

## **Updated Pool H&S Rules – April 2021 – Appleton Pool**

All current Government Social Distancing and Public Health England guidelines must be followed at all times by everyone using the facilities.

### **Illness/Covid 19 Symptoms:**

Anyone feeling ill or showing signs or symptoms of Covid 19 should not attend the facility and must follow NHS guidance.

Only one adult to accompany each swimmer into the premises.

NO FOOD is to be brought into the premises.

NO running anywhere on the premises.

NO photography or filming.

You are responsible for your children and must stay with them at all times whilst on the premises and ensure that they follow social distancing guidelines.

Do not enter the building more than ten minutes before the start of your class. Wait outside please if you arrive earlier.

### **ON ARRIVAL:**

**Changing rooms will not be available for use before class. Showers are not to be used before or after class.**

EVERYONE (including parents) getting into the pool water must arrive ready to swim under a tracksuit or onesie or easy to remove clothing. Wear slip on shoes/flip flops (easy to remove/put back on).

Do not come into the building more than ten minutes before your class time is due to start.

Before entering the building, Adults please put masks on before entering building and sanitise hands at entrance.

Queue socially distanced along the corridor that leads to the pool entrance, you may have to wait outside to queue, until the lifeguard has ticked other swimmers in.

Staff will allow you poolside no more than ten minutes before the start of class.

Walk down to the furthest cone available.

Put your bags on the bench.

Remove child's tracksuit or onesie and put arm discs on straight away.

Sit child down on bench.

Adults remove your clothes and place everything in one large bag and sit down with your swimmer.

Teachers will call you to start classes when ready.

### **After Class:**

After class, walk back to bags, remove arm discs when back and place on bench. Collect bags and walk slowly to changing rooms, which you can use to dry and change after class.

Please dry and leave as quickly as possible as soon as you are dry. Maximum of five/ten mins. Please do not hang around and wait for friends, please wait outside the building in the fresh air.

Staff need time to clean changing rooms ready for next users.

### **During Classes at Appleton**

We run two classes of just five swimmers, parents are required to support their children in the pool water so that we can offer a progressive swim class, if children are left wearing arms discs or using noodles for the complete course in deep water, they will not be able to practice their buoyancy/floating and kicking without aid.

Teachers are not able to be closer than two meters currently to support children in the water.

Parents are used as our “arms” and for close contact encouragement.

Obviously for lifesaving or in emergencies “protection of life” takes over from social distancing rules.

The structure of the pool roof and the noise from the air handling unit makes it difficult to hear at Appleton.

Parents please help us Teachers by asking your children to hold the bar when waiting at poolside and both look up and listen to the Teacher so that it is easier for everyone to understand the next practice instructions. We will ensure that everyone has heard & understands the next practice / knows what to do before we set off.

As part of a progressive class children need to try to reduce or remove arm discs to practice floating and kicking. Wearing arm discs or using a noodle for support the whole time does not allow them to practice buoyancy etc.

Obviously first weeks this was not part of the lesson plan! It will added moving forward during the course, when children are ready.

We use half of the pool for each class in the space available where parents can stand up.

Doing the circuit from your cone around and down the rope gives children a longer swim practice.

Parents please always hold the noodle in front of your swimmer, stretch your arms out and walk backwards.

You must be aware that other parents need their time and space, please do not rush and bump into each other, wait and give room like you would in any other normal part of life to ensure social distancing is maintained.

If we all work together we can ensure that everyone gets the best out of the classes at Appleton and most importantly that everyone enjoys their time at the pool.

Please all follow the rules, they are in place to protect everyone.