



E&T Covid-19

Swim Schools Readiness - Guidelines



Introduction

Swimming South Africa has been the no one sports federation in South Africa since re-admission. This in terms of podium performances on the continental and international stage. Our success lies in our continuum of development processes, which really starts at our Learn to swim environment. This strategy is premise on programmes like the ocean splash, teaching swimming in rivers and dams called the rural splash, splash polo and the swimming pool learn to swim. These activities all supported by swim schools which is our foundation phase in many respects. Highly qualified instructors who are loyal and dedicated to the task of contributing to our overall objective of “**every child a swimmer**” and reducing the high level of drownings in South Africa.

We recognised that every swim school contributes to producing a Cameron van der Burg, Chad le Clos, Ryk Neethling, Penny Heynes and all other Olympic champions. Swimming South Africa has embarked on a major drive to support and integrate swim school in the development continuum activities of the federation. Promoting the activities of swim schools across the country in the education system is our number one drive; this is to have swimming as a life skill incorporated into the curriculum of our country. This will most certainly address our alarming stats on drownings. SSA has a contributed to FINA’s **Swim for Live, Swim for all** programme and educating our swim school community in this regard is fundamental to the success of building a federation like ours.

Swimming South Africa applaud all swim instructors for a sterling job done in contributing to our federation producing championship success year after year.

A handwritten signature in black ink, appearing to read "A Fritz".

Alan Fritz
SSA President

According to the scientific literature, there is no increased risk of contracting COVID-19 from swimming in chlorinated pools. The US based Centre for Disease Control and Prevention (CDC) suggests that there is no evidence that COVID-19 can be spread in water but it is still crucial for everyone to protect themselves and others all the time. Good hygiene and social distancing are the two most important elements.

Swimming South Africa has put together this document to guide and support all the SSA members who run swim schools to be able to undertake their own risk assessment and to make informed decisions regarding how they are going back to teaching swimming. It is important that safety be prioritised as crucial decisions are made in terms of resuming lessons.

This document is a guide, it's not one size fits all, and it is the owner's prerogative to use what applies to them in an effective way.

There must be a specific risk assessment for each of the activities offered by the swim school and these can range from teaching babies and pre-schools, learn to swim lessons, adult lessons and disability.

If a swim school does not own the facility or swimming pool, it would be important for the owner to have direct communication with the pool owner. The pool might be a privately owned or owned by the municipality, in some instances it might be a pool in the premises of a school, which means the pool is owned by the school.

If the facility is, a municipality pool there is possibly a range of other aquatic activities taking place and, as such consultation with the pool superintendent is crucial.

There are also some swim schools that operate from swimming pools that belong to school and in such instances, the swim school owners will get guidance from the school, which will be guided by the Department of Basic Education. Consultation between the swim school owner and the school is very important.

Some schools operate from Virgin Actives across the country and they will have to get directive from VA.

It is thus very important that all the above parties discuss the completion of the risk assessment requirements to ensure that all the parties are aware of their roles and responsibilities.

It is very important that swimming school owners acknowledge that they are different from other swim schools in terms of the following:

- They operate from different facilities
- Ownership of the pool
- The size of the facility
- The number of swimmers
- How lessons are conducted
- Staff composition
- The structure of the facility etc.

Whatever risk assessment requirements are undertaken there will be huge adjustments and most of them will cost money.

The following COVID-19 related restrictions apply to everyone:

- a. Any swimmer/parent/guardian that has travelled overseas must self-isolate for 14 days and not attend swimming;
- b. Any swimmer / parent / guardian that has been in contact with a confirmed case of COVID-19 must self-isolate for 14 days;
- c. If anyone says yes to the above then they must go for a test and provide a copy of their results as soon as they report for duty.
- d. Swimming instructors/teachers must not come back until there is proof of a full recovery from a health professional.
- e. Any swimmer / parent / guardian with symptoms or signs of COVID-19 (see below) MUST NOT attend a Swim School until full recovery has taken place;
- f. Social distancing must be observed at all costs.
- g. Everyone must be 1,5 meters apart.
- h. All staff members must be trained on any new policies and procedures to ensure safety for everyone.

