


Communities

Leisure
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Dear Member,

RE: Re-opening of Active Aquatics Service for all stages

Firstly, we would like to thank you for your continued patience and remaining with us through these difficult months. We are excited to be back and hope you are too. The safety and wellbeing of our members and staff are paramount and we want you to feel safe, comfortable and supported on your return. We have therefore introduced a carefully planned phased approach to the re-opening of our Leisure Centres.

While we're all dealing with the effects of COVID-19, we wanted to take this opportunity to update you on the measures that we are implementing to help keep both you as members and our staff safe during the use of our Leisure Centres. We are fully aware of the incredible value that the Leisure Centres and wider activities have on the health and wellbeing of our communities and safety is absolutely paramount.

Therefore, any plans for re-opening will continue to follow guidance from Central Government, Public Health England and Swim England.

COVID-19 SYMPTOMS

1. If your child(ren) or anyone in your household begin to show any of the following symptoms, please do not attend your swimming lesson.

- High temperature
- A new, continuous cough
- A loss or change to their sense of smell or taste

INFORMATION FOR PARENTS ON HOW WE WILL OPERATE SAFELY DURING COVID-19

The health and safety of both your children and our staff is paramount. In line with Government guidelines, we have put in place stringent measures to ensure your children can enjoy swimming lessons with us in a safe environment.

PERSONAL HYGIENE AND CLEANING

1. We will have a good supply of antibacterial hand sanitiser on arrival and in every Leisure Centre. Both children and staff will be asked to use hand sanitiser on entering and exiting the Centre.
2. There will be enhanced cleaning regimes in place across all Leisure Centres, particularly on poolside and in changing facilities. Changing rooms are cleaned at each turnover of use.
3. Lesson equipment will be regularly disinfected with a cleaning rota in place. Surfaces will be cleaned before and after use, and touchpoints regularly cleaned throughout the day
4. All staff will wear gloves and face masks when administering first aid, and additional gloves and face masks will be available to all staff should they be required.
5. In line with guidance from the Pool Water Treatment Advisory Group (PWTAG), we will be maintaining chlorine disinfectant levels which comply with regulations and is proven to disinfect pathogens, including viruses such as COVID-19.

SOCIAL DISTANCING

1. In line with social distancing requirements, we have reduced class numbers to ensure that it is not too busy.
2. We have introduced a one-way system and clear signage will be in place to indicate entry/exit to the pool.
3. Social distancing must be observed on poolside and throughout change-over of lessons.
4. We ask that children attend lessons **'Beach ready'** with their swimwear already on. After the lesson, we request that parents do not congregate in the changing rooms and that you exit as quickly as possible.
5. Please do not arrive to change more than 5 minutes before your/child's lesson
6. Younger Swimmers / Swimmers requiring adult assistance to change, please ensure the swimmer's kit goes straight into a bag and take the bag out of the changing room with you. No clothes are to be taken on to poolside or left in the changing rooms.
7. There will be markers in place in the changing rooms to assist with social distancing requirements. We ask that shower your child(ren) at home.
8. We will ensure that when parents arrive, we adhere to the government guidelines on social distancing, ensuring there is 2 metres between everyone.
9. Only one parent is permitted entry to the site to supervise in the changing rooms.

10. For our main pool lessons, teachers will teach from poolside.
11. In-water teachers will teach from a 'side on' stance so they are not directly facing the children. Alternatively, woggles will be used to maintain social distancing.
12. Lessons will be structured so activities can be completed whilst social distancing is maintained.
13. No public swimming access during our swimming lessons.
14. Active Aquatics will have the use of the whole pool which will be split into 3 wide lanes to allow for social distancing between classes and swimmers when in the water.
15. Showering with shampoo, conditioner or body wash will not be permitted.
- 16. Parents are not allowed to spectate swimming lessons. Once your child has been handed over to the Aquatics Team you must leave the building until the lesson has finished.**

Entry to Poolside

Once your child is changed and handed over to the Aquatics Team you make your way out of the building. All swimmers should shower on entry to poolside. Please understand that parents of swimmers are not allowed on poolside.

Exit from Poolside

At the end of the lesson classes will be sent back to the changing room in "waves". Swimmers should again try their hardest to maintain social distance. Please be aware that teaching may finish just a couple of minutes early to allow for safe, socially distant movement around the pool.

Swimmers should return to the changing room following the one-way system. Parents will be asked to wait inside the cubicle for their child to walk towards them. **You can not wait around the shower area.** Towel dry, put on their clothes/overhead towel/onesie and leave as quickly as possible. Please note that it will not be possible to shower after a lesson.

