



## ***TERMS & CONDITIONS OF BOOKING*** (Including New Covid-19 Guidelines)

### **BOOKING & REGISTRATION PROCEDURE:**

Bookings for new swimmers will be taken by telephone, email or through the Aqua Swimming on-line application form and payments will be processed by an on-line secure server which will be sent to new customers by an 'email payment link'. All customer details will also be kept on a secure database. Once a booking has been made, an email will be generated to confirm the place that has been booked. To accept the swimming course booked, payment must be made by following the payment link in the email that has been sent. Bookings are only confirmed once payment has been received by Aqua Swimming. Payment for all courses must be made in advance and paid for either by credit or debit card. Provisional places for swimming lessons will not be held under any circumstances. At the end of term, existing swimmers attending the 'Aqua' programme will be sent a 'prompt' email giving notice that they will soon receive a re-booking email allocating a place for the next term's swimming lessons. Once existing swimmers receive the 're-booking' email, payment must be made (using the secure on-line payment method) **within 10 days**. After the 10 day period has expired existing swimmers will be charged a £10 fee to re-join the Aqua Swimming programme. If existing swimmers miss the booking deadline it is advisable to telephone the 'Aqua' office to check on the availability. New swimmers can telephone to book at any time during the term (subject to availability) but if there are no spaces available on the current term's programme, they will be contacted as soon as a place becomes available. Priority re-booking is given to existing 'Aqua' swimmers, however places will be allocated to new swimmers once the 10 day re-booking period has expired.

The 'Aqua' programme allows for continuous skill progression throughout the various stages. In this respect 'Aqua Swimming' will endeavour to allocate the same location and time slot for the following term's swimming. Aqua Swimming also takes into consideration other sibling and family members' bookings. However, the same time slot or location or instructor is not guaranteed as each swimming stage cannot be offered at every time slot.

### **CANCELLATION POLICY**

#### **Swimming School**

Once a booking has been made where a child has not commenced the 'Aqua' programme and a minimum of 3 weeks' notice period has been given, lessons can be cancelled and the course fee refunded. However, this will be subject to a £20 administration fee per booking. Cancellations that are received within the 3 week period are non-refundable.

No refunds will be given once a booking has been accepted or should any lesson have to be cancelled for any reason outside the control of Aqua Swimming Ltd (this includes swimming pool malfunction etc) or if lessons are missed owing to holidays, sickness or other absences. If a swimming session is cancelled for any reason outside the control of Aqua Swimming (eg owing to mechanical breakdown etc) Aqua Swimming will endeavour to extend the term for the extra period. If it is not possible to extend the term, a 'make-up' session will be offered to take on another day/time or alternative venue within the Aqua Swimming programme. This 'make-up' session must be taken before the end of the current term.

#### **Aqua SC**

Members are required to join for the full membership year in accordance with the Club Constitution Rules, from 1st January through to 31st December. Any members joining part way through the year will be required to join until 31st December of that year but fees will be collected on a pro-rata monthly basis. Membership payments listed on the Aqua SC membership form should be made by BACS. Once membership has been confirmed by Aqua SC a monthly standing order must be arranged by the member (if over 18) or Parent/Legal Guardian (if member under 18) using the account details listed on the Aqua SC membership form. The membership fees are variable in accordance with the number of sessions that a swimmer

attends on a weekly basis. Termination of membership will be considered on an individual basis. Aqua SC requires a minimum of 2 months' notice of the termination date. In the event of a swimming pool malfunction or swimming pool closure out of the control of Aqua SC a credit will be made against the fees for the following membership year. It may be possible on some occasions to programme additional 'make-up' sessions or for swimmers to attend other club sessions throughout the week (subject to availability).

