

SWIMLINK - RETURN TO LESSONS

This document is aimed to inform parents/guardians of children attending Swimlink swimming lessons beginning 14th of September. It is requested that Parents and their children follow this guidance document to ensure best practice, health and safety and COVID compliance at all times. Sportslink management must comply at all times with government guidelines related to the ongoing COVID-19 Pandemic as well as guidance from leisure industry governing bodies such as Ireland Active, Swim Ireland and Irish Water Safety. The aim of this document is to ensure all swimmers and their families are aware of the new procedures within the centre to ensure maximum safety for all throughout the day to day running of swimming lessons. This document is compiled based on current government advice (10th September) however may be subject to change. If any changes are advised Sportslink Management will notify families of such at the earliest convenience.

Please read this document and explain the details within it as best you can to children enrolled in the Swimlink programme. Child friendly images and signage will also be available to assist the children's learning of the new changes.

1. Pre Swimming:

Before attending swimming lessons where possible ***check your child's temperature*** to ensure they do not have a high temperature (37.5 Degrees or greater). If they do have a high temperature do not attend swimming or any activity within the centre as they may be experiencing symptoms of an infection.

Before class starts ask your child are they feeling well? If they are not feeling well, they should not attend their swimming lesson.

If there is anyone within the household who is a confirmed COVID-19 Case and are still symptomatic children should not attend their lesson.

If your child is awaiting a COVID-19 test result they should not attend their swimming lesson.

If your child has a diagnosed health condition that may put them at increased risk of COVID-19 they should not attend swimming lesson without prior consultation with the Centre Manager (Daniel Fagan). An individual risk assessment will need to be completed prior to their safe return. This risk assessment will aim to identify if any additional control measures are required.

If your child has travelled to a country outside of Irelands Green listed countries within the previous 14 days, they should not attend their swimming lesson.

Ensure children wash hands or sanitize hands on arrival to the centre and prior to entering the pool. Hand gel stations are available all over the centre and on poolside.

Ensure all swimwear is worn on arrival to the Centre under loose clothing ie Pyjamas/Tracksuits. This will allow swimmers to enter with minimum time spent in changing areas. Please do not allow children arrive in swimwear only without over clothes as this may present an increased risk of infection for them especially as we enter the colder months.

Swimwear, Hats, Arm bands and Goggles should be cleaned at home prior to attending and Arm bands should be put on children prior to attending. Staff will at all times be trying to remain 2M from the children so they should not be in a position to apply arm bands, hats and goggles. Please spend time with your children, especially the younger children showing them how to put on their hats and goggles. We all know they come off from time to time and staff will always do their best to assist but it is best to teach children how to fix their swimwear themselves in most cases.

2. On arrival and Entry to the pool side

Please ensure minimum wait time prior to lesson. If lesson starts at 3pm, please do not arrive to the centre before 2:45pm. In most cases 5 mins before class start time will be plenty of time.

All swimmers should check in at reception and receive their **blue wrist band**. This band indicates that your child can attend their swimming lesson only.

Face masks are recommended while entering and exiting the premises and within changing areas.

Queuing two meters apart within the reception area is mandatory.

Temperature checking at the front desk on arrival is mandatory for all users.

Hand sanitising at reception on arrival is also mandatory.

Try to **minimise touching handles of doors and other surfaces** within the reception and changing areas.

Swimwear will be available for sale however we ask customers not to touch prior to purchasing or if touching is necessary ensure the hands are sanitised prior to doing so.

3. Changing procedure

On entry to the centre children are permitted to use the changing room village with individual changing units available. There is a one way system within the changing village with clear signage available.

Swimmers only are permitted on poolside.

A pre shower is mandatory. Please ensure all children pre shower prior to entering the water.

All users must adhere to social distancing while in the changing village, reception areas and outdoor changing areas.

Swimwear including hats and goggles must be appropriately fixed prior to entering poolside.

Once children are changed they should enter the pool area via the entry showering area and keep left and walk around the 25M pool in the one direction as sign posted. This will allow for children to sit prior to their class starting. To avoid sitting for long periods children should not enter the poolside until 5 minutes before their class start time. Following week 1 children will be assigned class pods and these class pods will have a designated sitting area on poolside where children can socially distance while waiting for their class to start. However the best control measure is for children to arrive on time for their class to avoid sitting if at all possible. Sitting areas will be sanitised after each use.

When children finish lessons they should follow the one way system around the 25M Pool and exit the poolside via the back exit doorway under the water slides. This will be clearly signed.

Children can have a brief post shower within the entry shower area. This should be a quick rinse only and no shampoo/body wash should be used. This is important to avoid congestion and close contact of other persons while using these showers. Please ensure children are aware of this new procedure. The larger communal shower area within the changing village will be closed.