Swimming lessons

To comply with Government guidance, our numbers in the pool will be reduced. We are also staggering the start times of our lessons to minimise numbers in the changing rooms and maintain social distancing. Therefore we may ask you to change the time of your swimming lesson, however we will do our utmost to keep you on your usual day. Please check all correspondence carefully, especially the time of your lesson.

What will be different?

Disability Swimming Lessons – Remaining on hold

All swimming lessons require different teaching strategies especially disability lessons. Social distancing must be maintained by swimmers in the water and the swimming teacher. Due to the variations in swimmer's abilities, we are unable to apply one approach to all during these lessons.

We have been continuously reviewing all considerations and risk assessing every element of these lessons. As Aquatics Instructors are required to work in close contact and be within 2 metres of the swimmer for over 15 minutes, we will not be running disability swimming lessons during this next phase.

Working in close contact increases the risk of a swimming teacher and swimmer being exposed to COVID-19

Direct Debits for all our members booked onto disability lessons will remain on hold.

Please refer to the Government's latest guidance on 'Working Safely During COVID-19 for further information <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

Adult and Child

One baby with one parent / guardian accounts for 'one' person when considering social distancing measures. We will look at reducing the lesson size to enable social distancing.

To reduce air droplets we will lessen the number of songs with only the Aquatics Instructor and the child singing.

All lessons will be structured so activities and songs can be completed / performed whilst social distancing is maintained.

Aquatics Instructors will teach from the poolside at all times.

Parents/ Carers must be able to get their child in/out of the pool without assistance from staff.

Pre school

Toddler (Age 3+.) Lessons will be quite different. Teachers will now be teaching from poolside, however, your child's teacher may enter the water, on occasion, if necessary. To adhere to social distancing guidelines, it is no longer permitted for our teachers to manually handle or support your child during their lesson. If preferred, you may consider enrolling on our Adult and Child classes.

Pre Schoolers due to Start School. It is our intention to phase-in those swimmers transitioning from our Toddler classes/new swimmers of school age. We will contact you directly, via email, with information as to how we plan implement this approach.

After School/Weekend Classes:

For Stages 1-4. Lessons will be quite different. Teachers will now be teaching from the poolside, although some teachers may enter the water on occasion. In the past the teacher has provided support to the pupils as they learn new skills. Now, with social distancing, your child will need to wear arm discs to provide them with that support to both stay safe and to practise strokes and skills without physical help from their teacher. They will continue to learn and improve their swimming, just with a different means of support. Please ensure your child puts on arm discs for their first lesson. Your child's teacher will adjust the number of arm discs as required.

It may be necessary to make some syllabus changes to enable us to teach some of the skills required, without manual support. This will not adversely affect your child's recorded progress.

All arm discs and equipment will be cleaned between lessons and swimmers will be encouraged not to share equipment within their lesson.

Please note goggles can now be worn from Stage 3 upwards but your child must be able to place these on their eyes without assistance from our teachers

For Stages 5 -10: These lessons will continue to be taught from poolside, the lesson may have moved to a different part of the pool but the lesson will be very similar to lessons in the past.

Rookie Lifeguard

Due to the close contact and interaction between swimmers and instructor we have had to adapt these lessons. To ensure we are maintaining social distancing and following government and Swim England Guidance certain badge criteria will remain on hold. We will run only non-contact rescues and Personal survival

Adults

Adult Beginner classes: To accommodate social distancing guidelines, will now be taught from poolside, our teachers have your safety and progress as their focus and will use additional methods of support/ flotation devices to help you with confidence in the water.

Adult Intermediate / Advanced classes : These classes will continue to be taught from Poolside. To comply with social distancing guidelines, there will be a new protocol in place for lane swimming. The new protocol will be explained when you arrive for your lesson.

Viewing

Unfortunately, due to the layout at all our leisure centres, our viewing areas are not suitable to allow parents to spectate during this time.

Parents must return to their car or wait outside during the lesson.

We ask that you please make sure your contact details are correct at the doors

Please bear with us, we know these guidelines will feel very different, but rest assured that we will do all we can to ensure you feel well supported and you and your child have an enjoyable and productive experience with us.

Booking onto this service you will automatically be agreeing to all the conditions detailed in this letter.

If you no longer wish to carry on your membership with Active Aquatics please email active.aquatics@sefton.gov.uk with your child/children's full name and the leisure centre they previously attended. All memberships need to be cancelled via email, no cancellations will be taken over the phone, as we need written permission to cancel your payment.

Thank you for your continued support and stay safe.

The Active Aquatics Team

