



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.



Keeping it safe in our pools

* **Mask/face covering** for parents/carers are compulsory while walking through the nursery and school premises. Inside the pool area are optional, but Government guidance recommends they are still worn.

* 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.

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

* **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.

* **You have an allocated 10 minutes changing time.** Staying longer than this will cause issues with social distancing.

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

* Inside the pool area, it will be an allocated and social distancing waiting and changing area stations. Please, keep your belongings with you at all times.

* There will be **hand sanitizer and a self-cleaning station service** (where possible) at all of our pools.

* In line with the NHS Track and Trace, our venues are now registered for all the families to check in and give everyone reassurance.

* 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.



Pool specific information

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

* Eating inside the premises is not allowed to avoid the presence of insects or/and bugs.

* 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**.



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.

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.



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.



COVID-19 symptoms

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.

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.

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.



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