



## Group Swim Lessons – Restart Guidelines September 2020

Welcome back to Oakgrove swimming lessons. We will restart on Friday 18th<sup>th</sup> September. We hope to continue to provide a safe and fun swimming experience for all our wonderful swimmers.

We have some new rules in place, to keep our facility safe for customers and staff. Thanks for your support and understanding. Please read and sign this document and return to Oakgrove before re-starting. To save paper you may download and digitally 'fill and sign' it, then email to us with your child's name(s) in the email subject. We will let you know if the guidelines are updated.

### The Main Changes:

We will continue to provide a safe and fun learning experience for your children.

The following changes are in response to the demands of Covid-19 and with this in mind we will need the help and co-operation of parents in following the guidelines that have been set out.

- Reduced class attendance numbers: We can now permit a maximum of 24 children at one time as per guidelines. Therefore, in order to accommodate all our swimmers, we plan to shorten the class times to 35 minutes in length and restrict each group to max 4 children.
- Staggered class start times. Groups 1, 2 and 3 will begin and then groups 4, 5, and 6 will follow every 15 minutes afterward.
- For now, swim teachers will be teaching from the poolside. We will have extra safety precautions and teaching aids in place. We will work hard to put all children at ease.
- Cost: €100 per 6-week course. The classes will be semi-private in nature with max 4 children per group and extra resources are in place to allow the safe resumption of classes. For current customers who have paid in March, a balance of €15 will be due on Friday 18<sup>th</sup>.

### Other Changes:

- Children will not be progressed from one group to another during a set, only at the start of a new set. We carry out ongoing appraisals and will notify parents (at the end of the set) when their child is ready to progress.
- Parents will no longer be able to watch from the waiting area. Only 1 parent should attend, we cannot accommodate siblings and relations at the moment.
- There is currently no access to the showers unfortunately. We will let you know when this can change.
- From the changing rooms you may exit via the gym and the back door of the building, around to the car park. The scenic route!

### General guide to your visit from arrival, to exiting:

- Please encourage toilet use by your child at home before departing 😊 If your child needs to go during the lesson (and needs you), we will call your mobile phone.
- Please arrive wearing:

- outdoor flip flops (can be left with parent or on shoe rack).
- dressing gowns with togs underneath, swim hat in place and goggles to hand.
- We will provide you with storage boxes. Try to avoid bringing bags.
- There will be clearly marked waiting areas in the pool area for each group.
- After your lesson you can meet your child in the changing room (if necessary only), to dry them and get them into clothes / dressing gowns etc.
- Remember, children aged 7 and over must attend their own gender changing room only.

**As a customer of Oakgrove, we ask that you please:**

- Wear a mask
- Use the hand sanitizers provided
- Try to minimise touching surfaces
- Follow hygiene advice when coughing or sneezing
- Follow social distancing guidelines on site

ALSO

- Do not allow your child to attend swimming if they experience any symptoms associated with COVID-19, or have come into contact with anyone who has been diagnosed with COVID-19.
- Do not accompany your child to swimming if you experience any symptoms associated with COVID-19, or have come into contact with anyone who has been diagnosed with COVID-19.
- If you or your child swimmer has had COVID-19 in the past and recovered, please seek medical advice that it is safe to return to exercise.
- Bring your own towel, hat, goggles and water bottles as we cannot share any and we ask that you not share your belongings with other customers. New hats and goggles are available to purchase at Oakgrove reception if necessary. Towels will not be available to hire, loan or purchase.

PLEASE TICK TO CONFIRM THAT YOU HAVE READ AND UNDERSTAND THESE PROTOCOLS

PLEASE TICK TO CONFIRM THAT YOU UNDERSTAND AND ACKNOWLEDGE THE RISKS INVOLVED AND YOUR ROLE IN MINIMISING THE RISK

PLEASE TICK TO CONFIRM THAT YOU AND/OR YOUR CHILD ARE NOT SHOWING SYMPTOMS OF COVID-19 CURRENTLY

**By ticking the following box you hereby give Oakgrove permission to process the data on this form. If no such permission is granted, no access can be allowed to swimming lessons.**

PARENT FULL NAME: \_\_\_\_\_

CHILD / SWIMMER FULL NAME: \_\_\_\_\_

TODAYS DATE: \_\_\_\_\_