



Welcome to Bluecoats Swim Academy! We have worked hard to ensure we are doing all we can to get children back to the water safely. Below you will find some guidelines covering new procedures we have in place and the changes to the way we run lessons.

We ask that you ensure you are following up to date guidance from Public Health England and do not attend lessons if you, a member of your household or someone you have come into contact with is showing symptoms of or has tested positive for Covid-19.

What do children need to wear to lessons?

- Children to arrive '**Swim ready**' – When you arrive for the lesson please ensure your child has their swimwear on underneath 1 layer of clothing so it can be removed quickly on pool side and they are ready to enter the pool. We recommend wearing a Bathrobe or Pool changing robe. These can be found easily from Amazon or Decathlon. Some examples are included below for you. Please ensure you have goggles with you as we are unable to provide spares.
- If Non–Swimmers or less confident swimmers have floatation clothing then we are asking that they bring these to lessons to aid with safety and water confidence. These may include a **floatation vest, shark fins or floatation belts**. Please do not be concerned if you don't currently have these items, we have safety measures in place to ensure your children are safe in the water and other equipment that can be used. We are able to provide floatation belts but ask that you confirm with us you are happy for the teacher to aid your child in putting them on. Please note blow up arm bands are not permitted.

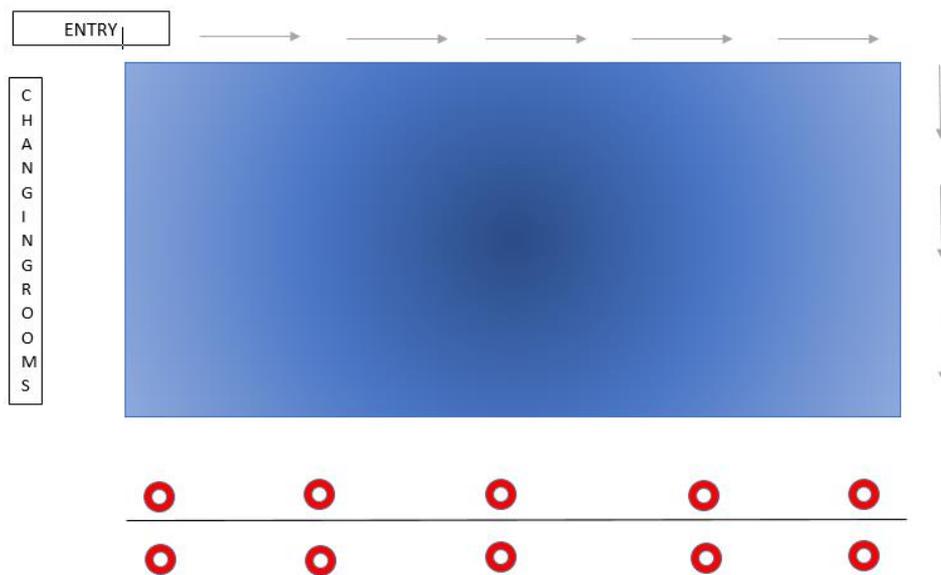


Who can accompany my child to their lesson?

- We ask that Swimmers are accompanied by **one parent/guardian**. If you have more than one child swimming then please ensure children who are not in the pool are sat either on your lap or as close to you as possible to ensure we are maintaining social distancing in our seating area. We understand that in some instances it will be necessary to bring non swimming siblings to lessons however we ask that wherever possible siblings do not attend lessons.
- We recommend that Parents/Guardians wear light clothing if staying on poolside.
- Following recent guidance we are now asking that Parents/Guardians wear a face covering at all times, this includes when they queue for their child's lesson, in the viewing area and in the changing rooms.

How will the new one way system work?

- You will enter via reception and follow markers towards the pool. You will then queue using the social distancing markers until you are able to enter the pool area.
- Anyone who will be entering poolside will need to be wearing shoes that can be easily removed to avoid unnecessary hold ups. We recommend sliders or flip flops. Footwear needs to be removed before stepping onto poolside and we ask that a parent/guardian keeps both sets of footwear on their person.
- Parents/guardians and children will then follow the signs and turn left to walk around the pool to find a marked spot to sit. Children will remove their top layer and leave this with their Parent.
- Teachers will be stood at collection points, with name signs and children will meet them at these points when indicated, teachers will then take them over to the lesson space.