Swim schools must be aware that not all swim schools will be ready to operate at the same time and it is the responsibility of the swim school owner to ensure that they are ready and have ticked all the boxes before they commence with lessons. It is also important to open in phases, which will allow you to evaluate the situation before being operational.

The situation might also be different a month or two later and this might be affected by what is happening in different municipalities, districts and provinces. Different countries are affected differently and as such, it is important that everyone working within SA keep abreast with guidelines from the South African Government.

Swimming South Africa has appointed a national safety officer, each provincial affiliate and active districts have appointed safety officers who have liaised with clubs and swim school officers. The communication hierarchy will ensure that members are updated on all government COVID-19 related matters, health departments and Swimming South Africa as the aquatics body in the country.

ROLES AND RESPONSIBILITIES OF SWIM SCHOOL OWNERS

- Swim school must have a COVID-19 officer responsible whose responsibility is to update and disseminate information timeously.
- The updating of policies, procedures, staff training and customers, update must be done ideally be in writing.
- The size of the pool is important, as it would help in determining the class sizes and the number of instructors in a pool at the same time - as it would be very important to comply with the social distancing requirements.
- Develop, implement, monitor and continually review your risk assessments.
- The HR policy must be reviewed (use a labour lawyer to provide guidance) especially staff taking sick leave due to COVID-19.
- Use various social media platforms to communicate with all the stakeholders and reassure them that all is on board in terms of the re-opening of the facilities. Also clearly communicate changes regarding the usage of the facilities.
- Visual communication is also important to remind all the users about rules and regulations in, out and around the facility.
- All staff must undergo COVID-19 training and all the operational changes must be communicated. This will start from when they report for work, when they go home at the end of the day and all the day-to-day operational procedures.
- As indicated above it is always better to provide the information in writing and possibly using the different languages. It is crucial that everyone is on the same page and support all the changes.
- Communication with parents is important - would they be bringing their kids back to swimming, how soon they are willing to do that after the facility has opened.
- Educate parents about changes, and what they need to do to maintain safety for everyone.
- Encourage all the parents to keep themselves updated regarding COVID-19 but also commit to updating them all the time.
- Parents that are not willing to abide by the rules and regulations will unfortunately not be allowed as they would be risking the health and safety of all the other people within the facility.

SOCIAL DISTANCING MEASURES

- Maintaining social distancing in the pool will be the most challenging aspect. To maintain 1,5m distances, calculate the square metres for your pool. Include swimming teachers, parents / guardians and swimmers in your calculation for lessons and swimmers. Currently everything is subject to the 1,5m rule.
- Consider reduced lesson sizes and lesson times or provide more pool space per class to enable greater social distancing during the lesson
- Consider staggering lesson start times to minimise the possibility of swimmers congregating in groups while transferring in and out of lessons.
- Teach from poolside or in the water with a 1,5m distance from swimmers (always risk assess)
- Place swimmers from the same household in the same lesson and always keep twins together.
- Bring parents / guardians into the water to work with their own children at the direction of the swimming teacher to assist non-swimmer / beginner swimmers over the age of 3 years old.
- Adult and child lesson can be delivered as a group provided you have enough water space to maintain social distancing.
- Reassign high risk swimming teachers (i.e. pre-existing medical condition) to teach out of the water or perform other duties.
- No high fives, handshakes or contact - instead give swimmers a thumbs up and air high fives use verbal positive praise to encourage and motivate the swimmers.
- Communication in the form of diagrams can also be useful.
- Baby and pre-school swimming teachers use demonstration dolls instead of a baby or pre-schooler in the lesson.
- Assign a swimming teacher to a section of the pool for the entire shift, thus minimising movement of groups around the facility.

TAKE NOTE:

- It is important to start all over again with water safety education.
- All swimmers must be reassessed.
- Discipline and respect must be instilled and this will make some of the changes easier to undertake.

