



For Safe, Confident & Independent Swimmers

We are super excited to welcome you back to the pool!

As you are probably aware, a few things will need to be adapted for us to conform to the rules for this "new normal". Please, remember that we are not the venue owners and we have to follow the rules implemented by both the Government and the school/nursery within their Covid-19 response plans. This information will set out some of the changes we have been required to implement. As our public swimming pool venues are inside a school, there are additional government guidelines we must follow in order to continue using these locations.



Arrival and departure from the lessons

* Please, arrive **10 minutes before** the lesson is scheduled to start. This rule also applies for those with two or more swimmers from the same household coming with two parents or carers attending back to back lessons.

* NHS TRACK & TRACE

In line with the NHS Track and Trace released nationally this week, our venues are now registered for all the families to check-in and give everyone reassurance. You will notice **QR code** posters in all the swimming pool which you can use to check-in. See an example below. We are encouraging all parents to **download the NHS Covid-19 app** ahead of their next class, to avoid any delays in class starting.

For more information and to download the app, please visit - <https://covid19.nhs.uk/>

* Please hold your child's hand when entering the premises and you **do not allow your child to climb on or touch the slide, growing beds or any other nursery/school equipment.**

* **Bring your child ready for their lesson with their swimming costume underneath their clothes,** meaning it is quicker and easier to get ready for the lesson.

* Showers will be available only for rinsing off after the lessons **with water only.**

* **You have an allocated 10 minutes changing time.** Staying longer than this with cause issues with social distancing. Please keep to your allotted time.

* The parent or carer will have to keep their belongings with them at all the time so bring only the necessary items to swim and avoid extra weight.

* Adult bikes are not allowed inside either venue.

* The use of **only toilets on poolside** are allowed at both venues.

* To minimise the risk of spread, **only one parent per child** will be inside either venue.

* Inside the pool area, it will be an allocated and social distancing waiting and changing area stations.

At Vanessa nursery School parent/carer and child will have a designated chair to be during their whole time within the pool area. At this space, adult/carer must be able to wait for their children to finish the lesson and to assist their child to get changed after the lesson.

* Parents are not allowed to wait in the playground at Vanessa nursery school or in the corridors at the Queen Elizabeth II Jubilee School. Please leave the venue as soon as possible after your lesson has finished.



Swimming pools and COVID-19 – the science

According to research, swimming pools remove the risk of transmission. Professor Keith Neal, Emeritus Professor of the Epidemiology of Infectious Diseases, University of Nottingham, says: **"the likelihood of catching COVID-19 in water is virtually zero because coronaviruses are respiratory viruses and have not evolved to thrive in water."** Plus, in a maintained swimming pool, chlorine is **"designed to kill far more nasty bugs and so "essentially removes" the risk of catching COVID-19"**. This being said we are taking every precaution to reduce the risk of infection when outside of the pool.



Lesson equipment

As mentioned before chlorine is great for killing germs and bugs. If you are still not comfortable with your child sharing equipment such as sinkers, flippers, toys and stickers we do understand you. You will be more than welcome to bring your own equipment pack for your lessons and maybe we could explore the way to help to make a toy/equipment pack for you to purchase from us. If this is your case, please get in touch with us.



Other safety procedures

* Until further announcement, the group lessons have been cancelled to maintain the government social distance regulation inside and outside the swimming pool.

* There will be **hand sanitizer and a self-cleaning station service** (where possible) at all of our pools. Please, **use it after using any mat, chair or the bench area.**

* A **one-way system** in place in most locations, where possible. Please, follow the flow of the arrows marked on the floors and other signage for entry and exit of the pool as per your venue instructions. Each venue has a different one and it is important that you are familiarized with the new layout.

* **No outdoor shoes** allowed inside the pool area. Please, walk barefoot, wear flip-flops or bring your own reusable over-shoes cover.

* Playing around the school area or using any school toys or equipment is not allowed.

* **Mask/face covering** for parents/carers are compulsory while walking through the nursery and school premises. We understand it is hot to wear a face-covering on poolside, so feel free to bring some water with you to sip on. This allows short breaks from the covering and keeps you cooler while still keeping to the rules



Levels of contact with swimmers

Depending on the level of the swimmer there will be different levels of contact during the lesson.

Beginner and intermediate levels, when swimmers are still learning to rollback-and-float it is important that the instructor is hands-on with them to build up the necessary trust for them to learn.

Advanced level, the level of contact can be lowered a bit but the instructors will still be in the water with them to be able to help the swimmer on things they need to improve on.



Motivation during lessons

We have developed our own methodology based on our experience and training using a hands-on-approach. We teach water safety and swimming skills from the very first lesson, regardless of the swimmer's developmental age or ability. We do that following the next fundamentals: safety, trust, encouragement, communication and repetition.

We think it is important to keep this up even with the current situation. Therefore, we will still be motivating your child in the way we did before if however, you are not comfortable with things such as "Hi 5's", etc... Please, let us know and we will find other ways to praise them while keeping them motivated such as "Air-hi 5's".



Communication with parents after the lessons

We have to be aware that it has been 5 months since the last lesson so it would be a lot to refresh before we move to the next new skills. We would like to note that the instructors may have less time to share a feedback with the parent or carer after the lesson. We update your child's progress after each session so the best way to follow up is to **login into your home portal. Please follow this link to do that.**



Teachers

All our teachers will confirm they are fully fit and free of any coronavirus symptoms (see [NHS England guidelines](#)) before starting to teach each day. Their temperature will be checked and we will confirm they are fit to teach.

Every teacher has been issued with **personal protective equipment (PPE)** which will be used while teaching for those parents requesting this. Please make sure you make your instructor know before the lesson. However, when demonstrating some swimming technique they may need to take it off, while maintaining an appropriate distance.



COVID-19 symptoms

Yours and your child's temperature will be taken (with a non-contact thermometer) before every session to ensure the safety of our instructors and other swimmers. Please note: if the temperature recorded is over 38 degrees Celsius, we will check again. If it is again recorded at the temperature or higher, they will not be allowed to participate in the lesson and the lesson will not be refunded or credited.

If you or your child or anyone in your household have any COVID-19 symptoms (raised temperature and cough, see [NHS England guidelines](#)), please stay at home and do not come to the venue or the lessons. Please, inform us if this is the case by emailing us at info@internationalswimmingacademy.com



Working together

We want to keep all our staff and swimmers safe when we return to the water. This is why we ask that parents and carers work together with us and follow our guidelines set up. **Complete collaboration** -working together with total trust and honesty.

Of course, we operate in rented facilities that will have their own rules and we will have to follow them to be able to keep teaching in the future.

As per our Terms and Conditions, we reserve the right to terminate your agreement without a refund of the remaining payment fee if you are failing to comply with the general rules of the pool premises or health and safety.

We are also learning how to make this space as safe as we can to welcome adults in with their swimmers, so your patience and collaboration with us is crucial.

These guidelines will be regularly reviewed to make sure we can provide the best possible services, in line with government advice.

For further information related to these safety guidelines, please contact us and our COVID-19 nominated officer, Miguel Jerez will be happy to assist.



Copyright © 2020 International Swimming Academy Ltd. All rights reserved.
You are receiving this email as you are marked as a current customer of International Swimming Academy. If you have been sent this email in error, please click to unsubscribe.

Our mailing address is:
info@internationalswimmingacademy.com
Flat B, 29 Stowe road
W12 8BE
London

www.internationalswimmingacademy.com