Following completion of the classes all children will be required to change within the outdoor changing rooms located in the opposite end of the pool area. A detailed diagram will show this area and the one way system that will be in place during the swimming lessons. The rooms are not outdoors they are just used by outdoor sports groups on other days / times. Signage within these changing rooms will indicate the areas for each POD for example POD 1 will be on the left side while POD 2 on the right. These rooms will be designated as follows.

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|--|-----------------------|
| - Pod 1 & 2 – Girls Only | Ground Floor |
| - Pod 1&2 – Boys Only | Ground Floor |
| - Pod 3&4 – Girls Only | Ground Floor |
| - Pod 3&4 – Boys Only | Ground Floor |
| - Parent and Child (Male Adults) with children aged 7 and under. | Ground Floor |
| - Parent and Child (Female Adults) with children aged 7 and under. | 1 st Floor |

We do encourage swimmers to change as quickly as possible pre and post swims. Parents should only assist younger children with changing and they will not be permitted within the boys and girls only changing rooms. If parents wish

to assist younger children a parent and child changing room is available on the ground floor for Dads/Male Guardians and Mams/Female Guardians on the 1st floor. One parent and child room will be for Male parents/guardians and two will be Female parents/guardians. These rooms will only allow children of 7 years or younger.

The changing room village will not be available for exit changing post swim with the exception of children that require disability changing rooms.

WEEK 1 AND WEEK 2 (14th – 27th Sep) – There will be no access to the pool for participants before or after their swim on the days they are attending their lessons. Our priority over these 2 weeks is to get children back to lessons as smoothly as possible. We will assess the capacity and demand for swimming following the first 2 weeks. Children under no circumstance can access the leisure pool or 25M Pool or slides before or during class times for weeks 1 and 2. We understand this is a big change to the norm. However we must ensure no more than 50 persons are allowed within the pool area and if children access these areas they will be asked to leave by lifeguarding staff. Our primary goal is to ensure children have minimum amount of contact with other persons while attending their lessons. Secondly we must ensure no more than 50 persons are present on the poolside at all times to adhere to government restrictions on indoor gatherings.

Parents are welcome to swim during class times however they must purchase a swim at reception on entry and receive their own wrist band for a designated time. The leisure swims and lane swims will be limited during lesson times however there will still be some availability.

Parents/Guardians must drop children off at the entry shower area and follow the one way system within the changing room village to exit and then can watch the lessons from the café/bar area on 1st floor.

Parents/Guardians should collect children at the corridor outside the pool area near outdoor changing rooms. Parents are not permitted on poolside during class times or during collection and or drop off times.

Younger age groups will be walked down to the outdoor changing areas following classes by their teacher or designated Sportslink staff member.

It is essential that parents/guardians are waiting in the collection area prior to the children's class finish time so that children can leave the poolside on time. This will help us ensure the next class starts on time.

For parents hoping to use the parent and child changing rooms. These will be shared rooms so it is very important that social distancing is adhered to at all times and no more than 4 parents and children should be using each room at the same time. Parents should dry the children in particularly their legs and feet prior to going upstairs to the parent and child changing rooms so the stairway remains dry. Face masks should be worn by all parents within these changing rooms and corridors.

Exit should be via the Squash courts and old reception area. This will be clearly signposted.

Staff will be on hand to guide swimmers and their parents/guardians through the new changing procedures.

Other additional information:

- Hair dryers will not be available as they may increase the risk of spreading COVID-19. Parents are advised to bring towels, hats/hoods to help dry hair prior to exiting the building.
- The swim term will run for a total of 14 weeks up to the week beginning 14th of December.
- Week 1 will be an assessment for all swimmers. There may be a requirement to change children based on the results of this assessment on week one. We don't expect all swimmers to be at the same levels as before. It has been some time since we have seen them swim so we must be careful not to put them into classes that are too hard and equally too easy.
- We aim to have no swapping or changing of classes from week 2 of term.
- Each class will have 2 PODs of up to 6 swimmers each. The aim is for children to be assigned a pod toward the end of week one so that they can stay within this grouping for the duration of the term.
- Each POD should have a group of children with similar ability to ensure maximum progression. However a teacher may have 2 pods with different levels in each ie 6 Seal Swimmers and 6 Dolphin swimmers. The

teacher may teach slightly different drills/techniques to each POD however the same class formal/plan will be thought.

- There will be no swapping of classes for children within the term.
- As the swim school is now at almost 100% capacity please ensure you re-enrol once credits have lapsed. The spaces will be lost automatically once swimmers last credit is used. To avoid losing places please keep credits on your child's accounts.

Conclusion:

From all the staff at Sportslink we would like to wish all the swimmers the very best on their return. It will be a pleasure to see them all and teach them all again. We understand the challenges facing everyone during this period of uncertainty and we will try our utmost to ensure maximum health and safety while still providing the highest standard of teaching to the swimmers. We trust everyone will do their part for the good of the swimmers.

A detailed floor plan with the new one way system can be seen below