In conclusion, while waiting for the South African Government in conjunction with the Department of Sports, Arts, Culture and Recreation to provide guidance on when exactly can the swim schools resume their responsibility of saving lives it is very important that each one of us respect the following:

- Stay tuned with all government updates.
- Consult and communicate with all your clients
- Appoint a COVID-19 Officer for their facilities.
- Conduct risk assessment for your facility.
- Plan how you going to promote social distancing.
- Plan how you going to disinfect first the entire facility and the common physical areas used during swimming lesson programmes.
- The operational plan of the facility must be reviewed.
- Consider policy change that would encourage coming to the pool a few minutes before the scheduled lesson.
- Encourage coming to the pool ready to swim and showering before and after at home.
- Plan for the usage and how you going to disinfect teaching equipment and toys.
- There must be processes and procedures to monitor the cleaning and disinfecting of the facility.
- How are you going to protect your staff - consider possible options?
- How are you going to screen everyone that comes to the facility?
- Consider the teacher - swimmer ratio to determine what is safe and practical in line with social distancing measures.
- Assess the need for additional resources that may be needed to manage the entry and exit points.
- Review the HR policy paying particular attention to sick leave.
- Modify the Emergency Action Plan (EAP) and Personal Protective Equipment (PPE) and how these changes affect swimming teachers.
- Train, develop and empower the entire swimming and supporting staff.
- Review, revise and update how business is conducted all the time.



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Swimming Facilities



PHYSICAL FACILITIES

- The swimming facility not only includes the pool area it includes building, change rooms, café area, reception, access corridors and waiting areas.
- Swim schools are different and besides the size of the swim school, the facility and staff compliment.
- The swimming facility might be hired or owned by the swim school, and it can even be a municipality pool.
- Whoever owns the pool has the duty of care to ensure the safety of employees, customers and swimmers at all times.
- The emergency and operational plan must be reviewed and updated and ensure that social distancing would still be maintained.

TAKE NOTE:

- The entry and exit to the facility ideally must be at different points and if there are, they all need to be managed.
- The size of the swimming pool, the pool side does it allow distancing, changing rooms do they allow for social distancing.
- Will the above increase the risks of infections and what changes can be implemented to reduce the risk of infections.

- Are there congestions and high contact points e.g. the gate, door handles what alternative measures can be put in place to reduce the risks.
- What is the total number of swimmers - size per class, how many teachers and how many lessons can run concurrently?
- The HR policy needs to be reviewed especially sick leave in relation to COVID-19.
- What is the staff compliment and how many staff members are needed per shift - that includes the maintenance staff, drivers and admin support.
- Employee's records must be revisited to verify the status of all and make necessary adjustments.
- Vulnerable employees are those above the age of 60, people with underlying/ chronic health conditions and pregnant women.
- If there are vulnerable people within the facility - a risk assessment must be undertaken in relation to the type of work they do in the workplace.
- The owner must acknowledge that anyone's medical condition is confidential while seeking for medical advice.
- Can the staff compliment be reduced per session to enable social distancing - maybe have shifts?
- The evacuation and emergency plans must be reviewed with social distancing being a priority.
- Government has made provision for testing areas and always know particulars of the nearest place.
- Have all COVID-19 emergency numbers been displayed especially the one nearer to your facility.

CLEANING AND DISINFECTING THE POOL FACILITY

- There will certainly be financial implications to ensure that the facility holds up the highest hygiene and safety standards.
- Everything must be consistent with government guidelines.
- Does the facility have access to sufficient and appropriate cleaning suppliers and disinfections.
- There must be a cleaning schedule with highlights of areas that need to be cleaned regularly.
- Have all the cleaning staff members been trained and empowered in terms of how best and how effectively they can do their jobs.
- Have parents and swimmers been brought up to speed with the cleaning procedures and what they are expected to do when they return.

IS THE FACILITY READY FOR A COVID-19 CASE?

- If the facility had to have a COVID-19 case would the employees know what to do - have they been trained?
- Has staff been trained about cleaning and disinfecting the facility if anyone within the facility had to test positive.
- Everyone must be made aware to stay home if they are not feeling well that includes illnesses that might be considered minor.
- Does the facility have a policy on how to make up lessons?
- Are contact details of all parents, swimmers and staff up to date?
- Are emergency contact details clearly displayed?
- Will it be easy to know which clients and staff were within close proximity with the infected person?
- Do all the measures that have been put in place minimize the risk?
- Are employees and parents comfortable with the changes that are in place?
- Are parents and staff convinced that the best measures have been put in place to minimize the risk of infections?
- Do COVID-19 changes introduced pose a threat in terms of increasing risks and if that is a possibility then control measures must be put in place.
- There must be a plan to review if the control measures in place are effective and how to respond if risks occur due to changes that were meant to minimize risks.

