



Lavanagh Centre Swim Lessons – Restart Guidelines September 2020

***** Print & Sign the last page and return with payment.*****

Welcome back to Lavanagh swimming lessons. These will start on Tuesday 15th September. Some things will be different at Lavanagh in these challenging times but please be assured that our new protocols and procedures have been devised to protect the health and safety of yourself, your child, and our staff.

We will continue to provide a safe and fun learning experience for your children. All our efforts are directed toward responding 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.

Our customers have been brilliant in the past, please continue in this vein in these new circumstances. Bear with us in the coming weeks and thank you for your support and understanding. These guidelines may be amended at any time in the future in accordance with Gov. guidelines.

Health and Safety

- Please always observe the [HSE advice](#)
- Do not attend if you or your child are experiencing any flu-like symptoms and follow the HSE Guidelines
- Kindly observe and adhere all signage notices
- You must always wear face covering whilst at Lavanagh Centre
- Practice 2 Metre social distancing
- Use hand sanitisation
- Observe coughing and sneezing etiquette
- Avoid touching surfaces where possible including windows

Preparing for Swimming Classes - Every parent has a role to play

- Only one parent can attend with child
- Please encourage toilet use by your child before you leave home, we will ring you if necessary
- Children aged 7 years and over must attend own gender changing room
- Please arrive for class no more than ten minutes maximum before your class time
- Due to restricted class numbers, you cannot join another class if you miss your own class
- Come Swim ready with Robe, Flip Flops, Towel, Swim hat, Goggles that fit and clean plastic bag for wet togs
- Practise putting on and taking off Robes and fitting hat and goggles at home as we cannot help your child
- No Swimming bags to reduce the possibility of any contamination
- There will be no viewing area for parents and you cannot contact Supervisor in the short term

- Member of our Staff will individually meet, greet, and guide your child from Reception entrance
- Child's robe and towel will be placed in a clean numbered box
- Unfortunately showers and hair dryers will not be available
- At end of lesson child will be directed to his / her numbered box in Dressing room
- Children must dry off and put on Robe without delay
- Staff will accompany child to Reception area where parent will meet child outside Reception entrance
- Ensure your child has all belongings as there will be no facility for lost or mislaid property
- Parents of children aged 6 years should advise us if child requires assistance in Dressing Room
- Children uncomfortable without Teacher in water should wait until new year for classes
- Children under 6 years of age should also wait for a period or until new year

Classes

Swimming classes will resume on Tuesday September 15th.

There will be an increased number of classes with reduced numbers in each class.

- In the short to medium we will be doing semi-private classes with a 1:4 ratio of Teacher to children
- Total children in pool will be 12
- Duration of each class will be 35 minutes
- Teacher will be teaching from the bank
- Cost of set of lessons will be €100
- Credit will be allowed for any payments already made – see under Fees below
- Due to lack of Telephone landline at Lavanagh and ease of administration, all outstanding Fees must be paid by cash or cheque in advance at Lavanagh Centre on Sunday 13th September between 10.00 am and 1.00 pm and dedicated members of Accounts will attend. Please do not ring or call to Oakgrove as staff there are already extremely busy in implementing Covid-19 Guidelines.
- Fees: Children who paid full fees for Mondays and Tuesdays will pay a total of €30 for new set starting September. Children who pre-paid for Thursday, Saturday and Sunday will pay €15 for new set starting September.
These Parents only (who have already paid) can pay balance on the day of lesson and hand fees to Staff
- If in doubt re fees please attend Lavanagh on Sunday 13th September between 10:00am and 1:00pm
- Please have cheque or exact amount of cash in an envelope with child's name on it.
- Child's place will be re-allocated if payment not received by Sunday 11th at 1.00pm

Class Times and Start Dates:

Monday: 3:30: 4:05: 4:40: 5:15: 5:50 and 6.25 pm Classes start 21st September.
Tuesday: 3:30: 4:05: 4:40: 5:15: 5:50 and 6.25 pm Classes start 15th September.
Thursday: 3:30: 4:05: 4:40: 5:15: 5:50 and 6.25 pm Classes start 17th September.

Saturday: 9:30: 10.05: 10.40: 11:15. 11:50 and 12:25 pm. Classes start 19th September.

Sunday: 9:30: 10.05: 10.40: 11:15. 11:50 and 12:25 pm Classes start 20th September.

Above Dates and Times will be prominently displayed on Reception windows

Please print and sign the section below. Return it with payment to Lavanagh Centre.

- 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: _____