## **LESSON PROGRESSION AND FORMAT**

Aqua Swimming follows Swim England's Learn to Swim Pathway in line with British Swimming's plan for Long Term Athlete Development (LTAD) from the Foundation Stage (Pre-school) to Stage 10 (Competitive Swimming). Each stage throughout the 'Aqua' programme has different skills criteria that the swimmer has to accomplish three times in comfort before proceeding to the next stage. The lessons allow for continuous progression once a swimmer has passed each skill at their respective swimming stage. The 'Aqua' teaching staff will recommend which stage a swimmer should join for the following term or during the term. However, when places are allocated for a new term, Aqua Swimming cannot guarantee that swimmers will be able to join sessions at the same time, location or with the same instructors. Details of the 'Learn to Swim Pathway' can be found on the 'Aqua' website [www.aquaswimming.ltd.uk](http://www.aquaswimming.ltd.uk) following the 'Classes' link.

Swimming lessons are normally programmed on a half-hour basis during the school term time. Term lengths vary but are normally about 10 - 12 weeks in duration which includes a break of one week at half-term (as listed by Kent County Council). Aqua Swimming will endeavour to offer as many stages per half-hour time slot. However, owing to the pool space and availability this may not always be possible.

Swimmers will be issued with an 'Aqualog' which is a personal record of their swimming progress. In this respect swimmers can chart how they are performing in the 'Aqua' programme and see the next skills that need to be achieved. The 'Aqualog' is to be brought to a swimming lesson by each swimmer for updating when the different swimming skills have been obtained. The skills listed in the 'Aqualog' follow Swim England's 'Learn to Swim Pathway'. Aqua Swimming & Aqua Swimming Club is a Swim England nationally registered swim school and swimming club respectively. Assessments on the 'Aqua' programme will be carried out on a continuous basis but it must be noted by parents/carers that children progress at different rates and some swimmers can swim at the same level for an average of three terms. 'Aqua Swimming' teachers and coaches may recommend that a child moves into a higher group during the term once all the skills at that stage have been achieved. However, this is subject to a place being available at a suitable venue and time. ONLY swimmers who have achieved all the skills at a current stage three times in comfort will be able to progress to the next level in the Aqua Swimming programme.

## **STANDARDS OF BEHAVIOUR**

We aim to make all our swimming lessons an enjoyable and fun experience where swimmers are encouraged to learn new skills to develop them to their maximum potential. In this respect, the Aqua Swimming teaching team expect a high standard of listening and behaviour skills. Disruptive and/or dangerous behaviour will not be tolerated as this affects the learning/safety of the individual as well as affecting other pupils' learning/safety in the swimming lesson. If for any reason a swimmer is acting in a dangerous/disruptive manner or persistently ignores instructions then a warning is given to the swimmer. Once three warnings have been issued, the swimmer will be asked to sit on the side of the pool for a short 'cooling - off period'. Aqua Swimming must be made aware in writing of any learning or physical difficulties that may affect each swimmer's ability to learn, understand instruction or behave in an appropriate manner once they join the swimming programme. It may be necessary whenever it is practicable to discuss a 'discipline or learning strategy' with the parent/carer before commencing a course by contacting the Aqua Swimming office. If Instructors experience continued disruptive behaviour or poor listening skills Aqua Swimming reserve the right to exclude the swimmer from the programme for the remainder of the course.

## **SWIMMING EQUIPMENT**

Aqua Swimming Ltd will provide items of equipment to aid the learning process such as floats, noodles and aquatic toys etc. Swimmers are required to wear a swimming costume that will allow a swimmer to move freely in the water. Rash vests may be worn as these do help some swimmers retain body heat while swimming. Goggles may be worn in the swimming lesson programme – these must be appropriate swimming goggles and must only cover the eyes. Parents/carers to make sure that goggles are adjusted correctly for the swimmer wearing them before each swimming lesson takes place. A full snorkelling type mask covering the eyes and nose is not acceptable.

