided in front of the showering area and have a quick rinse down (no shampoo, conditioner, body shower gel allowed) before following the one way system to their numbered cubicle. Once the first five swimmers have exited the shower area, then the next five swimmers can get their bags and have a quick rinse down, once they have cleared the shower area the level 8 swimmers will be staggered in two groups of 5 into the shower area.

Parents/guardians are asked to stay in their cars in the car park until the lesson is over and then be ready to pick up the swimmers at the designated collection point at the main front entrance straight after their lesson maintaining social distancing.

Post Lessons:

- Participants and their parent/guardians are asked to leave the building and go straight to their cars. No car-pooling or lift sharing for those from different households (subject to future government advice).
- Everyone who leaves the building, should use the hand sanitiser provided.
- Parents/guardians should not congregate outside the pool for any reason.

We look forward to seeing you all in the coming week.

Port LC Team



Swimming Lessons COVID-19 Protocol