RECEPTION AREA

- Everything we touch with our hands must be sanitised.
- There must be provision for hand sanitiser throughout a facility.
- 1,5m social distancing should be clearly placed in the floor by the front desk.
- A clear sign at the end of the line must communicate that if all floor markers are occupied parents / guardian and swimmers must please wait outside until there is a marker spot available.
- The marker directly on the floor in front of the front desk should be placed 1,5m back.
- Consider installing a protective shield between customers and swim school staff. A table and chairs can be utilised to create a physical barrier to create the 1.5m social distancing.
- If there are chairs in this area, the number could be reduced. Marking where chairs go by can be done using tape on the floor to show 1,5m.
- Alternatively, signage can be used where the chairs are immovable and tape can be used on the chairs to mark social distancing.
- The reception areas must not have any shared items that includes paper, tissue boxes, flyers, magazines. All members must be advised to bring their own personal items.

- There should not be any other freestanding items e.g. if there are any swings they must be put away otherwise children will be tempted to touch them.
- If the swim school is, using wipes to sanitise then provide a rubbish or recycling bin.
- Dispose all lost and found items and do not shake any towels or clothing items as this could put the virus in the air.

ENTERRING AND EXITING THE POOL FACILITY

- It is important that swim schools ascertain the number of people that will be entering and exiting the pool at a time and these needs to be carefully considered especially if the entering and exiting is from the same point.
- There must always be social distancing during the entering and exiting of the facility.

TAKE NOTE:

- The message being sent across must be consistent with the swim school policy and procedures and make it clear that the requirements apply to everyone entering the facility.
- Signage must be visible, appropriate and clear to everyone.
- Signage with instructions at the parking area for parents / guardians must be visible and if there is, a separate entry and exit signage must be present at both spots.
- Signage on proper hand washing technique is a must near all toilet facilities and hand washing basins.
- Different languages can be used to get the message across.
- Entry touch points must be minimised as much as possible and that includes how often and how are the common touch points cleaned.
- A touchless hand sanitiser dispenser must be available at both the entry and exit points.
- Ideally, entry and exit should be at separate doors and if possible exit close to the change room.
- Minimise the number of people walking through the pool facility e.g. one parent per swimmer.
- Usage of safe markings or pointers to direct traffic particularly for the entry and exit to ensure one-way traffic.
- Have arrows showing safe distance in between people and how to get to the pool if there are changes to the usual patterns.
- Parents and swimmers must arrive closer to the starting times for their lessons to minimise the number of people within the facility.
- Parents and swimmers can wait in their cars until just before their scheduled lesson.
- Everyone must be encouraged to leave the swimming area immediately after lesson.
- Swimmers must arrive ready in their swimsuits.
- If any temperature checks are conducted, they must be well administered and that person must undergo training and they must comply with all regulations.

POOL SIDE

- To ensure social distancing, parents may not be permitted onto poolside during lessons.
- Social distancing must be maintained in the observation area throughout the changeover of lessons and during swimming lessons.
- Swim schools must ensure that they have a set procedure during changeovers to ensure social distancing is maintained.
- If the pool is a municipality pool, the lifesaver on duty should also maintain social distancing that includes the teacher and the spectators.

TAKE NOTE:

- The principle of one parent per child must apply.
- No parent may be on the poolside during swimming lessons.
- Swimming siblings that are not in the same lesson may not be at the poolside and at the facility.
- Staggering the lesson time would help to reduce the amount of people on poolside during a changeover.
- Allocate designated areas on poolside for specific lessons.
- Markers must be used to eliminate cluster gatherings on poolside and maintain social distancing.
- There must always be hand gel or hand washing facilities for entry and exit of the observation area.
- Parents or guardians should cover their face with a facemask.