## **CLASS STRUCTURE**

'Aqua Swimming' promotes small class sizes and in so doing creates the best learning environment. The beginner groups have the smallest teacher/pupil ratios which increase marginally up to Improver 3 level. Teachers are normally present in the

water for the early learning groups. If a swimming teacher is absent for any reason Aqua Swimming will do its utmost to find a replacement, but there are times where unavoidable sickness or other circumstances occur at late notice. If a suitable teacher replacement is not found, Aqua Swimming reserves the right to merge two classes together. Aqua Swimming will provide all swimming equipment and follow safe working practices. In this respect a copy of Aqua Swimming's Child Protection Policy can be found on the Company website.

### **POOL FACILITIES AND CLOSURE**

Aqua Swimming hires various school facilities and therefore is not responsible for the maintenance or cleaning of the swimming pool facilities. On some occasions pools are not available to use owing to technical problems or for the school's own use at late notice. In this event, Aqua Swimming will make every effort to contact swimmers by email or depending on the length of notice, make telephone calls where possible. Parents/carers are asked to give their up-to-date email address and mobile telephone numbers at the time of booking for the purposes of contacting them to notify of any pool closure. If a pool is unavailable to use owing to technical problems, mechanical breakdown or closure by the school owing to bad weather etc, wherever possible, a 'make-up' session will be offered on an alternative date or venue to be taken before the end of the current term.

### **TEACHING STAFF**

All teachers and coaches are DBS (Disclosure & Barring Scheme) checked and have a nationally recognised swimming teaching and lifesaving qualification. Child Protection Policies are in line with Swim England's recommendations. Aqua Swimming has a policy of continuous professional development where courses are either offered externally or on an 'in-house' basis ensuring that the highest swimming teaching standards are maintained. Aqua Swimming is a Swim England registered swimming school and the Aqua Swimming Club a Swim England nationally affiliated swimming club. 'Aqua' staff are issued with a staff uniform for them to wear in or out of the water.

### **DRESS CODE**

All swimmers should wear goggles (see also 'Swimming Equipment' above) and close fitting trunks/costumes. The wearing of baggy shorts is inappropriate on the 'Aqua' programme and is not permitted as this causes unnecessary resistance in the water inhibiting the acquisition of the correct skills. In the interest of health and hygiene swimmers should wear the appropriate coloured Aqua Swimming cap relating to the correct level which is issued free of charge when a swimmer joins the programme (Pre-school, Beginner 1 & 2: Navy); (Intermediate 1 & 2: Red); (Improver 1: Green); (Improver 2: Royal); (Improver 3: Pale Blue). This keeps long hair out of the face helping to prevent swimmers becoming distracted in lessons. The different coloured Aqua Swimming hats determine the level the swimmer is participating in which assists in the positioning of each swimmer in the pool environment. A small charge (£3) is made for replacement swimming hats.

### **POOLSIDE SWIMMING CO-ORDINATOR**

Poolside Swimming Co-ordinators are in attendance at each swimming pool to ensure that the lesson programme standards are maintained and to liaise with instructors and parents when necessary. Poolside Co-ordinators may not always be available to liaise with parents on the poolside during the session time owing to their involvement on some occasions in swimming teaching. However, it may be possible to talk with Poolside Co-ordinators at the beginning or end of the booking period or if parent/carers need assistance during the swimming lesson programme.

### **PARENTS/CARERS**

Parents and carers are responsible for the safety and well-being of their children under the age of 16 before the start time and immediately after the end of their swimming lesson and must remain in attendance during each lesson in the event that they are required for any reason (e.g a swimmer becoming unwell during a session etc) Parents/carers must also ensure that siblings and/or their friends refrain from playing on any equipment not owned by Aqua Swimming and/or playing/ entering on/in other parts of the school grounds/buildings. Items of personal belongings should not be left in the changing rooms/cubicles as this prevents others from using the changing room areas. Aqua Swimming is not responsible for the loss or theft of any personal items left in the swimming pool facility or in the school grounds. If fathers/male carers are accompanying females under the age of 8 years, they are requested to use the male changing rooms. Parents/carers should ensure that their child/children are taken to the poolside in good time to start their lesson. At the end of the lesson parents/carers should collect their child/children from the poolside and return them to the changing area. Aqua Swimming is responsible for children once they come onto the poolside within the allocated lesson time.

