

COVID-19 Learn to Swim Guidelines

The Pickaquoy Centre is delighted that we are now able to recommence swimming lessons from Saturday 23rd January 2021 (possible amendments, based on current guidelines).

Taking into consideration Scottish Government and Scottish Swimming guidance, we have implemented many new measures to ensure swimming lessons are able to go ahead in a safe place within The Pickaquoy Centre.

To ensure you have a clear understanding of the new procedures in place at the centre, please read the following guidelines (video to follow).

Bookings:

- We are only providing lessons to those who were in lessons prior to lockdown. We still operate a waiting list, which your child can be added to, in preparation for new children being taken into the programme.
- Existing pupils have been allocated a space, details for this can be found in the email sent out previously. Please check your emails to ensure you can attend the space allocated. We will do our best to facilitate a time that works for your family, but please note this won't always be possible.
- Prior to swimming lessons commencing we require all participants to complete medical/safety questions and update emergency contact details online. Emails will be sent out detailing how to login no later than 18th January, these should be completed before your children's first session. Children without these details will not be permitted access to their lessons.
- Lessons are returning at a reduced capacity, therefore, pupils will attend every second week until further notice. Please refer to your email for details of which weeks your child is booked for.
- Lessons will run for 25 minutes to ensure we have enough time for children to move through the changing rooms and the area to be cleaned prior to the next set of lessons.
- We are currently only providing lessons for Swim Skills 1 - Club Ready, further information regarding Early Years programme, 1:1 and adult lessons will follow once we are in a position for these sessions to restart.

Key Points:

- Children under 8 years old **MUST** be accompanied by an adult for drop off.
- Children 8 years and older can attend swimming lessons unaccompanied and are encouraged to do so if possible. Please ensure your child knows the procedures if they are attending on their own.
- All pupils should arrive 'beach ready' – swimwear under clothing. **NO** access to changing rooms will be permitted prior to lessons.
- There are limited shower facilities available for a quick rinse after lessons, but **NO** hair/body washing will be permitted.
- Our swimming instructors will deliver lessons from poolside, with one masked assistant in the water for beginner levels to help where needed.
- Children 11 years and under, do not need to socially distance.
- Children 12 years and older will be contacted with further restrictions they are to follow prior to their lessons starting.

Customer Journey:

- Please arrive NO earlier than 10 minutes or later than 5 minutes prior to lessons starting. If you arrive less than 5 minutes prior to lessons access WILL NOT be permitted.
- A one-way system is in place for your safety, please follow the signage and staff instruction.
- Access for swimming lessons will be through reception and down to the squash courts, using the stairs to your left as you enter the building, where you will line up along the wall at the designated area. Access to pool will be through the marked door and access will only be given by a member of staff 5-10 minutes prior to lessons starting. At this point you and your child will be given your cubicle number.
- Parents will leave here once children go into their lessons, and must leave building promptly through the main door at Reception.
- Children will go to leisure pool, and get changed ready for swimming, swimwear under clothing), put clothes in plastic box and sit on the allocated bench corresponding with their class. Boxes will be left on the bench during lessons.
- NO lockers will be available, please only bring essentials.
- Please ensure your children remember goggles and any other swimming equipment required and know how to put these on themselves.
- Hand sanitising stations are located throughout the facility. ALL customers must sanitise on entry and exit.
- Toilets will be available, but please encourage your child to go prior to coming to the centre.
- Children will be taken over to their swimming tank by their instructor prior to the start of the swimming lesson.
- At the end of the lesson, Instructors will take children over to the leisure pool to collect boxes.
- 5 minutes prior to the end of your children's lesson you can enter the village change should they require help changing. You must make your way to your child's allocated cubicle number and wait.
- Once dry and changed please exit the changing room promptly through the main door at Reception.

Face Coverings:

- A face covering must be worn by all customers aged 5 & over (exemptions apply as per Scottish Government guidance). Children will not be required to wear masks during swimming lessons.
- Instructors will wear face shields during swimming lessons, although during certain times they may need to remove them to communicate or take a drink. This will be done while socially distancing.

Feedback:

- Please DO NOT approach instructors at anytime before or after the lesson. If you have any questions, please email courses@pickaquoy.com and someone will get back to you.

Covid-19:

- Do NOT enter the building if you or your child is unwell. Please follow NHS Scotland guidance if you have symptoms related to Covid-19.
- Please follow the guidance and rules set out to you while within the centre, to help ensure the safety of all customers and staff.

If you need any further information, please email courses@pickaquoy.com