



INSTRUCTIONS FOR SAFE SWIMMING

I hope you are looking forward to coming to Swim Stars swimming lessons starting back on Saturday 24th April at Farringtons School. Please do take 5 minutes to view our 'procedures video' [linked here](#). It is very important that all our parents and swimmers follow these guidelines, so do familiarise yourself with them before the lessons start. If you are unsure about anything please do ask so we can try and cover everything. We look forward to seeing you soon.

Might be worth thinking about getting your child a poncho towel to pull over their heads as soon as they get out of the pool rather than a towel as they will be able to get their costumes off easier underneath it and dry themselves before putting their onesie on. I think a bigger one will be more useful as they can keep their arms inside until they have got their arms out of their costumes so a bit more room. It will also be a useful asset when visiting the beach for changing. Any swimmers wishing to use the changing rooms will need to put on a mask before entering.

Guidelines for coming back to swimming;

Parents to arrive in car park with swimmer. Only one parent to take the child to the door wearing mask and keeping 2m separation from other parents. Please avoid bringing other siblings where possible unless they are swimming too.

No parents will be allowed to enter the Farringtons pool building and will need to return to their car until collection from the fire exit door at either the shallow end or the deep end if the pool, we will confirm when you drop them off.

Please stay on site at all times during the lesson in case of emergency, keeping your phone with you in case we need to make contact.

The swimmers need to arrive in their costumes with their onesie on top and crocs or flip flops on their feet. Also hats and goggles on if they wear them.

Please tell your child not to worry as we will expect the swimmers to have lost some confidence if they haven't had the chance to swim for the last year so we will take it slowly back in the water with lots of floats and working at their level. We will make any changes to their groups during the lessons as usual if we think they need it.

Teachers and assistants will be in the water with the children but will wear masks. Their safety is paramount.

When collecting your child please maintain social distancing again with masks on and leave Farringtons site as soon as possible after the lessons to avoid too much crossing over with other groups coming in.

If you are late to your lesson you will need to wait by the main doors to the pool with your parent until you have been signed in, so please try to be on time where possible. You should arrive no earlier than 5 minutes before the start of your lesson and line up on the spots on the floor ready to come in.

Unfortunately we will be unable to share any hats and goggles so please make sure your swimmer has them with them each week.

I know this all sounds quite strict but we are having to follow the procedures set out to keep everyone safe. Hopefully things will relax as the lessons progress into the term.