Aqua Swimming teachers should not be distracted at any time during the course of the lesson or at the beginning/end of each lesson as this is a health and safety issue and also prevents teachers from commencing their next lesson. In this respect, queries should be directed to the Swimming Pool Co-ordinator in attendance at each swimming session but this may not always be convenient if they are engaged in teaching their own swimming lesson. Parents can liaise with the Poolside

Swimming Co-ordinator, who will be pleased to help with any queries. Parents/carers can contact the administration team at the Aqua Swimming office who will also be happy to deal with any questions.

### MEDICAL CONDITIONS

Parents/carers must notify Aqua Swimming in writing before the commencement of the course, about any known medical condition that will affect the safety of a swimmer booked onto the Aqua Swimming programme. Similarly, any new medical condition occurring once a swimmer has joined the Aqua Swimming programme must be notified in writing immediately to the Aqua Swimming office.

### FEEDBACK

Aqua Swimming welcomes feedback from parents/carers but it is not always possible to take this at the swimming pool venues. The Poolside Swimming Co-ordinator may be available at the beginning, during or end of the lessons to answer questions in relation to the progression or behaviour of a child. If it is not possible to speak with the Swimming Co-ordinator during the lesson programme then any query should be directed to the Aqua Swimming office by telephone or email. Parents/carers must refrain from talking with the teaching/coaching team at any time as this leads to the lessons being unnecessarily interrupted.

### SPECTATING

Spectating on the poolside is NOT always available at certain venues in accordance with their health & safety and insurance regulations. Where parents/carers are permitted onto the poolside or into a dedicated viewing area, noise levels must be kept to a minimum and young children kept under strict control. Excess noise levels and other activity distracts the swimming teachers making it difficult to gain the attention of each pupil and prevents the learning progress of a swimmer. Food and drink must not be brought onto the poolside at any time. Where a viewing area is available, parents/carers should not demand that seating is provided for their own use.

### PHOTOGRAPHY

Aqua Swimming may, from time to time, wish to publish photographs of swimmers either in the press, in the swimmers' newsletter or company website in accordance with ASA/Swim England guidelines. Swimmers may have the opportunity to receive a copy of these images which will not be used for any other purposes unless specific individual agreement has been received.

Parents/carers will be contacted in writing asking for permission to publish any photographic images in the press, newsletter or company website.

Photographic images will only be used by **Aqua Swimming**. If at any time you wish your child's/children's photo to be deleted from the photo library or if you are NOT willing to agree for your child's/children's photograph to be used for the above purposes then please contact **Aqua Swimming** in writing.

Photography of any description taken by parents/carers (still images or video) is not permitted with a hand-held device at any of the swimming pool venues.

### PARKING

Parking is not provided by Aqua Swimming. However, school facilities do provide free parking at the swimming pool venues which is subject to availability. Parents/carers must observe any parking regulations that are in force at each school facility. Aqua swimming cannot guarantee that car parking spaces are always available and from time to time alternative parking arrangements operate if the school is letting other facilities for a private function. Parents/carers are also asked to park in a courteous manner and show respect for other users of the school facilities.

## CHANGES TO SWIMMING LESSON GUIDANCE – COVID-19

### CHANGES TO SWIMMING LESSON GUIDANCE AT

#### THE NEW BEACON SCHOOL

Please find below our new procedures in connection with swimming lessons operating from September 2020.

Our team has been working hard to make sure that the swimming lesson programme complies with Government and Swim England Guidance. To comply with this, and social distancing, we have made some changes that will make your trip to the swimming lesson programme look and feel a little different. However, please be assured that in making these changes we have our employees' safety, your safety and your child's safety and their swimming progress as our focus.