CHANGE ROOMS

- This will differ from one swim school to the other.
- Some swim schools might need to make drastic changes.
- The type and size of changing room/s will affect the procedures that will be put in place.
- Cubicles ideally create a barrier although they have a high contact risk at the doors, door handles; benches / chairs are often touched.
- Group or open space depending on size have less high contact points, the size will also reduce the amount of people who can change at the same time whilst maintaining social distancing.
- Swim schools may have to stagger lesson timing, reduce lesson sizes, limit the number of parents / guardians bringing and picking up a swimmer, in order to maintain the social distancing safety rules within the changing rooms.

TAKE NOTE:

- The changing rooms must have one exit via a different door to reduce traffic flow.
- The number of swimmers and parent in the changing rooms must be limited.
- There must be a designated person in the changing rooms to consistently clean the area and touch points.
- For more than one lesson stagger the lesson times which will help reduce the amount of people in the changing rooms at the same time.
- There must be cleaning time in between lessons.
- There must be hand gel or hand washing facilities on entry and exit of the changing rooms.
- Swimmers must come to the facility ready with appropriate clothing on top of their swimwear.
- Assess if there is a need to for additional changing facilities and if there is an alternative additional room can be in the form of marquees, zozo huts etc.
- There must be someone regularly checking to ensure there are enough hand towels, toilet roll and soap.
- Encourage swimmers to shower at home to reduce the amount of time and traffic in the changing rooms.
- Provide body wash and soap within the showers.
- Disposal paper towels are better and there must be provision for rubbish bins that will be regularly emptied.
- Swimmers must be discouraged from using swimwear dryers, hairdryers and hand dryers.
- For baby-changing parents must be encouraged to bring their own if there is sufficient space baby mats can be an alternative but they must definitely go through regular cleaning.
- There must be changing time slots and if people are late then they must join the next slot to avoid congestion.

Customers must be educated and they should be witness to sanitation measures that are undertaken by the swim school. Sitting places where there are chairs and tables should be sanitised on a regular basis. After each family leaves sanitization of their tables and chairs must happen. The swim school must provide sanitising wipes and paper towels for those who want to wipe were they are sitting. There must be rubbish bins for used wipes and towels and remove waste frequently.

SAFETY STANDARDS FOR THE FACILITY

- There must always be a cleaning sign off sheet indicating the areas cleaned by who and at what time.
- The cleaning / disinfecting schedule should include the area to be cleaned, what product is to be used and how often must the cleaning happen e.g. every hour, every 2 - 3 hours or every day.

The disinfecting schedule must include, but is not limited to, the following:

- Hand gel or hand washing stations
- Toilets
- Handrails
- Lockers
- Changing rooms including furniture and surfaces within the changing rooms or cubicles
- Showers
- Door handles
- Reception area
- Poolside
- Pool equipment including lifesaving equipment
- Swimming teaching equipment
- Observation areas including any tables or chairs within this area
- Entry and exit barriers / gates.

TAKE NOTE:

- There must adequate personal for the cleaning of changing rooms, poolside and equipment during lessons.
- There must be appropriate cleaning equipment, chemicals and Personal Protective Equipment (PPE) for the cleaning staff.
- Train staff on the safe usage of cleaning chemicals.
- Toys used during lessons must be disinfected and dried after each lesson.
- Safely store and correctly label cleaning equipment.

POOL WATER TESTING

It is vital that a competent person maintains the pool plant room and the water is regularly tested to ensure chlorine and pH levels are within the normal pool limits.

TEACHING ENVIRONMENT

The presence of the swimmers, teachers, parents and other staff on its own increases the risk:

- a) Swimming teacher manually assisting swimmers to achieve a skill there will be face-to-face contact between the two.
- b) Swimming teachers working while displaying symptoms that could possibly be COVID-19 symptoms.
- c) Swimmers attending lessons while displaying symptoms that could possibly be COVID-19 virus.
- d) A-symptomatic swimmers and / or swimming teachers spreading the COVID-19 virus through close contact.



