

SWIM LESSON GUIDELINES:



During this time, PARDS is committed to continue to monitor the recommendations and regulations from the appropriate health agencies and governor. We will do what we can under these circumstances to prevent the spread of COVID-19 and other health concerns. This is still an ongoing situation, which will require us to make changes to our swim lesson guidelines.



- **Non-participants:**

- Anyone not participating in a swim class should not be allowed in the facility or pool deck area.
- Swimmers should limit what they bring with them to the pool deck. (goggles, easily removable shoes) Parents will need to keep swimmer's towels, extra clothing, etc. with them.
- PARDS STAFF will wear masks when on the pool deck, however swim instructors will not wear masks once they are in the water with their class.

- **Limited occupancy:**

- While we will be operating well under the required capacity limitations for our facility and make every effort to space lesson groups in the pool, it is not possible to keep a space of 6 feet between each swimmer in a group class or between a swimmer and instructor. Instructors will need to hold and position swimmers in the water in order to properly and safely instruct them.
- *The CDC has indicated that there is no evidence COVID-19 can be transmitted in a properly maintained pool. We have an automated sanitation system that includes the use of chlorine and other products.*
- Drop-off & pick-up will be at the double doors of the indoor pool. (to the right of front lobby doors) An Instructor will be at the doors during drop-off & pick-up.

- **Drop-off:**

- Please wait in your car until at least 5 minutes before your lesson time,
- You may walk your swimmer to doors at this time. To help with social distancing, we will keep these interactions brief.
- Swimmers will be tested with a non-contact thermometer as they enter the facility. (If a swimmer has a temp of 99.9 or higher they will be asked to leave that day).
- Hand sanitizer will be available as they enter the facility.

- **Pick-up:**

- After the lesson is complete, instructor will bring the swimmers to the double doors and to their parents.
- We ask you to stay in your car until lesson time is over, and to use social distancing when picking up your swimmer.
- Please have your swimmer leave the facility in their swimsuit so that we can minimize the use of restrooms.

- Shared equipment will be limited during this time. The equipment will be sanitized between classes. Goggles will not be provided during this time, and your swimmer must provide their own.

- **Restroom Usage:**

- We ask you to make sure your swimmer has used the restroom before coming to class.
- The swimmer's may use the Family Restroom on the pool deck, but will be encouraged to finish their class when possible, however no one will be told "No" if their need is urgent.
- The Family Restroom will be sanitized before and after class.

- **Last day of lessons:**

- Class time for last day of lessons is 30 minutes.
- We love nothing more than getting to watch swimmers perform for their parents and to see the mutual joy on a parent's face watching their swimmer on the last day of lessons. However, in the current situation we are not able to allow on deck class watching and remain within occupancy and social distancing guidelines on the pool deck.
- We will take video of the last class and post on the Remind App.

- **Wellness Questions:** (swimmers and staff should be able to answer "No" to the following questions before entering facility)

- Have you been in contact with a person who has tested positive for COVID-19 in the last 14 days?
- Do you or anyone you live with have any of the following symptoms:
 - A mild to severe respiratory illness/Fever of 100.0 or higher/Persistent cough or difficulty breathing/New loss of taste or smell/Vomiting and/or diarrhea.