**Below is our new procedure for swimming lessons:**

#### **Arriving for your lesson**

When arriving at The New Beacon School swimming pool, we politely request that you adhere to social distancing guidelines and step aside/wait if your entry or exit point is blocked/in use. A 'one-way' system will be in place at the entrance to the swimming pool.

**Swimmers must arrive at their lesson 'beach ready' in either a changing robe, 'onesie', or similar item, already changed in their swimming costume.**

Parents/Carers will deliver each swimmer to the Poolside Co-ordinator at the changing room entrance to the pool who in turn will direct each swimmer to a 2 metre apart distance at the side of the swimming pool. Swimmers must wait there until directed to a lane/area of the pool by one of the Aqua Swimming teaching team.

Only one adult should accompany a child (ren) to the swimming pool building.

Parents/Carers will not be allowed access to the poolside for spectating and must remain outside until the end of their swimmer's lesson. Swimmers can be collected by parents/carers from the double glass doors at the corner of the swimming pool.

Please note we also are unable to allow pushchairs into the swimming pool building.

Please do not arrive to change more than 5 minutes before your child's lesson.

In line with government advice, it is preferred that you wear a mask when attending the School especially around the swimming pool building and observe social distancing measures by keeping 2 metres apart.

#### **Changing/toilet provision**

To minimise the time each swimmer spends changing, please, bring your swimmer already changed for swimming ('beach ready').

Swimmers must bring a bag to put clothing items/personal possessions in. Once a swimmer has made their way to the poolside and been allocated their 2 metre safe distance, their kit bag can remain there until the end of the lesson period.

Please note that the changing rooms are not available; therefore please ensure swimmers do not bring any valuables to their swimming session.

Toilet facilities will be available but are restricted to one swimmer at a time. It is recommended that swimmers use toilet facilities before arriving at their swimming lesson.

There will be no showers available in the changing rooms.

Please bear with us; we are aiming to make the turnaround as speedy as possible.

### **Entry to Poolside**

Once a swimmer has entered through the changing room door they should make their way to the poolside under the direction of the Poolside Co-ordinator.

Swimmers will be allocated a socially distanced space (2 metres) apart on the side of the pool. They must wait at this point until they are called to their lesson by one of the Aqua Swimming teaching team.

Please understand that parents/carers of swimmers are not allowed on the poolside.

### **Exit from Poolside**

After a lesson has finished, each swimmer should return to their kit bag when directed to do so by a member of the Aqua Swimming team.

**Swimmers must leave the poolside as quickly as possible using the same 'beach ready' clothes that they arrived in (ie towelling robe, overhead towel, onesie). Please note that it will not be possible to shower after a lesson.**

Once a swimmer is ready, they must make their way to the double doors that are located at the corner of the swimming pool – these doors are for EXIT ONLY. Swimmers will be collected from the exit doors by the parent/carer.

### **Swimming lesson allocation**

To comply with Government Covid19 guidelines, our numbers in the pool will be reduced which will mean that we will allocate places based on the new swimming programme. Aqua Swimming will do its utmost to give places to siblings at the same session time but this cannot be guaranteed.

We are also staggering the start times of our lessons to minimise numbers on the poolside and maintain social distancing.

**Once parents/carers have received their lesson confirmation email, please check all details carefully, especially the time of your lesson.**

### **What will be different ?**

#### **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 occasions. In the past, some teachers have provided support to the pupils as they learn new skills; this will still be permitted but kept to a minimum. With social distancing, **your child will be provided with flotation equipment to give them the support they need** to 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.

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 items of swimming equipment will be cleaned between lessons and swimmers will be encouraged not to share equipment within their lesson.

Please note, goggles can be worn but your child must be able to place these on their eyes without assistance from our teachers.

For Stages 5 and 6: These lessons will continue to be taught from the 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.

For Stages 7 and above: These classes will continue to be taught from the 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 your child arrives for their lesson.