CUSTOMER SERVICE: A customer service officer could:

- The customer service person will serve as support of signage at entry points.
- Welcome everyone at the front door and open the door in an attempt to decrease touch points.
- Social distancing rules must be adhered to at all costs.
- If parents did not answer the online questions before their lessons and confirming that they are safe to enter and swim then those questions can be asked directly.
- Confirm and update contact details for all customers entering the building so that they can be contacted in case they need to be notified of a confirmed case.
- Accurate records at all times of who is in the building at what day and time must be kept.
- The hand sanitiser station by the front door for everyone who enters.

MOVEMENT TO THE POOL - CUSTOMER FLOW

- Apply the rule; one swimmer one parent / guardian.
- One parent / guardian can accompany a swimmer to their swim lesson - depending on the age group.
- Request that swimmers arrive dressed for lessons.
- Ask parents / guardians to arrive within five minutes of the scheduled class time.
- If they arrive early they must wait in a designated (inside or outside) area or in their cars depending on the layout of the facility and must always comply with the 1,5m social distancing rules.
- All seating areas should be adjusted to comply with social distancing guidelines.
- Once in the facility swimmers could sit in the lobby with their parent / guardian until called by name to enter the pool area.
- Customer Service staff could help by calling swimmers for their class, hold doors open and direct them to their classes.
- There should be one-way traffic on pool deck to avoid swimmers crossing each other's path.
- There can possibly be breaks between classes or stagger starting times.
- Parent / guardian at the end of the lesson should stand by the door to retrieve their child with the help of customer care.
- The floor marking should indicate where they should stand to ensure they are 1,5m apart.

- There cannot be any communication between swimming teacher and parent.
- Swim Schools should manage different communication channels with parents during this time there are several social media options.

TAKE NOTE:

- Remove all small toys, items that could be an attraction for children and possibly be touched.
- If there is a play area, it should be closed.
- There must be a cleaning schedule of this area until approved to open within the social distancing guidelines.
- There should not be any displays of sold items as this in its nature encourages multiple touch points.
- Rather consider an online store or only allow customer service staff to touch selling items.
- If you sell food, pre-packaged foods would be ideal or vendor machines are ideal.



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Pool Staff and Lessons



Specific risk assessments for each activity should be considered, but are not limited to the following:

MINIMISING RISKS DURING ACTIVITIES

- The size of the pool in relation to social distancing
- The number of swimmers per activity
- The number of instructors per activity
- Social distancing in between parents, teachers and swimmers
- Social distancing in the water between swimmers and instructors
- The poolside area does it allow social distancing?
- Between swimmers as they start with activities
- In between teachers, assistant staff, parents and swimmers
- In between life savers and poolside swimmers (public facility)
- The support of swimmers in the water
- Usage of pool equipment and between lessons as well
- With younger swimmers general hygiene

SWIM SCHOOL STAFF

- Each staff member must have his or her own working station, which must be cleaned and sanitised after every shift.
- 1,5m social distancing must always be maintained.
- Hand washing / sanitising regimen in this area between shifts is very important.
- Little time must be spend at hand washing points and minimise conversations with colleagues and customers.
- Reminders can be done in the following manner:
- Have physical barriers.
- All cash transactions must be eliminated and consider a soft ware update that will allow credit / debit card transactions.
- Instead of using paper rather use electronic devices that are much easier to sanitise than paper, sanitise after every use or provide an individual cover for each user.

PROTECTION FOR SWIMMING TEACHERS

There are various ways of ensuring that staff is protected. Choose what best would cater for the needs of your swim school, create a safe work environment and comfortable for the workers.

TAKE NOTE:

- It is every swim schools responsibility to minimise the spread of COVID-19 and ensure the health and safety of their staff members.
- Swimming teachers should be assigned to an area to work from in the pool to work and they will be expected to stay there for the duration of their lesson.
- Lesson plans should be adjusted to prevent face to face contact and comply with social distancing guidelines.
- Breath control skills should be performed with swimmers blowing to the side.
- Swimming teachers should maintain a side on teaching position, so they are not directly facing the swimmers.
- Swimmers can be taught to blow bubbles to one side.
- Swimming teacher to swimmer ratios should be modified to allow a certain number in the pool and this would be guided by a few things e.g. the size of the pool.
- Swimming teachers can be clustered and work in teams that work same shifts in case there is an infection it would be quicker to zoom into that group and take the necessary steps.

