

## Get Back in the Swim with enjoyleisure swimming lessons!

We are delighted to inform you that swimming lessons will return from Monday 14<sup>th</sup> September! Over the past few months, **enjoyleisure** has been working closely with our Governing Body, Scottish Swimming in order to prepare a safe return to swimming lessons.

**Please ensure you read this guidance in full, as there are a number of changes that have been implemented to ensure we adhere to the Government guidelines.**

### Swimming Lesson Programme

Our swimming lessons will return in phases.

#### Lessons starting from Monday 14<sup>th</sup> September

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> <b>Preschool</b>     | <input checked="" type="checkbox"/> <b>Swimskills 3</b> |
| <input checked="" type="checkbox"/> <b>Swimskills 1a</b> | <input checked="" type="checkbox"/> <b>Swimskills 4</b> |
| <input checked="" type="checkbox"/> <b>Swimskills 1b</b> | <input checked="" type="checkbox"/> <b>Club Ready</b>   |
| <input checked="" type="checkbox"/> <b>Swimskills 2</b>  |   |

#### Unfortunately the following classes will not resume initially

- |                            |                      |
|----------------------------|----------------------|
| <b>Adult &amp; Baby</b>    | <b>Adult Lessons</b> |
| <b>Adult &amp; Toddler</b> | <b>1:1 Lessons</b>   |
| <b>Adult &amp; Child</b>   | <b>1:2 Lessons</b>   |
| <b>ASN Lessons</b>         |                      |

## Get in the Swim Memberships

### Classes returning from Monday 14<sup>th</sup> September

- Your memberships will be reinstated and your first monthly payment will be 1<sup>st</sup> October 2020

### Classes not returning in the initial phase

- Your membership will continue at £1 per month to cover admin costs
- Children will still be able to utilise their free swims

## Arriving for Lessons

- Please arrive on time for lessons, late admissions will not be permitted entry
- Follow the one-way signage within the building
- There will be hand sanitising stations made available throughout the building
- We ask that only one adult accompanies children to lessons
- Face coverings must be worn within the centre (apart from when in the class)
- We encourage children to arrive 'swim ready' with their costume on under their clothes

## Changing rooms, Showers and Toilets

- If your child is capable, we encourage them to change and organise themselves for lessons independently, to minimise the number of adults within the area
- There will be a cleaning station available inside the changing rooms
- There will be limited lockers available
- Showers will be available for a quick rinse before and after lessons
- Hairdryers are not available
- A member of staff will be cleaning changing rooms, poolside and hand rails frequently throughout lesson times
- Please note – changing rooms at Loch Centre are now unisex
- Ensure your child has their goggles on ready to swim

## Spectators

- There will be limited space for spectators during swimming lessons. Physical distancing must be maintained at all times and a face covering must be worn
- We ask that only one adult accompanies children to lessons
- During lessons, parents/ guardians are requested to stay within the Sports Centre vicinity (e.g. car park)
- Parents of younger children (preschool) should stay in the building to assist with any toilet needs if required
- The café area will be open for a limited number of spectators in some venues, but café facilities may not be available. Vending machines will be available

## How will lessons work?

- Lessons will be reduced to 25 minutes to allow the teacher to update their iPad and clean the equipment prior to the next lesson
- Teachers will be teaching from the side of the pool (not in the water) to meet guidance from Scottish Swimming
- Lesson start times will be staggered to avoid congestion in the changing areas
- Teachers will utilise other teaching methods to ensure the children continue to build confidence in the water
- Teachers will have their own bag of equipment, which will be cleaned after each lesson
- Children will be reassessed to their current swimming ability within their current level criteria
- Initial lessons will include a reintroduction to the pool through core aquatic skills and safety aspects

## Lesson Time reminder!

We have had to make some amendments to our lesson programme to meet the relevant guidance. Make sure you have read your email and checked your lesson time!



## FAQ's

### Can the virus be transmitted within the pool?

Pool water treatment will be maintained in line with the Pool Water Treatment Advisory Group (PEWTAG) Technical Note 46. Chlorine levels will be raised and made more efficient through pH control.

### How do I know my child's progress? I cannot watch them anymore?

If you have any queries regarding your child's progress, please contact the Swimming Co-ordinators at [swimming@enjoyleisure.com](mailto:swimming@enjoyleisure.com) We will be reassessing your child on their current ability once lessons return and develop their skills using that reassessment as a start point.

We are continuing to work on the Learn2 home portal for our customers.

## **Air Handling**

Assurance has been given by East Lothian Council that the pool hall air handling systems provide 100% of new fresh air into circulation

## **My child is more nervous about lessons since the teacher will not be in the water!**

We anticipate that some children may feel anxious about returning to the pool. We will be using appropriate learning aids to ensure their safety and will be basing our lessons initially on the core aquatic skills and rebuilding confidence. Please reassure your child at home 😊

## **What if there is a problem and I am not in the centre with my child?**

If your child becomes ill or upset we will need to contact you if you are out with the building. Please ensure your contact details are up to date by contacting [swimming@enjoyleisure.com](mailto:swimming@enjoyleisure.com) with any changes.

## **My child is unwell, what should I do?**

If your child is unwell, please do not bring them to their swimming lesson

If you are showing any symptoms of COVID-19 (temperature, a new persistent cough or loss of taste/smell) please do not enter the sports facility. People who are symptomatic should follow the NHS guidance.

If your child has diarrhoea, they should not swim for at least 2 weeks after it has completely cleared up.

## **Contact Us!**

- We are trying to ensure physical distancing and the safety of our customers and staff within our centres. If you have any queries regarding swimming lessons on your child, please contact the Swimming Co-ordinators on [swimming@enjoyleisure.com](mailto:swimming@enjoyleisure.com) and we will get back to you as soon as we can.



IF YOU ARE UNWELL  
OR SELF-ISOLATING  
**PLEASE STAY HOME**