### **Aqualogs**

Our teaching team will continue to monitor each swimmer's progress using their own register. Once a skill has been passed by a swimmer their teacher will make a record of this. Swimmers who have already been issued with an Aqualog can still use it to chart their progress but owing to Government guidelines we are unable to issue stickers for each skill passed. Parents/carers are welcome to contact Aqua Swimming to check on the progress of a swimmer and which skills have been completed at each stage in the Aqua Swimming programme. New swimmers will be given an Aqualog by the Poolside Co-ordinator using social distancing measures.

### **At the end of a Lesson**

At the end of the lesson, swimmers will be sent to the side of the pool to collect their belongings and leave in their 'beach ready' clothes as quickly as possible. Swimmers should try their hardest to maintain a social distance.

### **Spectating**

This will be possible from outside the swimming pool building but parents/carers are respectfully asked to maintain social distancing when viewing through the glass doors at the side of the building.

Alternatively, parents can return to their car during the lesson. We encourage this but please make sure your contact details are correct so that we can contact a parent/carer during a lesson if necessary.

### **Symptoms**

We politely ask parents/carers to refrain from attending a swimming session if you or your child/ren are displaying any of the following symptoms – high temperature, a new persistent cough, loss of taste/smell, or have knowingly been in contact with someone displaying symptoms/confirmed case of Covid19.

### **Holiday 1 to 1 lessons**

We plan to be able to run 1 to 1 sessions during the holiday periods, so please watch out for details which will be sent to all swimmers by email and publicised on the Aqua Swimming website.

### **Lost Property**

Unfortunately we cannot hold on to lost items and therefore ask that before leaving the premises you have checked that swimmers have all their belongings with them.

**Please bear with us as we know these guidelines will feel very different from what you have experienced before, but please be assured that the Aqua Swimming team will do all they can to ensure you feel well supported and you and your child have an enjoyable learning experience with us.**

**Thank you for your continued support and stay safe.**

**The Aqua Swimming team**

## **CHANGES TO SWIMMING LESSON GUIDANCE – COVID-19**

### **CHANGES TO SWIMMING LESSON GUIDANCE AT**

#### **WALTHAMSTOW HALL SCHOOL**

Please find below our new procedures in connection with swimming lessons operating from September 2020.

Our team has been working hard to make sure that the swimming lesson programme complies with Government and Swim England Guidance. To comply with this, and social distancing, we have made some changes that will

make your trip to the swimming lesson programme look and feel a little different. However, please be assured that in making these changes we have our employees' safety, your safety and your child's safety and their swimming progress as our focus.

**Below is our new procedure for swimming lessons:**

### **Arriving for your lesson**

When arriving at the Walthamstow Hall School swimming pool, we politely request that you adhere to social distancing guidelines and step aside/wait if your entry or exit point is blocked/in use. A 'one-way' system will be in place at the entrance to the swimming pool. Please approach the swimming pool using the steps at the **car park end** of the swimming pool building.

**Swimmers must arrive at their lesson 'beach ready' in either a changing robe, 'onesie', or similar item, already changed in their swimming costume.**

Parents/Carers will deliver each swimmer to the Poolside Co-ordinator in the lobby area who in turn will direct each swimmer to one of the benches at the side of the swimming pool. Swimmers must wait on their bench until directed to a lane/area of the pool by one of the Aqua Swimming teaching team.

Only one adult should accompany a child (ren) to the swimming pool building.

Parents/Carers will not be allowed access to the poolside for spectating and must remain outside until the end of their swimmer's lesson. Swimmers can be collected by parents/carers from the same entrance that was used to drop-off swimmers at the beginning of their lesson.

Please note we are unable to allow pushchairs into the swimming pool building.

Please do not arrive to change more than 5 minutes before your child's lesson.

In line with government advice, it is preferred that you wear a mask when attending the School especially around the swimming pool building and observe social distancing measures by keeping 2 metres apart.