SWIMMING TEACHERS PPE

Swim schools should implement measures for PPE to employees and encourage customers to wear PPE to protect against COVID-19.

This includes but is not limited to:

- Facemasks
- Gloves
- Eye protection
- Screens
- CPR pocket mask / face shields / bag-valve-mask

Consider whether staff should wear facemasks based on the following:

- There is no requirement by the Government at this time for this industry to wear facemasks. While a facemask may provide the best form of protection for the teacher who needs to be in close proximity with a swimmer.
- They cover the mouth, nose and eyes, and these are the three areas of concern for infection.
- Facemasks should not be used if the face will be submerged in the water.
- Swimming teachers teaching from inside the pool with their faces above water should consider wearing a facemask.
- A facemask will greatly reduce / stop any droplets transferring from swimmer to swimming teacher.
- Note that facemasks may potentially lead to customers losing confidence or even scaring children, as they are an unusual sight.

Facemasks might hamper teaching in the following ways:

- Training will need to be conducted with staff on the usage thereof;
- Facemasks may be difficult to communicate through or conduct demonstrations for the swimmers;
- Consideration on cleaning and storage of facemasks;
- Work with your swimming teachers in choosing the most suitable facemasks.

GUIDANCE ON TEACHING STRATEGY

- Swimming lessons involve different age groups, teacher ratios and they all require different teaching strategies - from baby and pre-school lessons to learn to swim, adult and disabilities lessons in addition to activities such as mermaid lessons, junior lifeguard or artistic swimming within the swimming pool.
- Social distancing must be maintained in the water between swimmers and the swimming teacher.
- The size of the swimming pool will help to determine lesson sizes.
- The number of swimmers within the swimming pool is important in terms of maintaining social distancing.
- Swimming schools cannot use a blanket approach each lesson must be looked at and the pool it operates from.
- To maintain social distancing it may not be possible for swimming teachers to teach from within the water or assistants to be within the water.
- Swim schools will need to review the pool depth, swimmer ability, type of swimmer (adult, child or baby and pre-school) and make additional provision where necessary.
- Working in close contact increases the risk of a swimming teacher and swimmer being exposed to COVID-19.
- Some tasks would have to be adapted to avoid close contact between the swimmer and the teacher.
- If the task must be completed and the teachers will be in close contact, a risk assessment must be undertaken to determine what control measures would be practical to eliminate or minimise health and safety risks from COVID-19.

TAKE NOTE:

- Remove, where possible, all toys, kick boards and teaching equipment until safe to use again.
- If equipment is used, clean all toys (dive rings etc.) after each use. Equipment is to be cleaned in a sanitising solution following government-cleaning protocols.
- No sharing of equipment between swimmers - discontinue the loan of goggles and encourage everyone to bring their own equipment.
- Ask swimmers to bring their own equipment to the lesson. Swim schools could sell the equipment to the swimmers and ask that it be brought each week to each lesson.
- Parents can also be educated on the appropriate equipment to buy and bring.
- Equipment can also be allocated to teachers and be kept in a container that can be easily identifiable.

- Consider having two separate sets of equipment and using them in alternate lessons; then while one is being used, the other can be disinfected by an appointed member of staff.
- Swimmers cannot borrow each other swimming caps and goggles.
- Review the amount of games planned within a lesson; can the games be played whilst social distancing is maintained? Do the games require lots of equipment, which will be shared between swimmers?
- Consider nominating a Hygiene Officer for each shift who's role is to facilitate disinfection of equipment at the end of each lesson and assist teachers in certain situations when dealing with a child with a runny nose etc.
- Toilet facilities to be used on an urgent needs basis and cleaned thoroughly and regularly with limited usage dependent on size of facility.
- Consider the ability of swimmers to manage their own hygiene and self-care such as blowing their nose, putting their goggles on, putting a swimming hat on, to reduce the need for physical contact.
- Consider increasing the circulation of outdoor air as much as possible by opening windows and or doors. However, do not open windows and doors if doing so poses a safety risk to staff or swimmers.
- Ensure swimming teachers have access to hand gel on poolside so they can regularly use it.
- Provide wet wipes on poolside for swimmers to blow their nose or if they need to cough and a bin to dispose of the wipe.