There is a video that walks you through arriving at Swim School available to view here – <https://youtu.be/t59cOkAUDyo> or you can view it via our Facebook page.



What will happen during lessons?

For Stages 1-7 teachers are currently teaching from poolside in line with the current Swim England Covid-19 guidance. For Beginners classes the teacher will teach in the pool with an assistant. The assistant will offer encouragement and an added safety aspect.

At your Child's first lesson teachers will speak to swimmers about general swim safety and highlight the need to maintain social distancing before they enter the pool.

In general we operate an entry and exit point for each lesson. Children enter the pool in a safe number at a time, dependant on LTS Stage. The entry and exit point will be dependent on teaching area.

Please note that our pool features two shallow ends with a deep middle. Stages 4-7 will involve swimming lengths through the deeper middle, we ask that you please ensure your child is aware of this.

Swimmers exit the pool at the designated exit point and join the socially distanced queue/waiting area ready to enter the pool again.

We recommend that younger children wear an insulated rash vest to help keep them warm whilst getting in and out of the pool.

Are swimmers able to use equipment?

The use of equipment is a necessary part of swimming lessons. Equipment is numbered and assigned to a Child to be used only by them throughout the lesson. It is cleaned between lessons ready for the next use.

What happens if my child will not get into the water?

As many children have not been able to swim for a long period we are anticipating some may be unsure about entering the water. This is to be expected and teachers will work hard to try and get the children feeling confident enough to enter the pool. However, please don't feel discouraged if your child initially only manages to get their feet in the water. There is no rush and teachers will happily work at your Child's pace.

What if my Child finds it difficult to socially distance?

We understand that for many young children the changes over the past 6 months have been daunting, with lots of changes and a lot of new things to learn. Whilst teachers will be reminding children to maintain social distancing measures we also understand that mistakes will happen. In order to help us keep Swimmers safe we ask that you take the time to remind your child of the need for social distancing during lessons. We also ask that you remain vigilant during lessons and help us to help them, if you notice your child is not following instructions. In some cases it may be necessary to remove a child from the lesson briefly in order to ensure the safety of other swimmers.

What happens when the lesson finishes?

Teachers will take swimmers to a designated drop off point. Children will then go to parents/guardians class by class. We ask that you are ready to take your child to the changing room prior to the end of the lesson but that you remain seated with your child until all classes have been transferred back to parents/guardians. This is to avoid cross overs on the way to the changing rooms.

Children above age 10 are able to enter the changing rooms to change unaided and meet their parent outside, however parents will need to walk through the changing rooms, exit by the back door and wait by the fire exit whilst their child changes. Younger children may be accompanied by an adult in the changing area. Once changed all will exit via the changing room and follow signs and markings to the exit point.

We ask that everybody strives to maintain social distancing whilst using the changing rooms. Please ensure that time spent in the changing rooms is as limited as possible. Please note that at this time the showers are not in use.

What do I do if I have more than one child swimming and time between lessons?

The café upstairs will aim to be open during Swim School hours and if you are ordering food or drinks they are more than happy for you to use their socially distanced seating areas whilst you wait.

Whilst we understand that it is not ideal, if you are not using the café, we ask that you return home between lessons, use the outdoor seating area or wait in your car during this period.

Please note that this is between swim times only. If you have a child swimming then you must be on poolside if they are under 14.

If your Childs lessons are directly after each other then we ask that you exit the pool at the end of the first lesson and re-enter the one way system queue for the next lesson.

Why is there 15 minutes between lessons?

During the time between lessons BCS Staff are implementing cleaning procedures to ensure the Pool area is ready for the next lesson and equipment is cleaned.

Kind Regards,

Amy Sneller

Swim Academy Manager

Bluecoat Sports Ltd & Christ's Hospital Enterprises Ltd

Christ's Hospital

Horsham

West Sussex

RH13 0YB

Email: BCSALS@christs-hospital.org.uk

Office: 01403 247616

Website: www.bluecoatsports.co.uk