### **Changing/toilet provision**

To minimise the time each swimmer spends changing, please, bring your swimmer already changed for swimming ('beach ready').

Swimmers must bring a bag to put clothing items/personal possessions in. Once a swimmer has made their way to the poolside and been allocated their 2 metre safe distance, their kit bag can remain there until the end of the lesson period.

Please note that the changing rooms and lockers are not available; therefore please ensure swimmers do not bring any valuables to their swimming session.

Toilet facilities will be available but are restricted to one swimmer at a time. It is recommended that swimmers use toilet facilities before arriving at their swimming lesson.

There will be no showers available in the changing rooms.

Please bear with us; we are aiming to make the turnaround as speedy as possible.

### **Entry to Poolside**

All swimmers should make their way to the poolside under the direction of the Poolside Co-ordinator.

Swimmers will be allocated a socially distanced space (2 metres) apart on the side of the pool. They must wait at this point until they are called to their lesson by one of the Aqua Swimming teaching team.

Please understand that parents/carers of swimmers are not allowed on the poolside.

### **Exit from Poolside**

After a lesson has finished, swimmers should return to their kit bag when directed to do so by a member of the Aqua Swimming team.

**Swimmers must leave the poolside as quickly as possible using the same 'beach ready' clothes that they arrived in (ie towelling robe, overhead towel, onesie). Please note that it will not be possible to shower after a lesson.**

Swimmers must make their way to the front entrance where they must be collected by their parent/carer.

### **Swimming lesson allocation**

To comply with Government Covid19 guidelines, our numbers in the pool will be reduced which will mean that we will allocate places based on the new swimming programme. Aqua Swimming will do its utmost to allocate sessions to siblings at the same time but this cannot be guaranteed.

We are also staggering the start times of our lessons to minimise numbers on the poolside and maintain social distancing.

**Once parents/carers have received their lesson confirmation email, please check all details carefully, especially the time of your lesson.**

### **What will be different ?**

#### **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 occasions. In the past some teachers have provided support to the pupils as they learn new skills; this will still be permitted but kept to a minimum. With social distancing, **your child will be provided with flotation equipment to give them the support they need** 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.

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 items of swimming equipment will be cleaned between lessons and swimmers will be encouraged not to share equipment within their lesson.

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

For Stages 5 and 6 : These lessons will continue to be taught from the 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.

For Stages 7 and above: These classes will continue to be taught from the 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 your child arrives for their lesson.

### **Aqualogs**

Our teaching team will continue to monitor each swimmer's progress using their own register. Once a skill has been passed by a swimmer their teacher will make a record of this. Swimmers who have already been issued with an Aqualog can still use it to chart their progress but owing to Government guidelines we are unable to issue stickers for each skill passed. Parents/carers are welcome to contact Aqua Swimming to check on the progress of a swimmer and which skills have been completed at each stage in the Aqua Swimming programme. New swimmers will be given an Aqualog by the Poolside Co-ordinator using social distancing measures.

### **At the end of a Lesson**

At the end of the lesson swimmers will be sent to the side of the pool to collect their belongings and leave in their 'beach ready' clothes as quickly as possible. Swimmers should try their hardest to maintain a social distance.

### **Spectating**

This will not be possible at the pool owing to the one way entry system in place directly outside the swimming pool building.

Parents can return to their car during the lesson. We encourage this but please make sure your up-to-date contact details are correct so that we can contact a parent/carer during a lesson if necessary.

### **Symptoms**

We politely ask parents/carers to refrain from attending a swimming session if you or your child/ren are displaying any of the following symptoms – high temperature, a new persistent cough, loss of taste/smell, or have knowingly been in contact with someone displaying symptoms/confirmed case of Covid19.

### **Holiday 1 to 1 lessons**

We plan to be able to run 1 to 1 sessions during the school holidays, so please watch out for details which will be sent to all swimmers by email and publicised on Aqua Swimming's website.

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**Thank you for your continued support and stay safe.**

**The Aqua Swimming team**