LESSON PLANNING

- Owners must come up with creative class structures that would allow social distancing.
- Swim schools should categories their class levels into low, medium, and high exposure risk levels.
- Consider reducing the amount of lessons, which occur at the same time in order to maintain social distancing in the water.
- Modify lesson plans to reduce face to face teaching within 1,5m or consider if PPE could be required such as a face mask in these instances.
- Spaced proximity classes include swimmers who can complete skills and drills without requiring assistance from the swimming teacher in the water and the class area is in line with social distancing requirements.
- Moderate proximity classes include swimmers who can be unassisted from a water confidence point of view, but the swimming teacher needs to use teaching aids to manipulate the swimmer to help with the skill.
- Close proximity classes such as non-swimmer or beginner lessons, requiring teacher manipulation assisting them through the water, teaching aids can be used but it is important to consider when and how close proximity classes should be conducted (i.e. baby and pre-school swimming).

- For breathing activities, where possible, encourage swimmers to turn to the side that is away from others. Swimmers should not be blowing out towards other swimmers or standing and blowing bubbles in close proximity to other swimmers.
- Re-opening in stage is ideal and the start should be with advanced swimming lessons, as these would enable less intimate interaction.
- Less in-water physical contact between swimmers, since the swimmers already possess basic swimming skills and can learn from poolside based swimming teacher communication.

BABY LESSONS

Although parents support their babies, toddler or pre-schooler on a one to one basis, there must still be sufficient pool space in order for the pairs to socially distance from each other.

NOTE THE FOLLOWING:

- One baby with one parent accounts for 'one' person when considering social distancing measures.
- Changing mats will be provided within the changing rooms and they should be cleaned regularly.
- Reduce the lesson size to enable social distancing.
- To reduce air droplets, possibly the number of songs can be reduced and maybe the only the baby and pre-school teacher can sing.
- The lesson must be structured in such a way that activities and songs can be performed whilst social distancing is maintained.
- Entry and exit into the pool, can adults carry their children safely in and out of the pool or does the swimming teacher need to help hold the child, a mat may be placed on the poolside to reduce the physical contact?
- Adults should stop babies, toddlers and pre-schoolers putting the toys and equipment in their mouths at any point.
- Equipment used must be disinfected after use.

BEGINNER LESSONS

During the review process swim schools will have to consider swimmers ability to do the following:

- Can they stand in the pool?
- Can they safely hold on the poolside?
- Do they require manual support from within the water?
- Do they understand and are they able to maintain social distance?
- What provisions can be put in place to ensure they are paced 1,5 metres apart?
- Need lots of teaching aids and equipment within the lesson, or can the amount of equipment used be reduced?

TAKE NOTE:

- Reducing lesson sizes to ensure social distancing is crucial.
- Swimmers must not put toys and equipment in their mouths at any point.
- For swimmers who are unable to stand, buoyancy aids are ideal to provide more support if teaching from the poolside.
- Can possibly ask parent to be in the water with the swimmer for support and ensure social distancing.
- There above will increase traffic in the changing room.

ADVANCED CLASSES

- Improved and advanced swimmers may be older and understand how to stay apart from other swimmers.
- Using markers on poolside to ensure swimmers are separate will be useful.
- Swimmers must still need to be 1,5 metres apart and therefore; swim schools will need to ensure there is sufficient pool space for this, especially for lane swimming.

TAKE NOTE:

- Markers on the poolside such as floats / pull buoys or toys to indicate where each swimmer should be and swim back to.
- Swimmers in a lane should swim a length, climb out and walk to the starting point to maintain social distancing.
- Extend the lane width to ensure social distancing on the return swim.
- The above will limit the number of swimmers in a lane.
- Asking swimmers to bring their own equipment to the lesson e.g. float and pull buoy might be an alternative.
- For those swimmers that do not have the equipment that needs to be used - the swim schools could sell the equipment and ask that it be brought each week.



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